

Mental Health Counselling Services – Version Three- August 6th 2020

Name of Organization (Alphabetical Order)	Type of Organisation	General Description of Services	Contact Details	How much is the fee?	Is a referral form needed?	Hours of service?	Are services open to non-Richmond residents who have a Richmond GP?
BC Psychology Association	Non-Profit	Mental health support-member/support organisation for Psychologists that runs a referral service and searchable database to enable the finding of a phycologist	604-827-0847 www.psychologists.bc.ca	Free during pandemic only		24 hours a day, 7 days/week	YES
Burnaby Counselling Group <i>Offices in Burnaby and Langley</i>	Non-Profit	Provides individual, couples, family, and play therapy to people of all faiths and backgrounds, addressing a wide range of issues and using a variety of approaches such as cognitive behavioral therapy (CBT), play therapy, and eye movement desensitization and reprocessing (EMDR).	Phone: 604-430-1303 Fax: 604-431-7553 Organization Website: http://www.counsellinggroup.org General Email: bookings@counsellinggroup.org	Sliding scale – see website for rates	NO- self-referral by phone- 604-430-1303	Varied	YES
Cedar Springs <i>Richmond and Metro Vancouver</i>	TBD	Couples & Marriage Counselling Family Counselling Children & Youth Depression Anxiety PTSD	604-262-8806 info@cedarspringscounselling.com	Sliding scale /Subsized rates	YES -Client self-referral on their website https://www.cedarspringscounselling.com/intake-process/	Varied	YES
CMHA Bounce Back (Canadian Mental Health Association)	Non-Profit	BounceBack ® is a skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.	1-866-639-0522 bounceback@cmha.bc.ca	Free	NO Self-referral	Varied- to fit client circumstance.	YES
CHIMO Community Services (1 * - See Notes Below)	Non-Profit	Counselling programs & services	604-279-7077	Free	NO	24 hours a day, 7 days/week	YES- if they live in the VCH catchment area.

Mental Health Counselling Services – Version Three- August 6th 2020

<p>Chinese Community Mental Wellness Association of Canada (English and Mandarin)</p>	<p>Non-Profit</p>	<p>Daily mindfulness program via Zoom (in Mandarin)</p> <p>General Counselling aimed at Chinese speakers</p>	<p>604-721-3022</p>	<p>Free for Daily Mindfulness</p> <p>50 to 80 dollars per hour for general counselling</p>	<p>NO</p>	<p>9:30am-11:00pm Wednesdays</p>	<p>Yes</p>
<p>MCFD - Child and Youth Mental Health - Richmond</p>	<p>Government Agency</p>	<p>Provides a range of mental health assessment and treatment options</p>	<p>604-207-2511</p> <p>https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health</p>			<p>Intake day: Thursday 9:30am–3:30pm, closed 12:00–1:00pm</p>	
<p>Choose Again Society</p>		<p>Offers in-person and online counselling for individuals, couples, and families</p>	<p>Phone: 1-888-832-5959 Circle Facilitator (Elaine): 604-857-1615 Service Website: http://www.choose-again.com Email: info@choose-again.com</p>	<p>Fees charged on sliding scale</p>	<p>NO</p>	<p>Varied</p>	<p>YES</p>
<p>Deltassist Community Services</p>	<p>Non-Profit</p>	<p>Whole range of Counselling, including Family, Youth, Youth Suicide Prevention, Seniors http://deltassist.com/counselling</p>	<p><u>Address:</u> 9097 120 St, Delta, BC V4C 6R7 <u>Hours:</u> 9am- 4:30pm <u>Phone:</u> (604) 594-3455</p>	<p>Free counselling is offered by Masters Level counselling interns who are supervised by Manager of Counselling Services. Fee-for-Service counselling is provided by Registered Clinical Counsellors.</p>	<p>Not Usually – although some programs are MCFD referrals only- call to enquire.</p>	<p>Varied</p>	<p>Yes -most</p>
<p>Family Services of Greater Vancouver <i>(offices across Metro Vancouver- although Counselling only now available in Richmond)</i></p>	<p>Non-Profit</p>	<p>Fee-based and subsidized counselling as well as specialized trauma programs by referral.</p>	<p>604-279-7100 counseling@fsgv.ca</p>	<p>The fees are \$120.00 for individual sessions, \$125.00 for couple and family sessions.</p>	<p>NO</p>	<p>All phone or video – office still closed.</p>	<p>No</p>
<p>Foundry Richmond Foundry BC (Foundry Richmond’s parent organization) is also offering virtual services (See 2*- notes below)</p>	<p>Non-Profit</p>	<p>Offers services to young people ages 12-24 to access:</p> <ul style="list-style-type: none"> • Youth Clinic (sexual health clinic) **By Appointment Only** • Drop-in counselling • Peer support 	<p>Note: Due to COVID-19, these services will be offered by appointment only.</p> <p>Please call to schedule your appointment: 604-674-0550</p> <p>For general enquires email: info@foundryrichmond.ca</p>	<p>Free</p>		<p>M & W: 1pm-8pm T, Th & F: 1pm-7pm</p>	<p>Yes</p>

