



BC Centre for Disease Control  
Provincial Health Services Authority

Clinical Prevention Services  
Provincial STI/HIV Clinic

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www.bccdc.ca  
www.SmartSexResource.com

## Options for Counselling Services

Choosing a counsellor or therapist to work with is a personal choice based on many factors. We provide the following list when people are not sure how to get started. We do not recommend or endorse any of the counselling services listed.

### Free Services

#### **Access & Assessment Centre (AAC) (Vancouver)**

- **Population Served/Services:** For Vancouver residents 17+ years of age; Urgent and non-urgent mental health and substance use support and interventions (crisis management and stabilization), including referrals to community and hospital services; Numerous programs housed/operated at AAC
- **Cost:** Free
- **Hours:** 7:30 am-11:00pm, 7 days/week, 365 days/year
- **Phone:** 604-675-3700
- **Access Central Phone:** 1-866-658-1221

#### **Alcohol and Drug Information & Referral Line (Ministry of Health) (BC)**

- **Population Served/Services:** Any age/person; Telephone support and referral to community resources
- **Cost:** Free
- **Hours:** 24 hours/day, 7 days/week
- **Phone:** 604-660-9382 (in the lower mainland) or 1 800 663-1441 (province wide and toll free)
- **Website:** <https://www.healthlinkbc.ca/mental-health-substance-use/resources/adirs>

### BC Centre for Sexual Medicine (Vancouver)

- **Population Served/Services:** Clinical care for a wide array of sexual difficulties; this site also conducts research and teaching
  - Requires a referral from a physician or nurse practitioner
- **Cost:** Free for insured BC residents
- **Phone:** 604-822-7314
- **Website:** <https://psychiatry.ubc.ca/programs/sexual-med/>

### Canadian Mental Health Association: Bounce Back program

- **Population Served/Services:** Free telephone or online coaching for mild to moderate depression or anxiety
  - Offered in multiple languages
  - Requires a referral from a physician or nurse practitioner
- **Cost:** Free for insured residents of BC
- **Phone:** 1-866-639-0522
- **Website:** <https://bouncebackbc.ca/>
- **Email:** [bounceback@cmha.bc.ca](mailto:bounceback@cmha.bc.ca)

### Catherine White Holman Wellness Centre

- **Population Served/Services:** Drop-in counselling for transgender and gender diverse people
- **Cost:** Free
- **Hours:** See website or Facebook page for clinic information and drop-in counselling dates
- **Phone:** 604-442-4352
- **Website:** [www.cwhwc.com](http://www.cwhwc.com)

### Chimo Community Services (Lower Mainland)

- **Population Served/Services:** This service is for people in crisis, those escaping violence, or newcomers to Canada
- **Cost:** Free counselling and support groups for adults, youth, children and families
- **Hours:** Monday-Friday, 9:00am-4:30pm
- **Phone:** 604-279-7077
- **Website:** [www.chimoservices.com](http://www.chimoservices.com)

### **Counselling Clinic at Broadway Youth Resource Centre (Vancouver)**

- **Population Served/Services:** Confidential counselling for youth up to age 24 and their families
- **Cost:** Free
- **Hours:** 2:00pm-7:00pm Monday-Friday (these are the operating hours at the Broadway Youth Resource Centre and do not necessarily reflect the
- **Phone:** 604-709-5720
- **Email:** [cityucc@gmail.com](mailto:cityucc@gmail.com)

### **Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre)**

- **Population Served/Services:** For youth and adults in crisis across BC; phone and online support for those who feel suicidal
- **Cost:** Free
- **Hours:** Open 24/7
- **Phone:** 604-872-3311 (Greater Vancouver)
- **Phone:** 1-866-661-3311 (Toll free lower mainland and Sunshine Coast) or 1-800-SUICIDE (1-800-784-2433)
- **Phone:** Mental Health Support (BC): 310-6789
- **Website:** <https://crisiscentre.bc.ca>; [crisiscentreachat.ca](https://crisiscentreachat.ca)

