

Reduced-Cost Counselling Options in Vancouver

April 2025

A resource list of lower-cost, sliding-scale and free counselling services in Metro Vancouver, primarily the city of Vancouver, provided by public organizations.

The information contained in this directory is compiled and updated quarterly by **Willow Tree Counselling**. Willow Tree Counselling is not affiliated with these counselling services and listings do not constitute an endorsement. ***As this is a private, volunteer-run list, Willow Tree Counselling reserves the right to add or remove listings at any time, for any reason.***

Email megan@willowtreecounselling.ca with changes, or to be notified quarterly when revised. ***Willow Tree Counselling does not offer free counselling to the public.***

Wait times vary and some waiting lists may be closed. Contact clinic to inquire. Listings are categorized; categories, however, are not exclusive and are not intended to be limiting in terms of service provided or population served. If you need to print this list, please print only the section(s) you need..

Please share this list widely, in the hope that all who want counselling can access it.

Old version? The most current version can be found at this permalink:
<https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf>
Please bookmark!

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willowtreecounselling.ca/wp-content/themes/willowtree/crisis-services-hotlines-vancouver.pdf

Private Sliding-Scale Counselling

willowtreecounselling.ca/wp-content/themes/willowtree/sliding-scale-counselling-list.pdf

Group Support in Metro Vancouver

willowtreecounselling.ca/wp-content/themes/willowtree/group-support.pdf

General Counselling

Family Services of the North Shore

604-988-5281 ext.226 | familyservices.bc.ca/find-support/counselling-support

Professional counselling for North Shore residents. Sliding Scale: \$30-\$125/hr.

Oak Counselling

intakes@oakcounselling.org • oakcounselling.org/index.php/counselling

Professional individual and couples counselling on a sliding scale, \$20-\$100/session, based on household income. Maximum one year. Virtual, poor or in-person sessions. Waitlist 1-6 months, no crisis counselling.

Free Counselling Society Canada

778-744-3488 (call or text) or TeamLead@FreeCounsellingCanada.ca • freecounsellingcanada.ca

Free professional video or phone counselling provided by volunteer counsellors and supervised counselling interns. Maximum 12 sessions. Service available Canada-wide in multiple languages. Agency does not provide crisis counselling or emergency services.

Adler Centre - Counselling Clinic

604-742-1818 or info@adlercentre.ca • adlercentre.ca/counselling

Subsidized individual and couples counselling. Counselling provided by supervised counselling psychology graduate students at the Adler Centre. \$65-\$90 (+sliding scale option) for counselling intern; \$125-\$140 with registered counsellor.

Living Systems Counselling Society

604-926-5496 • livingsystems.ca/counselling/services-and-fees

Individual, couple and family counselling using Bowen Family Systems Therapy. Lower-cost counselling provided by supervised interns (\$15-\$65) at some branches only.

Psychological Services and Counselling Training Centre - UBC

604-822-1364 • psctc.educ.ubc.ca/counselling-clinic

Free for adults and children 10+. Counselling provided by counselling psychology graduate students, supervised by a psychologist. Clinic runs from September to April. In-person with limited online sessions. \$25 for those with limited income, \$10 for UBC students.

****Check to see if waitlist is open.****

UBC Psychology Clinic

604-822-3005 or clinic@psych.ubc.ca • clinic.psych.ubc.ca

*Counselling services provided by doctoral student interns, supervised by registered psychologists, serving youth and adults. \$10-\$40 per hour, September through April. Clinic also offers neuropsychology assessments for adults and psychoeducational assessments for children. ***Assessment availability varies.****

Canadian Mental Health Association: North and West Vancouver Branch Brief Counselling Service

604-987-6959 • northwestvancouver.cmha.bc.ca/programs-services/counselling

Up to 8 sessions of counselling for North Shore residents without open ICBC, WCB or other insurance carrier claims. Therapy provided by intern (\$35) or registered clinical counsellor (\$70). In-person, virtual or walking therapy available.

Simon Fraser University - Counselling Clinics

• **Surrey Clinic** - 778-706-0085 or scc_admin@sfu.ca
sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html

Availability throughout the year varies. Services are free.

• **Burnaby Clinical Psychology Centre** - 778-782-4720
sfu.ca/psychology/clinical-psychology-centre.html

Counselling for adults, children and youth provided by supervised graduate students. Limited assessments available per year (psychoeducational, psychodiagnostic and neuropsychological). Counselling services on a sliding scale, based on gross family income.

