

Counselling Referral List

Paid Options

Collective Healing and Counselling

604-330-1636

Sex-work focused, prioritizes Sex Workers, BIPOC and 2SLGBTQAI+ folks

Offers Lower cost Counselling - Individual Session (\$30-\$80)

Regular Rate - Individual Session (\$140-\$150)

In-person and Virtual

Avery Therapy

Anxiety, depression, trauma, sex and intimacy, BIPOC and LGBTQ2+

Low-cost Counselling - Individual Session (\$50)

Regular rate - Individual Session (\$80-\$165)

In-person and virtual

Allure Therapy

604-98-8455

Sex therapy, sexual assault and trauma therapy. LGBTQI, Kink and Poly friendly

Low-cost Counselling - Individual Session (\$65)

Regular rate - Individual Session (\$150-\$175)

In-person and virtual

Thrive Counselling

604-227-0297

Mental health, depression, anxiety, neurodivergence, trauma, PTSD, Grief, etc.

Low-cost counselling - Individual Session (\$65)

Regular rate - Individual Session (\$165- \$175)

In-person and virtual

Free Options

Pacific Oak Clinic

523 Main Street

Counselling available on Thursdays from 10 AM - 2 PM with Psychologist

Free

Kilala Lelum

626 Powell st

Indigenous-focus
Free - Wait list

Salal

1-877-392-7583

Counselling for survivors of sexual violence. Indigenous counselling available.

Free

Atira - Stop the Violence Counselling

101 East Cordova St.

Counselling for cis and trans women who have experienced gender-based violence.

Free

Watari

#200-678 E Hastings St

Offers counselling and Elder support.

Free

Hope for Wellness

1-855-242-3310

Phone or online chat with a counsellor 24 hours a day, 7 days a week for Indigenous folks anywhere in Canada.

Free

Qmunity

1170 Bute Street

Offers 10 free sessions. LGBTQIA+ and gender-diverse related issues.

Free - Waitlist

HIM

1033 Davie Street

For self-identified gay, bi, queer men and women, and gender diverse folks.

Offers 8-10 free sessions

counselling@checkhimout.ca

Free

Three Bridges

604331-8900 ext. 23923

Trans Care

Free

UBC -

SARC

Daytox at Robert & Lily Community Health

604-675-455

1669 E Broadway

Substance use and detox support and counselling. 6-8 week outpatient program. Offers virtual programs.

Free

Immigration Services Society of BC

2610 Victoria Drive

Offers free counselling to asylum seekers, refugees, and other humanitarian newcomers

Free