### **Employee & Family Assistance Program (EFAP) (BC)**

- **Population Served/Services:** Counselling services for employees & their family members of participating employers, including critical incident debriefing—contact EFAP to inquire about eligibility
- **Cost:** Free or subsidized for eligible individuals
- **Hours:** Call or email for information
- **Phone:** 1-800-505-4929 (toll-free)
- **Phone:** 604-872-4929 (lower mainland)
- **Website:** [www.efap.ca](http://www.efap.ca)
- **Email:** [help@efap.ca](mailto:help@efap.ca)

## First Nations Health Authority (FNHA)

- **Population Served/Services:** Indigenous persons who have status and are registered for benefits through FNHA
- **Cost:** Free, up to a certain number of sessions, for eligible persons
- **Hours:** Call or email specific providers for details
- **Phone:** 1.800.317.7878 – ask about counselling benefits
- **Website:** <http://www.fnha.ca/benefits/mental-health>

## Foundry

- **Population Served/Services:** Health and wellness services for young people ages 12-24, including a wide array of mental health services, programs, and referrals
- **Cost:** Online services are free; in-person services for insured BC residents
- **Hours:** Call or email for information
- **Phone:** 604-806-9415 (Vancouver location)
- **Website:** <https://foundrybc.ca>

## Health Initiative for Men (HIM) (Vancouver, Surrey, New Westminister, Abbotsford)

- **Population Served/Services:** Counsellors have experience working with gay, bisexual, transgender and other men who have sex with men; private counselling
- **Cost:** Free, or by donation/sliding scale, depending on income
- **Hours:** Call or email for information
- **Phone:** 604-488-1001 ext. 235
- **Website:** [checkhimout.ca/mind](http://checkhimout.ca/mind) for more counselling services and resources
- **Email:** [counselling@checkhimout.ca](mailto:counselling@checkhimout.ca) to book an appointment

## New Westminister UBC Counselling Centre (New Westminister)

- **Population Served/Services:** Counselling for adults, children & youth from September – June
- **Cost:** Free
- **Hours:** Daytime & evening appointments available
- **Phone:** 604-525-6651
- **Website:** <https://ecps.educ.ubc.ca/counselling-centres/>

## Options Community Services (Fraser Health Regions)

- **Fraser Health Crisis Line**
  - **Phone:** 604-951-8855 or 1-877-820-7444
- **Population Served/Services:** Family counselling for families with children under 18 living in Surrey
  - A referral from MCFD is required for family counselling
  - **Phone:** 604-660-4927
- Suicide prevention, education and counselling for residents of Surrey, White Rock or Langley aged 18 and under (free)
  - **Phone:** 604-584-5811
- Sexual abuse counselling for residents of Surrey aged 3-18 (free)
  - **Phone:** 604-584-5811 ext. 1301
- **Cost:** Free
- **Hours:** Call for information
- **Website:** <https://www.options.bc.ca/get-support/for-my-family>

## PACE Society: By, With & For Sex Workers (Vancouver)

- **Population Served/Services:** One-to-one support, advocacy and referrals for sex workers, safety workshops, violence prevention workshops, Trans supper club, Aboriginal sharing circle
- **Cost:** Free
- **Hours:** Drop-in services 10:30 am – 4:30 pm Monday to Thursday
- **Phone:** 604-872-7651
- **Website:** [www.pace-society.org](http://www.pace-society.org)

## Pacific Community Resources Society (Lower mainland)

- **Population Served/Services:** Provides support through community counselling, substance use support (including residential treatment programs), housing support, employment counselling and support; family, youth, and Indigenous programming
- **Cost:** Free
- **Hours:** Call for information
- **Phone:** 604-412-7950 (Head office, Vancouver)
- **Phone:** 604-951-4821 (Fraser Office, Surrey)
- **Website:** <https://pcrs.ca/services/>