Moving Forward Family Services

877-485-5025 intake form: <https://hushforms.com/movingforwardfamilyservices>
movingforwardfamilyservices.com

Subsidized counselling for individuals and families. Counselling primarily offered in Surrey, with limited availability in Metro Vancouver. Graduate-level counsellors and counselling interns. Multiple languages. Contact for fees.

Elizabeth Fry Society of Greater Vancouver - EFry Counselling Program

604-545-0437 • efry.com/counselling

No-cost, short-term goal-focused counselling for self-identifying women to support their mental wellness. Maximum 12 sessions of virtual individual counselling provided by interns and master's-level counsellors.

Gordon Neighbourhood House

604-683-2554 | counselling@gordonhouse.org • gordonhouse.org/programs/free-counselling
Sort-term counselling for Lower Mainland residents, provided by registered clinical counsellors in partnership with City University Community Clinic. Sliding scale \$5.50-\$55. Individuals, couples and groups. If contacting by email, please follow instructions in the automatic email reply you will receive, so that an initial consultation can be arranged.

Waitlist currently closed—not accepting referrals.

Family Services of Greater Vancouver - Richmond Counselling Program

604-731-4951 | contactus@fsgv.ca • fsgv.ca/programs/traumacounselling

Brief counselling, up to 12 sessions for individuals, couples and families (adults, children).

South Vancouver Neighbourhood House, Counselling Services

counselling@southvan.org • southvan.org/program_category/community-programs

Free program offered twice a week by counselling interns from City University. Individuals, couples and families.

Little Mountain Neighbourhood House - Counselling and Art Therapy

236-862-2903 (Ask for Lynette) • lmnhs.bc.ca/mental-health

Counselling and art therapy provided by counselling interns, for teens, adults and seniors, by appointment only. Mostly online with limited in-person availability. \$10 with neighbourhood house membership.

Kitsilano Neighbourhood House

604-736-3588 ext.128 | counselling@kitshouse.org • kitshouse.org/all-programs

Free counselling by phone or Zoom, in partnership with City University (counselling interns).

Vancouver Art Therapy Institute Student Clinic

info@vati.bc.ca • vati.bc.ca/art-therapy-clinic-supervision

Free art therapy by students supervised by registered art therapists who are also clinical counsellors. \$10 materials fee. Online only. Serves adults and adolescents.

The Woods Arts and Wellness

hello@thewoods.org • thewoods.org

Registered charity offering nature- and expressive arts therapies with registered therapists and interns. Counselling rates range from \$30-\$135 (0.1% of household income with documentation).

Services currently suspended until further notice

Grief Support

Charlene Reaveley Children's Charity Society

info@crccs.ca • crccs.ca/counselling

Up to 10 sessions of 100% funded counselling for both children and families (parents/guardians, siblings) who have suffered the loss of an immediate family member. Counselling available at the Society or clients can choose a private, licensed therapist, approved by the Society. Available BC-wide.

Vancouver Hospice Society

604-737-7305 ext. 216 | counselling@vancouverhospice.org

vancouverhospice.org/services/grief-support/individual-and-family-counselling

Up to 6 free individual or family sessions specific to grief with a clinical counsellor. In-person or online.

LGBTQ+

Heath Initiative for Men (HIM)

604-488-1001 ext. 230 • checkhimout.ca/programs-and-services/mental-health/counselling/

Counselling for eligible gay, bi, and queer men and women (GBQ) and gender-diverse folks residing in BC. Free/by-donation, reduced cost and private counselling options available.

Qmunity - Counselling Program

counselling@checkhimout.ca • qmunity.ca/get-support/counselling

Counselling for members of the LGBTQ+ communities provided by Registered Social Workers and Clinical Counsellors. \$60-\$120 a session. Low-cost counselling option provided by interns. Daytime only. 10-session limit.

Catherine White Holman Wellness Centre

604-442-4352 • cwhwc.com/services

Counselling currently limited to hormone, surgical readiness, name/gender marker changes for trans and gender-diverse people.

Trauma

Specialized Counselling & Trauma Services: Family Services of Greater Vancouver 604-874-2938 • fsgv.ca/programs/traumacounselling

Professional counselling for women, children, survivors of incest/trauma/sexual abuse, pregnant women with a trauma history and those experiencing family violence. No fee, however may require a referral from a social worker.

