Mental Health & Counselling

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Mental wellness –
one step at a time

BounceBack® reclaim your health	Bounceback BounceBack® is a free skill-building program designed to help adults and youth 13+ 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.
moving forward	Moving Forward Family Services Moving Forward is a non-profit charity organization that offers free short-term and affordable long-term counselling options to folks across British Columbia, as well as to anyone in Canada unable to access local support
FRC Fraser River COUNSELLING	What to Expect FRC is run through Trinity Western University, which means that all of our counsellors are students in the Masters of Arts in Counselling Psychology program. Since this is a learning environment, the student-counsellor works with a team of other student-counsellors and a supervisor, who is a Registered Clinical Counsellor.
Anxiety CANADA	Anxiety Canada | Self-help Resources, Programs & Services We provide free and affordable resources for those struggling with anxiety and anxiety disorders. Browse our programs, tools, and resources to find out more.
40 DIVERSEcity	Mental Health and Substance Use Services- DIVERSEcity Community Resources Society If you need mental health or substance use support, DIVERSEcity's Mental Health and Substance Use Services are here to help you and your whole family with free, compassionate, culturally informed and confidential counselling and support services in several languages
Canadian Mental Health Association British Columbia	CMHA – Living Life to the Full – helping you to help yourself Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full is a fun and interactive course that will help you understand your feelings, thoughts and behaviours, and what to do about them!
heretohelp Mental health and substance use information you can trust FamilySmart®	We're here to help | Here to Help HeretoHelp is a project of the BC Partners for Mental Health and Substance Use Information. We are a group of seven leading mental health and substance non-profit agencies. Since 2003, we've been working together to help people live well and better prevent and manage mental health and substance use problems. Learn more about our vision. Online Events- FamilySmart FamilySmart is a non-profit organization that offers free support to parents and caregivers of children and youth facing mental health and/or substance use challenges. With lived experience at the core of everything we do, we help families feel seen, heard, and supported by offering connection, support, and practical tools when they need it most.
TELUS Health Care Centres	Mental health solutions for individuals Connect with a clinician today Work with experienced clinicians to assess and treat common issues, from depression to anxiety, stress, trauma, addiction, chronic pain, grief and loss, and more. There are endless reasons to speak with a clinician – including simply having someone to talk to.

SOURCES COUNSELLING SERVICES	Our Services – Sources Community Resource Centres Sources Counselling Services is a fee-based counselling program located in White Rock.
FOUNDRY WHERE WELLNESS TAKES SHAPE	Foundry- Where Wellness Takes Shape Foundry offers free and confidential mental health and wellness services for youth ages 12-24 in British Columbia and their families.
Wellness North	Counselling for Anxiety, Depression and Trauma | DBT and CBT Therapy | Coquitlam, Surrey Counselling services for Individuals, Couples and Families. Get support for ADHD, OCD, Grief and loss, Anxiety, Depression, Trauma, Anger Management, Work Stress and Relationships.
Mental Health @ Home	Workbooks- https://mentalhealthathome.org/2018/06/14/mental-health-workbooks/ Resources – https://mentalhealthathome.org/resources/
	Youth Mental Health Online Workshops Resources https://focusdisability.ca/professional-resources/
bgc Canada	BGC South Coast BC https://www.bgcbc.ca/counselling-support-services/youth-and-family-counselling/ BGC South Coast BC is funded by the Delta Ministry of Children and Families (MCFD) and Child Youth Mental Health (CYMH) to provide counselling and support services to youth and families through several counselling service programs.
	Health Services | Surrey Libraries Find safe consumption sites, crisis lines, meetings, programs where you can connect with others with mental illness and more.
CLABC	61131a60919822c0205caee2_Crisis-lines-Resource-List-BC.pdf Master List Crisis Line Association of BC
Open Counseling	Therapy is for EVERYONE. Here's a guide.- OpenCounseling : OpenCounseling Find free and affordable therapy near you
fraserhealth	Car 67- Fraser Health A mobile crisis response unit which responds to individuals who are experiencing a mental health crisis. The centre is a central point of access for adults (19 years and older) who are experiencing urgent mental health and substance use concerns and who voluntarily seek and require urgent care, but don't require hospitalization. Surrey Mental Health and Substance Use Urgent Care Response Centre- Fraser Health: 13750 96th Avenue. Phone: 604-953-6200

	Crisis Centre Chat- Home Home | Crisis Centre BC We're here to help. TEXT 9-8-8 9-8-8 text services are available 24 hours a day
	Organizations Supporting Mental Health and Substance Use in B.C.- Province of British Columbia List of Organizations Supporting Mental Health and Substance Use in B.C.
	Virtual mental health supports- Province of British Columbia Virtual services are available for British Columbians who are experiencing anxiety, depression or other mental health challenges.
Developmental disabilities mental health services (DDMHS)	DDMH- Services for individuals who live with co-existing intellectual disabilities and a mental illness https://www.fraserhealth.ca/health-topics-a-to-z/developmental-disabilities-mental-health-services Referral Form: https://www.fraserhealth.ca/-/media/Project/FraserHealth/FraserHealth/Health-Topics/Mental-Health-Substance-Use/DDMHS_adult_referral_form.pdf
BetterHelp- Get Started & Sign-Up Today	