### **Qmunity: BC's Queer, Trans, and Two-Spirit Resource Centre (Vancouver)**

- **Population Served/Services:** Short-term counselling for LGBTQ people
- **Cost:** Free
- **Hours:** Monday-Friday, 10:00am-6:00pm
- **Phone:** 604-684-5307 ext. 100
- **Website:** [www.qmunity.ca](http://www.qmunity.ca)

### **Residential Historical Abuse Program (BC)**

- **Population Served/Services:** Counselling for individuals who have been sexually abused while under the care of the province (foster care, group homes, etc.)
- **Cost:** Free
- **Hours:** Call for information
- **Phone:** 604-875-4255
- **Email:** rhap@vch.ca
- **Brochure:** <http://vch.eduhealth.ca/PDFs/CE/CE.851.S49.pdf>

### **SAFER (Suicide Attempt Follow-up, Education and Research) – Operated by AAC (Vancouver)**

- **Population Served/Services:** Counselling for people who are feeling suicidal or have attempted suicide (Vancouver residents 17+ years of age )
  - Suicide bereavement counselling for BC residents
  - Support and education for those concerned about loved ones at risk for suicide (Vancouver residents)
- **Cost:** Free
- **Hours:** 7:30 am-11:00pm, 7 days/week, 365 days/year
- **Phone:** (604) 675-3700- call the Access and Assessment Centre and ask for the SAFER program

### **Scarfe Free Counselling Clinic at UBC (Vancouver)**

- **Population Served/Services:** Counselling for adults, students, & children over age 10 from September – April
- **Cost:** Free
- **Hours:** Daytime & evening appointments available; September- April only
- **Phone:** 604-827-1523
- **Website:** <https://ecps.educ.ubc.ca/counselling-centres/>

### Sex Sense (Options for Sexual Health Phone Line) (BC)

- **Population Served/Services:** Confidential sexual health referral and information service (not counselling); All ages welcome
- **Cost:** Free
- **Hours:** Monday – Friday, 9:00 am – 9:00pm
- **Phone: 1-800-SEX-SENSE** (1-800-739-7367) throughout BC
- **Phone: 604-731-7803** in the Lower Mainland
- **Website:** [www.optionsforsexualhealth.org/sex-sense](http://www.optionsforsexualhealth.org/sex-sense)

### SWAN Vancouver Society (Supporting Women's Alternatives Network) (Vancouver and BC)

- **Population Served/Services:** Outreach to/for newcomer, migrant and immigrant women engaging in indoor sex work; cis and transgender women may access services; providing bridges to health services, connecting to legal resources, responding to concerns and needs
- **Cost:** Free
- **Hours:** Call for information
- **Phone:** 604-719-6343
- **Phone:** 778-865-6343 电话
- **Website:** <http://swanvancouver.ca>
- **Email:** [info@swanvancouver.ca](mailto:info@swanvancouver.ca)

### WAVAW (Vancouver and BC)

- **Population Served/Services:** Individual and group counselling for survivors of marginalized genders: cis, Trans women, Two-Spirit, and/or non-binary people who have experienced sexual assault.
  - Crisis line, emotional support, information, referrals, hospital accompaniment. Indigenous, Victim Services, and Non-binary Programs
- **Cost:** Free
- **Hours:** Call for information
- **Phone:** 1-877-392-7583 (National toll-free line)
- **Phone:** 604-255-6344 (local)
- **Website:** <https://www.wavaw.ca/counselling/>

## Low cost and Sliding Scale Services

### **Adler Centre Counselling Clinic (Vancouver)**

- **Population Served/Services:** Clients of diverse age, culture, gender, ethnicity, sexual orientation, ability and socioeconomic status welcome
- **Cost:**
  - ~\$60 per session for individual Counselling with a Master's Intern
  - ~\$90 per session with Associates
  - ~\$85 Couples & Family Counselling with Interns; \$100 with Associate
- **Hours:** Monday-Friday 9:00am-9:00pm; Saturdays, 9:00am-6:00pm
- **Phone:** 604-742-1818
- **Website:** <https://adlercentre.ca/counselling-clinic/>
- **Email:** [apabc@adler.bc.ca](mailto:apabc@adler.bc.ca)