Vancouver Association for Survivors of Torture (VAST)

604-255-1881 or Toll Free: 1-866-393-3133 • vastbc.ca

Trauma-focused psychological counselling for refugees in one-on-one and group settings. Services provided in over a dozen languages.

Residential Historical Abuse Program (RHAP)

604-875-4255 • vch.eduhealth.ca/PDFs/CE/CE.851.S49.pdf

Free counselling for those who were sexually abused while under the care of the province (foster care, group homes, etc.)

Crime Victims Assistance Program

Victim Link BC 1-800-563-0808 (available 24/7)

www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits

Funded counselling for victims of crime, immediate family members and witnesses. Contact for eligibility.

BC Society for Male Survivors of Sexual Abuse

604-682-6482 • bc-malesurvivors.com/for-survivors/funding-your-therapy

Registered clinical counsellors (RCCs) provide individual and group counselling for male survivors of sexual abuse. RCC fee: \$100 for individual counselling. Group counselling: \$40 per week. Reduced cost counselling provided by practicum students at \$50/hr. Victim services workers on staff to help apply for funding for those who qualify.

Battered Women's Support Services

604-687-1868 • bwss.org/support/programs/counselling

Counselling and support services for any woman who has been abused in an intimate relationship as well as women survivors of childhood sexual abuse, adult sexual assault and residential school survivors.

Salal Sexual Violence Support Centre

604-255-6344 • wavaw.ca/counselling/#counselling

Up to 25 sessions of individual counselling and/or group support for marginalized genders: cis and trans women, two-spirit, trans and/or non-binary people who have experienced sexualized violence. Additional counselling programming for Indigenous survivors.

MMIWG2S Family Counselling - Salal Sexual Violence Support Centre

604-255-6344 • salalsvsc.ca/indigenous-support-programs

Free counselling for family members of missing and murdered Indigenous women, girls and two-spirit people. Family members includes extended families, community families and self-identified family members. Drop-in counselling coming soon. Call to enquire.

Atira Community Services Society - Stopping The Violence Counselling

604-331-1407 ext. 106 or 107 • atira.bc.ca/what-we-do/program/stopping-the-violence-counselling
Free individual and group counselling for women and trans women who have experienced relationship abuse, sexual assault, or physical, emotional or sexual abuse.

Family Services of Greater Vancouver: Stopping The Violence Counselling

604-731-4951 | contactus@fsgv.ca • fsgv.ca/programs/traumacounselling
Individual and group counselling for women (cis and trans and other marginalized genders) who have experienced violence.

MOSAIC - Stopping the Violence Program

604-254-9626 | info@mosaicbc.org
mosaicbc.org/our-programs/counselling-support-for-victims-of-violence
1:1 counselling for self-identified women experiencing or at risk of abuse or violence in an intimate relationship. Counselling available in English, French, Farsi, Vietnamese and Spanish.

Seniors

Vital Connections Program

Family Services of Greater Vancouver / Century House
604-519-1064 ext. 2 • fsgv.ca/programs/traumacounselling
Free, professional counselling (online or in-person) for adults 50+ living in New Westminster.

Well Being Program for Deaf, Hard of Hearing and Deaf-Blind

778-819-0951 (voice) 778-987-4174 (text) 604-456-0901 (TTY only)
deafwellbeing.vch.ca/services/older-adults
Free counselling and mental health support services for deaf, hard of hearing and deaf-blind older adults and their families across BC. Accessible for all communication needs and modalities.

BIPOC

First Nations Health Authority

1-800-317-7878 (Toll Free) • fnha.ca/benefits/mental-health

Mental health provider list:

fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf
Provides coverage to access mental health providers, including counsellors, social workers, and psychologists. FNHB covers three mental health programs: Short-Term Crisis Intervention, Indian Residential School Resolution Health Support Program, and the Missing and Murdered Indigenous Women and Girls - Health Support Services.

Metis Counselling Connection Program

mentalhealthnavigation@mnbc.ca
mnbc.ca/work-programs/programs-services/metis-counselling-connection-program-waitlist
*Up to 10 counselling sessions for Metis citizens in financial need. ***Program currently paused.****

Metro Vancouver Indigenous Counselling

604-256-5850 • mvic.ca/mental-health-and-wellness-program

Free professional counselling for Indigenous individuals with First Nations status who are registered with the First Nations Health Authority.