Mental Health Counselling Services – Version Three- August 6th 2020

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Here2Talk	Government of BC	<p>Free and confidential program that provides all students currently registered with a B.C. post-secondary school access to single-session 24/7 mental health support and community referral services via app, phone and web. Mental health counselling and referral service by app, phone or online chat in English, French, Punjabi and Chinese</p>	<p>1-877-857-3397 or direct 604-642-5212</p> <p>www.here2talk.ca</p>	Free	NO	24 hours a day, 7 days/week	Yes
<p>Living Systems Counselling</p> <p><i>New Westminster and across Lower Mainland</i></p>	Non-Profit	<p>Relationship focused counselling based on Bowen family systems theory</p> <p>Counselling to individuals, couple and families. Anxiety, depression, physical illness, marital discord, behavioral problems, family relationship dilemmas, and workplace difficulties</p>	<p>Phone: 604.926.5496</p> <p>E-mail: info@livingsystems.ca</p>	<p>Sliding scale based on client's income</p> <p>(15- 50 depending on expertise of Counselor)</p>	NO	Evenings and weekend appointments are available	
<p>Mood Association Disorders Association of BC</p>	Non-Profit	<p>General wellness counseling – individual and group work</p>	<p>To book a counsellor, please contact info@mdabc.net to book an appointment or call us at 604-873-0103 (ext 2). <i>In Person Appointments are on hold until further notice.</i></p> <p>OR Click the “Make an Appointment” button on our website where you will be directed to the on-line intake form. Once we review the form, our friendly booking staff will call you (or your guardian if you are a minor) to make an appointment.</p>	<p>Fee Based – Do not take MSP</p> <p>(Individual Therapy – Professional Practitioner, \$95 per 50 minute session</p> <p>Couples Therapy – Professional Practitioner, \$105 per 50 minute session</p> <p>Family Therapy – Professional Practitioner, \$105 per 50 minute session</p>	NO – clients can self	<p>Varied</p> <p>Office location for in person is at #480 – 789 Pender Street, Vancouver</p>	Yes

Mental Health Counselling Services – Version Three- August 6th 2020

				All fees are payable on a session by session basis.)			
Moving Forward Community Services – based in Surrey but services Richmond and Metro Vancouver	Non-Profit	Provides counselling services using a client-centered, anti-racist, and anti-oppression approach. Services are low-barrier and accessible to all Services in Punjabi	Phone: 778-321-3054 Fax: 778-732-0448 Organization Website: http://www.mffs.ca General Email: counsellor@movingforwardfamilyservices.com	Operates on a 'pay what you can' model with fee depending on wait time for appointment and counsellor professional designation; \$50 individual or \$65 couple per session is charged for an appointment with a clinical counsellor and no wait time, \$20 per session is charged for an appointment with an intern	YES- SELF referral form embedded on website	Flexible- currently with COVID – not in person	Yes
New Westminster UBC Counseling Centre	Educational Establishment	The mandate of the Centre is to provide effective counselling services to the public. All counsellor trainees receive direct supervision from university faculty.	Phone: 604.525.6651 Address: 821 – 8th Street, New Westminster, BC V3M 3S9 (at New Westminster Secondary School) Service Currently Closed Due to COVID – Check Back in late August/September	Details to follow.	NO- self referral is best	Evenings Available	Yes
Oak Counseling Society	Non-Profit	Offers counselling for issues such as anxiety, depression, grief, relationships, and life transitions, by volunteers with a Master's degree in counselling or related discipline.	Voicemail: 604-266-5611 Fax: 604-261-7205 Organization Website: http://www.oakcounselling.org General Email: info@oakcounselling.org	Sliding Scale	NO- Self referral	Appointments are available between 9 am to 8 pm Monday to Thursday, and 9 am to 7 pm Fridays.	Yes
Options Community Services	Non-Profit	Provides individual, couple, and family counselling to families in Surrey. Currently Closed to in Person (COVID)	604-584-5811 Fax: 604-584-7628 Service Website: http://www.options.bc.ca/counselling/family-counselling	Free	YES- MCFD Referral Only Surrey Residents Only (but may have Richmond GP)		Yes
Pacific Community Resources Society	Non-Profit	Youth orientated general Counselling	cityucc@gmail.com 604-709-5720 F. 604-709-5721	Free	No	Online /Flexible (with COVID)	Yes