### **BC Society for Male Survivors of Sexual Abuse (Vancouver/Lower Mainland)**

- **Population Served/Services:** Cis and transgender men who have been sexually abused at some time in their lives
- **Cost:**
  - ~\$100 per session for individual therapy, but sliding scale may be applied
  - ~\$40 per week for group therapy
- **Hours:** Not specified, call for information
- **Phone:** 604-682-6482
- **Website:** <https://bc-malesurvivors.com/>
- **Email:** [therapy@bc-malesurvivors.com](mailto:therapy@bc-malesurvivors.com)

### **Citizen's Counselling Centre (Greater Victoria)**

- **Population Served/Services:** Affordable counselling services to adult residents of Greater Victoria
- **Cost:** Sliding scale based on family income, up to a max of \$60 per session
- **Hours:** Not specified, call for information
- **Phone:** 250-384-9934 (phone lines open Monday-Friday, 10am-2pm)
- **Website:** <https://www.citizenscounselling.com/contactus.html>
- **Email:** [info@citizenscounselling.com](mailto:info@citizenscounselling.com)

### Encompass Support Services Society (Langley)

- **Population Served/Services:** Counselling for children and youth up to age 19, who live in Langley, and who have experienced a traumatic event; therapy and support for immediate family members; reside
  - Sexual abuse support services
  - Trauma therapy
- **Cost:** Fee-for-service; the program will help families to explore funding options
- **Hours:** Not specified, call for information
- **Phone:** 604-534-2171 ex. 104  
**Website:** [www.encompasscounsellingservices.com](http://www.encompasscounsellingservices.com)
- **Email:** [counselling@encompass-supports.com](mailto:counselling@encompass-supports.com)

### Family Services of Greater Vancouver (New Westminister, North Shore, Richmond, Vancouver)

- **Population Served/Services:** Counselling for individuals, children, youth, and families; Stopping the Violence Program
- **Cost:** Sliding scale applied so that those who need counselling, can access counselling
  - For those who don't qualify for subsidy, fees are \$120 per 50 minute session for individuals, and \$125 per 50 minute session for couples/families
- **Hours:** Not specified, call for information
- **Phone:** 604-874-2938 (Vancouver); For North Shore, Richmond, and New Westminister office contact information, please access the website  
**Website:** <https://fsgv.ca/counselling/>
- **Email:** [intake@fsgv.ca](mailto:intake@fsgv.ca)

### Island Integrated Counselling Society (Nanaimo)

- **Population Served/Services:** Individuals, couples, & families
- **Cost:** Sliding scale based on family income
- **Hours:** Monday-Saturday, daytime hours; Thursday evenings
- **Phone:** 250-716-8888
- **Website:** <https://islandintegratedcounselling.com/>
- **Email:** [office@islandintegratedcounselling.com](mailto:office@islandintegratedcounselling.com)

### Mood Disorders Association of BC: Counselling & Wellness Centre (Vancouver)

- **Population Served/Services:** Individual, couples, and family therapy; do not require a mood disorder diagnosis to access counselling services
- **Cost:**
  - Individual therapy, \$95 per 50 minute session
  - Couples and family therapy \$105 per 50 minute session
- **Hours:** Not specified, call for information
- **Phone:** 604-873-0103, option 2  
**Website:** <http://www.mdabc.net/counselling-services>
- **Email:** [info@mdabc.net](mailto:info@mdabc.net)

### Oak Counselling Services Society (Vancouver)

- **Population Served/Services:** Ages not specified; all mental health queries
- **Cost:** Fees on a sliding scale related to household income
- **Hours:** Call or email to inquire
- **Phone:** 604-266-5611
- **Website:** <http://oakcounselling.org/>
- **Email:** [info@oakcounselling.org](mailto:info@oakcounselling.org)