Missing and Murdered Indigenous Women and Girls Health Support Services -

1-855-550-5454 (toll free) • mmiwg-ffada.ca/aftercare-services

Free professional counselling for survivors, family members and those affected by the issue of missing and murdered Indigenous women and girls. Counselling provided by psychologists and social workers who are registered with Indigenous Services Canada.

Vancouver Black Therapy and Advocacy Foundation

vancouverblacktherapyfoundation.com/programs/services.html

Links Black community members with accredited Black local counsellors in Metro Vancouver. Priority for Black, disabled and LGBTQIA+ folks. One intake round per year.

Check link for availability.

Vancouver Aboriginal Friendship Centre - Counselling and Emotional Support

604-251-4844 ext. 332 or wellness@vafcs.org • vafcs.org/mental-health-%26-wellness

In-person and virtual pay-what-you-can professional counselling for Indigenous people without insurance (up to 12 sessions) and free, unlimited emotional support services to anyone who is seeking support.

Indigenous Counselling Program: Salal Sexual Violence Support Centre

604-255-6344 • salalsvsc.ca/indigenous-support-programs

Free 1:1 counselling for Indigenous including trans and cis women, as well as trans, non-binary, and Two Spirit people, incorporating Aboriginal healing approaches and traditions based on the Medicine Wheel.

Indian Residential Schools Survivors Society - Counselling Services

604-985-4464 | reception@irsss.ca • irsss.ca/counselling

Culturally-based counselling for survivors, their families and communities.

Substance Use

Substance Use Services, Vancouver Coastal Health

Call Access Central at 1(866) 658-1221 or use link and scroll down to find clinic in your area.

vch.ca/your-care/mental-health-substance-use/substance-use-services

Substance use assessment, counselling and treatment planning for individuals, couples and families. Group counselling also available. Free. Vancouver and Richmond residents only.

Burnaby Substance Use Services

604-777-6870

fraserhealth.ca/Service-Directory/Service-At-Location/E/B/community-substance-use-services-clinic---burnaby#.ZCfA0ezMJNg

Free drop-in and booked 1:1 online and in-person counselling for Burnaby residents who want to change their relationship with substances. Counselling support also available for family members and supports.

Fraserside Community Services

604-522-3722 • fraserside.bc.ca/mental-health-and-counselling/perspectives-addiction-services
Free substance-use counselling for adults, families and youth. New Westminster residents only.

BC Responsible and Problem Gambling Program

1-888-795-6111 (available 24/7) • bcresponsiblegambling.ca/getting-help/find-counsellor
Free professional, multilingual counselling for any British Columbian struggling with their own or their family member's gambling. Counsellors have a minimum of a Master's degree in a counselling-related discipline.

Native Courtworker and Counselling Association of BC: Drug & Alcohol Services

604-628-1134 • nccabc.ca/wellness/#indigenous-outpatient-addiction-counselling-detox-support
Walk in or call to set up an appointment. One-to-one adult, youth, family and group counselling for Indigenous people, part of an intensive outpatient treatment program.

Boys and Girls Clubs - Substance Use Counselling Services

604-879-6554 • bgcbc.ca/counselling-support-services/substance-abuse-counselling-services
Free counselling for youth ages 13-24, concerned about their substance use or a loved one's substance use. Family members or service providers concerned about a youth's substance use can also access counselling.

Mental Health

Vancouver General Hospital - Mental Health Outpatient Services

604-675-370 • vch.ca/en/location/vancouver-general-hospital/services (type service name into search)
Group therapy for depression, anxiety, concurrent disorders. Psychiatry consultations. Self or physician referrals.

SAFER - Vancouver Coastal Health

604-675-3700 • vch.ca/Pages/Suicide-Attempt-Follow-up-Education---Research-SAFER.aspx?res_id=474
Time-limited counselling for Vancouver residents age 18+ with suicidal thoughts or a history of suicide attempts. Bereavement groups for loved ones. Support and information for members of the public concerned about a loved one with suicidal thoughts.

Bounce Back Program - Canadian Mental Health Association

1-866-639-0522 • bounceback.ca
Telephone coaching for adults and youth (15+) with mild-moderate depression with or without accompanying anxiety. Check for current language availability. Family doctor's referral required to access the coaching program. Free.

Mood Disorders Association of BC - Counselling and Wellness Centre

604-873-0103 ex.2 • mdabc.net/counselling-and-wellness-centre-mdabc
Individual therapy with certified counsellor (\$95-\$105 an hour) or intern (\$50 hour). Group therapy also available.