Mental Health Counselling Services – Version Three- August 6th 2020

Broadway Youth Resource Centre			BYRC@PCRS.CA				
Richmond Addiction Services	Non-Profit	Addiction counselling and support services	604-270-9220. Referral form at: https://www.richmondaddictions.ca/images/documents/REFERRAL2020.pdf	Sliding Scale – negotiated – non market rates	Yes (but clients can also self-refer)	8:30am to 4:30am M-F	No
Rhodes Wellness College Training college for counsellors, counselling services are related to the education process	Educational Establishment	Programs include addiction, professional, wellness, or life skills counselling, and life coaching. Training covers group facilitation, trauma and abuse, substance misuse, and employment counselling	Phone: 604-708-4416 Fax: 604-708-4418 Organization Website: http://www.rhodescollege.ca General Email: admin@rhodescollege.ca	sessions are \$25 (accredited sessions run by students)	Self-referral	Monday- Friday 9-5pm	Yes
Richmond Mental Health and Substance Use Services	Statutory Health	Connections to mental health and substance use programs and services in English, Cantonese and Mandarin	604-204-1111			24 hours a day, 7 days/week	
S.U.C.C.E.S.S. Individual and Family Counselling Problem Gambling Program Relationship Violence Prevention Program – Cultural Education Chinese Help Lines*	Non- Profit	Clinical counselling	604-408-7266 (Intake) (currently no in person sessions being held- phone and virtual only) *Chinese language help lines are open seven days per week- 10am-10pm	Fees range from \$25 to \$130 per hour, based on a sliding scale Referrals from the Ministry of Children and Family Development will be free of charge.	NO- Individuals or families can self-refer or be referred by agencies or ministries. (referral form available)	9:00 am to 5:00 pm M-F	YES
Touchstone Family Association	Non-Profit	Counselling services -Front Porch Program	604-279-5599 Cantonese and Mandarin Inquiries: 604-207-5034 Any doubt of this program is for your client? Call Dave Cooper Director of Services- 604 612 1818 Website for programmatic overview?	Free but donations accepted	NO – client should do referral	9:00am to 4:30pm M-F	No

Mental Health Counselling Services – Version Three- August 6th 2020

Notes

1* Chimo Community Services has 3 counselling programs. There is no fee for any of their services. Referral forms are not needed and clients can self-refer. They offer appointments Monday-Friday from 9:00 AM – 4:30 PM (with some evening availability depending on the counsellor). More details are below:

- 1) Crisis & Suicide Intervention Services (CSIS)
 - For youth aged 13-19 and adults 19+ who are in crisis, have made a suicide attempt, are at risk of doing so, or are bereaved by suicide
 - Short-term counselling (up to 6 months)
 - Client must live in Vancouver Coastal Health Authority region
- 2) Stopping the Violence (STV)
 - For women aged 19+ who have experienced any form of abuse or violence in an intimate relationship
 - Short- to long-term counselling (up to 12 months)
 - Client must live in Richmond or the surrounding area
- 3) Prevention, Education, Advocacy, Counselling and Empowerment (PEACE) Program
 - For children aged 3-18 who have witnessed any form of domestic violence or abuse; parenting support for non-offending parent
 - Short- to long-term counselling (up to 12 months)
 - Client must live in Richmond or the surrounding area

2* BC Foundry Virtual Care is currently open and seeing clients

Introducing Foundry's Virtual Services!

Foundry is working to make sure all young people in British Columbia (BC) can get the care and support they need, when they need it. Foundry BC is now offering virtual drop-in counselling sessions by voice, video and chat to BC's young people ages 12-24 and their care-givers!

Foundry's virtual service offerings will expand over the weeks and months ahead to include primary care and peer support.

Foundry's virtual services are:

- Available to young people in British Columbia ages 12-24 and their caregivers
- Free and confidential
- Easy to access. No referral or assessment required

To access this service, call 1-833-F0UNDRY (yes, that's F0undry with a zero! or 1-933-308-6379) to book an appointment!

Visit foundrybc.ca/virtual for up-to-date hours of operation and service details. Email online@foundrybc.ca with any questions about Foundry's virtual services. No referral necessary and totally free of charge service .