### Salvation Army Community and Family Services (BC)

- **Population Served/Services:** Individuals, couples, & families; Faith-based organization
- **Cost:** Free or sliding scale
- **Hours:** Call for information
- **Phone:** 604-872-7676
- **Website:** <https://salvationarmy.ca/what-we-do/in-your-community/social-services/family-services/>

### S.U.C.C.E.S.S. BC (Vancouver, Coquitlam, Burnaby)

- **Population Served/Services:** Individual, couple and family counselling, problem gambling program, relationship violence program, Chinese help line
- **Cost:** \$25-130 per hour, based on a sliding scale
  - \*Counselling services following a referral from MCFD are free
- **Hours:** Not specified, call for information
- **Phone:** 604-408-7266 or 604-684-1628
- **Phone Help Lines:**
  - Cantonese: 604-270-8233
  - Mandarin: 604-270-8222
- **Website:** <https://www.successbc.ca/eng/services/family-youth/counselling-service/>

### UBC Psychology Department Clinic (Vancouver)

- **Population Served/Services:** Children, adults, & families
- **Cost:** Sliding scale
  - \$15-50 per session for individual therapy
  - \$10-50 per session for group therapy
- **Hours:** Monday-Friday 8:30am-4:30pm; **Note: Services are only available September-April**
- **Phone:** 604-822-3005
- **Website:** <https://clinic.psych.ubc.ca/>
- **Email:** [clinic@psych.ubc.ca](mailto:clinic@psych.ubc.ca)

## Hourly Rate Counselling Services

### **Bianca Rucker and Associates, Counselling Psychology (Vancouver)**

- **Population Served/Services:** Sex and relationship therapy; communication and intimacy; expertise with compulsive sexual behaviours
- **Cost:** \$225 per session (50 minutes).
- **Hours:** Call/email for availability
- **Phone:** 604-731-4466
- **Website:** <https://www.biancarucker.com/fees.htm>
- **Email:** [BR@biancarucker.com](mailto:BR@biancarucker.com)

### **Clear Counselling Group (Vancouver)**

- **Population Served/Services:** Individuals, couples, and families; Abandonment, trauma, sexual dysfunction, sexual abuse survivor, divorce, sex/porn addiction or fetish; LGBTQ safe/welcoming
  - Counselling services offered in English, French, and Spanish
- **Cost:** \$150-200, depending on training level of provider
- **Hours:** Call or email for availability
- **Phone:** 604-620-5010
- **Website:** <https://www.clearcounselling.ca/>
- **Email:** [office@clearcounselling.ca](mailto:office@clearcounselling.ca)

### **Daniele Doucet, Registered Clinical Counsellor, Certified Sexologist (Vancouver and Squamish)**

- **Population Served/Services:** LGBTQ safe/welcoming, relationship conflict, communication problems, anxiety, depression, substance use, trauma, sexual issues and concerns
- **Cost:** \$175 per session (60 minutes)
- **Hours:** Call/email for availability
- **Phone:** 604-773-3100
- **Website:** <http://www.shanti-centre.com/danielle-duplassie>
- **Email:** [info@shanti-centre.com](mailto:info@shanti-centre.com)

### Dr. David McKenzie, Registered Clinical Counsellor, Certified Sex Counsellor (Langley)

- **Population Served/Services:** Individuals and couples seeking assistance with sexual concerns/issues, as well as communication issues/concerns
- **Cost:** \$200 per session (55 minutes)
- **Hours:** Call/email for availability
- **Phone:** 604-813-6047
- **Website:** <http://www.davidmckenzie.ca>
- **Email:** [drdavid@davidmckenzie.ca](mailto:drdavid@davidmckenzie.ca)