Looking Glass Foundation: Bridge The Gap Program

604-314-0548 • lookingglassbc.com/programs/bridge-the-gap/

Counselling for BC residents experiencing a clinical or self-diagnosed eating disorder. Counsellors are supervised master's-level students. \$35/hr. Limited bursaries available.

Canadian Mental Health Association: OCD Program

groups@cmhavf.ca • cmhavf.ca/programs/counseling-and-adult-support-groups/

Limited lower-cost counselling for low-income people with **OCD** and their families.

Resistance Resilience Network

resistance.resilience1312@gmail.com • resistanceresilience.com/about

Free mental health support for individuals facing burnout or other mental health effects of engaging in anti-oppression work.

Personality Disorder BC

personalitydisorderbc.ca/referrals

*Individual and group transference-focused psychotherapy for borderline and narcissistic personality disorders. Services covered under MSP. Referrals screened for compatibility; not all referrals accepted. ***Currently not accepting referrals for individual psychotherapy.****

Multilingual

SUCCESS - Individual and Family Counselling

604-408-7266 or 604-684-1628 • successbc.ca/counselling-crisis-support/services/counselling

Individual and couples counselling offered in Mandarin, Cantonese, Korean, Farsi and English with a focus on helping new immigrants of Chinese and other ethnic origins. Play and art therapy also available. Fees charged on a sliding scale based on income.

Free Counselling Society Canada

778-744-3488 (call or text) or TeamLead@FreeCounsellingCanada.ca • freecounsellingcanada.ca

Free professional video or phone counselling provided by volunteer counsellors and supervised counselling interns. Maximum 12 sessions. Service available Canada-wide in multiple languages. Agency does not provide crisis counselling or emergency services.

MOSAIC - Stopping the Violence Program

604-254-9626 or info@mosaicbc.org

mosaicbc.org/our-programs/counselling-support-for-victims-of-violence

1:1 counselling for self-identified women experiencing or at risk of abuse or violence in an intimate relationship. Counselling available in English, French, Farsi, Vietnamese and Spanish.

MOSAIC - Men in Change Program

604-254-9626 or info@mosaicbc.org

mosaicbc.org/our-programs/men-supporting-healthy-relationships

Individual and group counselling to help prevent the occurrence or recurrence of domestic violence. For men who want to take responsibility for their behaviour and work towards change. Vancouver and Surrey. Services in English, Hindi, Punjabi and Urdu.

Program Currently Paused - Not Accepting Clients

MOSAIC - Vietnamese Family Support Program

604-254-9626 ext.1030

mosaicbc.org/wp-content/uploads/2017/08/T56770Vietnamese_VFC_June06_Web.pdf

One-on-one or family support and counselling for a variety of life issues. Services available in Vietnamese and English.

Vancouver & Lower Mainland Multicultural Family Support Services Society Multicultural Outreach/ Stopping the Violence Program

604-436-1025 • vlmfss.ca/multicultural-outreach

Individual counselling, group counselling, advocacy, crisis intervention and referrals for women experiencing any form of abuse or violence, provided in numerous languages.

Moving Forward Family Services

877-485-5025 • movingforwardfamilyservices.com

Subsidized counselling for individuals and families. Counselling primarily offered in Surrey, with limited availability in Metro Vancouver. Graduate-level counsellors and counselling interns. Multiple languages. Contact for fees.

inform'Elles - Ending the Violence Against Women Program

604-563-8213 • informelles.ca

Conseil en Français. French-language only, 1:1 counselling (in-person, phone or email) for women. Free.

Youth

Urban Native Youth Association (UNYA) - Counselling Program

604-253-5885 or link.counsellor@unya.bc.ca (intake counsellor works on Mondays)

unya.bc.ca/programs/alcohol-drug-counsellors

Free individual and group clinical counselling for Indigenous youth, ages 13-24.

Or contact the Wellness Centre for drop-in counselling hours: unya.bc.ca/programs/native-youth-health-wellness-centre

Dan's Legacy - Therapeutic Counselling Program

tom@danslegacy.com • danslegacy.com/help

Counselling for youth ages 15-25 who have experienced abuse or are affected by substance use. Family counselling also available. Bursaries available for those unable to afford therapy.

Drop-In Counselling Program - The Foundry

1-833-308-6379 or online@foundrybc.ca • foundrybc.ca/virtual/drop-in-counselling

Single-session virtual counselling for youth ages 12-24 and their caregivers. Counselling by voice, video or chat.

PEACE Trauma Counselling - Family Services of Greater Vancouver

604-731-4951 • fsgv.ca/programs/traumacounselling

Trauma counselling and therapy for children (age 3-18) affected by family violence. Master's counsellors and supervised interns. Free.

SAIP - Family Services of Greater Vancouver

604-731-4951 • fsgv.ca/programs/traumacounselling

Professional counselling for children and youth (up to age 19) who have experienced sexual abuse and their supportive family members.

DiscoverY

604-538-2522 or discoverY@sources.bc.ca • sourcesbc.ca/our-services/discovery

Free short-term counselling for youth and young adults ages 15-25. 8 session max.

Kids Help Phone - 24/7

1-800-668-6868 - to talk to a professional counsellor - see webpage for current languages

kidshelpphone.ca (to start live chat) or access online resources

text CONNECT to 686868 for crisis text support - kidshelpphone.ca/text

Phone, text or live chat. Anonymous and confidential. No need to give your name.

Boys and Girls Clubs - Substance Use Counselling Services

604-879-6554 • bgcbc.ca/counselling-support-services/substance-abuse-counselling-services

Free counselling for youth ages 13-24, concerned about their substance use or a loved one's substance use. Family members or service providers concerned about a youth's substance use can also access counselling.

Naria Foundation

info@nariafoundation.com • nariafoundation.com

Counselling for youth (16-24) impacted by the psychological consequences of traumatic stress, homelessness, substance use or other related changes. Offers financial support, in conjunction with health partners, to fill in gaps in government programs to eligible youth.

Health-Related

Callanish Society

604-732-0633 • callanish.org/ongoing-programs

Counselling for adults and youth affected by cancer at any stage, and for their family members.

Counselling also available for family members grieving the loss of a loved one from cancer.

Sliding scale rate ranging from \$50 to \$150 / session.

IBD Centre of BC - Mental Health Services

604-416-4444 • ibdcentrebc.ca/services/psychology-services

Mental health assessments with possible referral to the counselling program for patients with known or suspected inflammatory bowel disease. Free for patients with a BC Care Card.

****Referral to this program is via a family doctor/physician only.****

Inspire Health

604-734-7125 • inspirehealth.ca/programs/clinical-services/clinical-counselling

Short-term, cancer-focused counselling support for those with a cancer diagnosis or their loved ones. Counselling provided by master's level therapists. Free. No referral required.

Parkinson Society of BC

604-662-3240 • parkinson.bc.ca/resources-services/counselling

Free, short-term professional counselling and psychotherapy for individuals across BC with Parkinson's disease and their families.

Well Being Program for Deaf, Hard of Hearing and Deaf-Blind

778-819-0951 (voice) • 778-987-4174 (text) • 604-456-0901 (TTY only)

deafwellbeing.vch.ca/services/adults

Free counselling and mental health support services for deaf, hard of hearing and deaf-blind individuals and their families across BC. Accessible for all communication needs and modalities.

Extended Health Benefits

If you have **extended health** through your employer, check with HR or your insurance plan to see whether your employer has paid for **counselling benefits**. Sometimes this is a separate, contracted service (**Employee Assistance Program**), other times you are covered for a particular counselling professional such as a Registered Social Worker (RSW or RCSW), Registered Clinical Counsellor (RCC) or a Registered Psychologist (R.Psych), whom you would hire privately. Be clear on who you're covered for if reimbursement is important to you! Typically, you would pay the therapist first and they give you a receipt for reimbursement through your extended health. A limited but growing amount of local, private clinics offer direct billing. I have written extensively counselling options, including third-party, employee assistance programs, private and subsidized, in the following article: <https://willowtreecounselling.ca/articles/am-i-covered-understanding-your-counselling-options/>

Use Of This List

If you know of a ***not-for-profit agency*** offering a professional, lower-cost counselling service that I have not included, please let me know and I will consider it for inclusion. This list does not represent all not-for-profit counselling services in Metro Vancouver. As I am not able to go through each listing in detail on a quarterly basis, corrections to megan@willowtreecounselling.ca are most welcome.

As agencies change over time, please check with the above services to ensure accuracy of the information provided here. Note that many programs will have wait lists, or wait lists may be closed. You may wish to add yourself to several waiting lists to potentially increase the speed of you being able to access counselling.

If you are in a position to donate to these worthwhile counselling programs, please consider doing so!