### Dr. Wydra, Registered Psychologist/Certified Sex Therapist (Vancouver)

- **Population Served/Services:** Individuals and couples; Sexual identity, sexual addictions, trauma, depression, anxiety, marital therapy, communication
- **Cost:** \$225 per session (50 minutes)
- **Hours:** Monday- Thursday, 9:00am-7:00pm
- **Phone:** 604-675-6941
- **Website:** <http://alinawydra.com>
- **Email:** [alinawydra@gmail.com](mailto:alinawydra@gmail.com)

### Dragonstone Counselling (Vancouver)

- **Population Served/Services:** Individuals and couples; LGBTQ safe; gender affirming; Aboriginal-focused; trauma care; care offered in multiple languages
- **Cost:** Sliding scale option available (\$50 and under), for those who qualify
- **Hours:** Call or email for availability
- **Phone:** 604-738-7557
- **Website:** <https://www.dragonstonecounselling.ca/>
- **Email:** [dragonstone.counselling@gmail.com](mailto:dragonstone.counselling@gmail.com)

### Honey and Garlic Health Studio (Vancouver)

- **Population Served/Services:** Couples therapy, individual therapy, LGBTQ welcoming
- **Cost:** Costs range from \$125-190 per session (sessions range from 60-90 minutes)
- **Hours:** Call/email for availability
- **Phone:** 604-879-5023
- **Website:** <https://honeyandgarlic.ca/professional-counselling/>
- **Email:** [info@honeyandgarlic.ca](mailto:info@honeyandgarlic.ca)

### J. Matsui De Roo, Registered Clinical Counsellor (Vancouver)

- **Population Served/Services:** Transgender wellness, gender identity, navigating dysphoria and accessing gender affirming care; hormone and/or surgical readiness assessments for trans and non-binary people; LGBTQ-positive counselling; kink and body-positive
- **Cost:**
  - Individual counselling session: \$140 (includes GST)
  - Couples counselling session: \$160 (includes GST)
- **Hours:** Call for availability
- **Phone:** 604-726-2183
- **Website:** [www.genderoo.com](http://www.genderoo.com)
- **Email:** [matsui@genderoo.com](mailto:matsui@genderoo.com)

### Rethink Counselling Services: Doug Elliot, Registered Clinical Counsellor (Bowen Island & Vancouver)

- **Population Served/Services:** Individuals and couples living in Vancouver and/or Bowen Island
- **Cost:**
  - \$130 per hour session for individuals
  - \$140 per hour session for couples.
- **Hours:** Call or email for availability
- **Phone:** 604.803.2600
- **Website:** <https://www.rethink-counselling.com>
- **Email:** [rethink@rethink-counselling.com](mailto:rethink@rethink-counselling.com)

## West Coast Centre for Sex Therapy: Drs. Jason Winters and Carolin Klein (Vancouver)

- **Population Served/Services:** Individuals and couples; sex-positive therapy for all sexual related concerns including:
- **Cost:** \$120-200, depending on training level of provider
- **Hours:** Call or email for availability
- **Phone:** 604.675.2005
- **Website:** <https://westcoastsextherapy.com>; <https://www.drjasonwinters.com/>
- **Email:** [info@westcoastsextherapy.com](mailto:info@westcoastsextherapy.com)

## Online Resources

### Anxiety Canada

- Provides many evidence-based resources and general anxiety information
- <https://anxietycanada.com/>
  - **MindShift App**
    - Designed to help teens and young adults cope with anxiety
    - <https://anxietycanada.com/resources/mindshift-cbt/>

### British Columbia Psychology Association

- Search for a psychologist in your community
- [https://www.psychologists.bc.ca/find\\_psychologist](https://www.psychologists.bc.ca/find_psychologist)

### Heads Up Guys

- Designed to provide education, information, and resources/tools for men struggling with depression/low mood
- <http://headsupguys.org>

### SmartSexResource: Worry and Anxiety

- <https://smartsexresource.com/topics/worry-and-anxiety>

### Reduced Cost Counselling Options in Vancouver

- An entire manual of counselling options in Vancouver
- <https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf>