**Counselling Community Referral List:**

**Children/Youth:**

**Encompass Support Services Society – General Counselling Program**

Free, short-term counselling for children and youth experiencing mild to moderate symptoms of depression or anxiety, or experiencing psychosocial difficulties/having difficulties adjusting, including as a result of COVID.

Contact 604.534.2171 ext. 108

**Encompass Support Services Society – SASS (Sexual Abuse Support Services) Program**

Free counselling for children and youth up to the age of 19 years who have experienced sexual abuse, sexual assault, and children under 12 experiencing sexual behaviour problems.

Contact 604.534.2171 ext. 108

**Encompass Support Services Society – Trauma Therapy Program**

Counselling for any person of any age for any type of psychological/emotional trauma. This is a fee-for-service program costing $120 per sessions; however in many cases we can connect people with funding sources to cover counselling costs (e.g., CVAP). Extended benefits are also accepted.

Contact 604.534.2171 ext. 108

**Encompass Support Services Society – Langley Youth HUB Drop-in Counselling**

Single session counselling for youth aged 12-24 years.  Call ahead to book a counselling time for either a Tuesday or Thursday from 3-5pm.

Contact 604.546.1130

**Suicide Prevention, Education and Counselling (SPEAC)**

For children and youth (ages 3-18) living in Surrey, White Rock and Langley who have made a suicide attempt or may be at risk of doing so.

Contact [604.584.5811](tel:604.584.5811).

**Short Term Assessment Response Treatment (START) Team**

*Eligibility*

Children and teens aged 6 to 18 years who are experiencing the rapid onset (in the past 2-4 weeks) of extreme mental health symptoms resulting in the child/teen being unable to participate in their typical daily activities or relationships.

Mental health crisis may include: [self-harming](https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/conditions-and-symptoms/self-injury-and-self-harm), [suicidal thoughts or attempts](https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/conditions-and-symptoms/suicide-and-suicidal-thoughts), [intense anxiety](https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/conditions-and-symptoms/anxiety-disorders) or [depression](https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/conditions-and-symptoms/depression), distorted thinking, or high risk of significantly harming others. Child or teen must live in the Fraser region.

Contact 1-844-782-7811

**Child and Youth Mental Health**

The Ministry of Children and Family Development's**Child and Youth Mental Health (CYMH)** teams **located across B.C.** provide a range of mental health assessment and treatment options for children and youth (0-18 years of age) and their families at no cost. Our clinics are staffed by mental health clinicians, psychologists, and psychiatrists.

Langley Location: 20434 64 Ave, Langley City, BC

[604-514-2711](https://www.google.com/search?q=CYMH&rlz=1CAJCUZ_enCA866&oq=CYMH+&aqs=chrome.0.69i59l2j35i39j69i59j46j0j46j69i60.1151j0j7&sourceid=chrome&ie=UTF-8&sxsrf=ALeKk02dNCeKtDvvRn4ScI9IGxwPeg2llQ:1599080483556&npsic=0&rflfq=1&rlha=0&rllag=49149731,-122750258,8377&tbm=lcl&rldimm=12912811934917696662&lqi=CgRDWU1IGYJJr3__ByzPWgwKBGN5bWgiBGN5bWg&ved=2ahUKEwi94sGBr8vrAhWMrp4KHfCiA5kQvS4wAHoECA0QJg&rldoc=1&tbs=lrf:!1m4!1u3!2m2!3m1!1e1!1m4!1u2!2m2!2m1!1e1!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:2&rlst=f) - for intake walk-in to the Langley location on a Wednesday (no appointment needed)

**Eating Disorders Program – Fraser Health South**

Clients are referred into our program by their family doctors (referral form found on website). All clients are required to have their family doctor complete a detailed referral including current lab and electrocardiogram.

Safe and supportive environment for youth, adults and their families dealing with anorexia nervosa, bulimia nervosa, avoidant/restrictive food intake disorder and binge eating disorder.

129-6345 120th Street, Delta, BC

Phone: 604-592-3700

**Langley Hospice Society**

Child/Youth Bereavement Services

Education, Education and support for parents/caregivers of grieving children and teens, Individual support for children, teens and families, 6-8-week support groups for children and teens, Day camps and special events, Annual four-day three-night camp for children aged 5 to 12 years.

20660 – 48 Avenue, Langley

604-530-1115

**Early Psychosis Intervention**

Our early psychosis intervention (EPI) team is a specialized health care service that provides the best assistance available to young people (13–30) who have recently developed psychosis.

Abbotsford, Agassiz, Chilliwack, Hope and Mission   
Call 1-866-870-7847

Burnaby, Maple Ridge, New Westminster, Tri-Cities   
Call 604-777-8386

Delta, Langley, Surrey, White Rock   
Call 604-538-4278

**Ishtar Women’s Resource Society**

**The PEACE Program for Children and Youth Experiencing Violence**is open to children and youth 3 – 18 years and their non-offending parent/caregiver.

6350 203 St, Langley City

604-534-1011

**Langley Community Services Society - Substance Use Services**

Free counselling for children and youth who have been impacted by a family members’ substance use. Some counselling may also be available for those using substances.

Intake worker at **604-534-7230 ext 1108**

**PCRS – Astra**

Astra supports youth 13-24 (primary focus is on 13 – 18) who would like to change their relationship with alcohol and/or drugs. Staff provide support based on individual goals and needs. Please contact us at:

* Langley, Aldergrove, and Cloverdale at 604-312-5866 or [gmaccluskey@pcrs.ca](mailto:gmaccluskey@pcrs.ca)

**Langley Youth and Family Services**

To provide an early intervention counselling service working with the Langley RCMP, the community and families toward preventing child and youth entry into the criminal justice system.

Contact: (604) 514-2900 (referral form available online: https://www.lyfs.ca/referral

**Family Services of Greater Vancouver**

Family Services offers professional, compassionate counselling and trauma services to individuals, families, children and youth in Vancouver, Richmond, and New Westminster.

Our Trauma Services programs serve women and children survivors of incest, trauma, sexual abuse, and family violence.

There is no fee to access these programs, but may require a referral from a social worker.

604-874-2938 ext. 4141

**Foundry Virtual Counselling**

We now offer virtual drop-in counselling sessions, peer support check-ins and group offerings to young people ages 12-24 and their caregivers! Foundry Virtual's offerings will expand over the weeks and months ahead to include primary care. Youth can self-refer.

[604-283-2234](tel:6042832234)

**FRIENDS OF DOROTHY LANGLEY**

604-546-1130   
   
Friends of Dorothy is an inclusive, safe, LGBTQ2S+ centered, weekly drop-in for youth ages 12-24.  We provide a space for youth to connect with and support one another; and to plan and participate in events and awareness campaigns.

**Bounce Back**

[1-866-639-0522](tel:18666390522)

BounceBack® is a free 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.

**Fraser River Counselling** (Student Clinic at Trinity Western University)

General Counselling – sliding scale/low cost

7600 Glover Road, Langley

604-513-2113

**Adults**

**Mood Disorders Association of BC**

789 W Pender St #480, Vancouver,

[(604) 873-0103](https://www.google.com/search?rlz=1CAJCUZ_enCA866&sxsrf=ALeKk00OX5Jna4iqizO2GOL-pdza7kmS8A%3A1599082779634&ei=GxFQX_WgJsT19APHhZ2YDg&q=vancouver+mood+disorder+clinic&gs_ssp=eJzj4tFP1zfMSDaqNDFOKTZgtFI1qDA1sTAzNzRPNTU2Sk1LSba0MqgwTDNPNTBJtExMNk00sTBN85IrS8xLzi8tSy1SyM3PT1FIySzOL0oB8pJzMvMykwEhbhrL&oq=vancouver+moo&gs_lcp=CgZwc3ktYWIQARgAMgsILhDHARCvARCTAjICCAAyAggAMgIIADICCAAyAggAMgIIADICCAAyCAguEMcBEK8BMgIIADoECCMQJzoECAAQQzoHCAAQsQMQQzoFCAAQsQM6CwguELEDEMcBEKMCOggIABCxAxCDAToNCC4QxwEQrwEQJxCTAjoFCAAQkQI6CwguEMcBEKMCEJECOggILhCxAxCDAToOCC4QxwEQowIQkQIQkwI6DQguEMcBEK8BEBQQhwI6BwgjEOoCECc6DQguEMcBEK8BEOoCECc6AgguOgcILhCxAxBDOgQILhBDOg0ILhCxAxDHARCjAhBDOgoILhDHARCvARBDOhAILhCxAxDHARCjAhAUEIcCUP88WNhgYNhyaANwAHgAgAG0AYgBoA2SAQM4LjiYAQCgAQGqAQdnd3Mtd2l6sAEKwAEB&sclient=psy-ab)

During this time of Covid-19 and physical distancing, MDABC is pleased to offer continued Registered Counselling services via ON-LINE or PHONE sessions. To book a counsellor, please contact [info@mdabc.net](mailto:info@mdabc.net) to book an appointment or call us at 604-873-0103 (ext 2). *In Person Appointments are on hold until further notice.*

**Ishtar Women’s Resource Society**

**Women’s Counselling Services** counselling program provides services to women who have experienced violence in their intimate relationships, sexual assault, and/or child abuse.

Ishtar’s Women’s Counselling program is accessible and welcoming to all women residing in the Langley and Aldergrove areas. All Women’s Counselling services are offered free of charge.

Contact the intake counsellor at 604-534-1011 ext. 239 to request an intake appointment.

**Adult Mental Health**

Mental Health and Substance Use Centers offer a range of self-referral services that provide support for people 19+ years of age who are experiencing mental illness and substance use problems in the community.

Langley Mental Health and Substance Use Center

305-20300 Fraser Highway

[604-514-7940](https://www.google.com/search?q=langley+adult+mental+health&rlz=1CAJCUZ_enCA866&oq=langley+adult+mental+health&aqs=chrome..69i57j0.4720j0j7&sourceid=chrome&ie=UTF-8)

Surrey Location

1100-13401 108th Avenue

604-953-4900

**Langley Community Services Society**

**Parent Outreach**

Parent Outreach offers FREE confidential in-home or onsite support, education, and counselling.  We work together with families of children up to age 14 years to develop a parenting plan through education, learning resources, community resources and referral information.

**236-880-7809 to complete intake over the phone or online at lcss.ca**

**Support is currently limited to phone and video conferencing.**

**Community Counselling**

Community Counselling is a FREE counselling program for residents of Langley and Aldergrove who are 16 years and older offered by Master’s-level counselling students.

call Langley Community Services at 604-534-7921 and complete intake by phone.

**Substance Use Services**

Eligibility: Think you might have a problem with alcohol and/or drugs. Have a significant other, close friend or family member who misuses alcohol and/or drugs. Need support in maintaining recovery. Live in Langley City or Township or Aldergrove

Intake worker at **604-534-7230 ext 1108**

**Stepping Stone Community Services Society**

[**604-530-5033**](tel:6045305033)

**Stepping Stone** is a non-profit organization dedicated to improving quality of life for individuals and families living with mental health issues, homelessness, or risk of homelessness.

We provide services in the Langley’s and the surrounding areas, assisting people to integrate into the community through social, housing, and employment opportunities.

**Langley Hospice Society**

Individual and family support, One-to-one volunteer support in person, Bereavement support groups (day and evening groups), Infant Loss Support Group For Mothers, Supportive Steps Walking Group, Children and teens support programs and summer camps, Education and support for community groups.

20660 – 48 Avenue, Langley

604-530-1115

**BC Bereavement helpline**

604-738-9950

The BC Bereavement Helpline assists the bereaved and their caregivers in coping and managing grief. When you call us your call will be answered by a caring, compassionate volunteer who is familiar with over 300 grief support groups and organizations in the province. Bereavement support groups provide a safe, nurturing environment for participants to share and support each other in their grief. Trained facilitators provide information about grief and encourage individuals to speak about their loss as they feel comfortable. Your call is free, confidential and anonymous and will be treated with care in helping you find the most appropriate support for your specific type of loss.

**Fraser River Counselling** (Student Clinic at Trinity Western University)

General Counselling – sliding scale/low cost

7600 Glover Road, Langley

604-513-2113

**Family Services of Greater Vancouver**

Family Services offers professional, compassionate counselling and trauma services to individuals, families, children and youth in Vancouver, Richmond, and New Westminster.

Our Trauma Services programs serve women and children survivors of incest, trauma, sexual abuse, and family violence.

There is no fee to access these programs, but may require a referral from a social worker.

604-874-2938 ext. 4141

**Jewish Family Services**

We have an experienced team of therapists who have been trained in a variety of therapeutic disciplines such as family systems therapy, couples counselling, individual psycho-therapy, brief or solution-focused therapy, youth counselling and group therapy. We offer individual, couples, family and group therapy.

Clients are seen for the intake process. Fees: A fee ranging between $30-110 is set during the intake and is based upon client income from their notice of assessment.

201-475 East Broadway   
Vancouver, BC

604.257.5151

**LEAP Clinic**

Our team of experienced, caring, and highly skilled professionals specializes in providing effective, evidence-based therapy for children, teens, young adults, and families.   
Our consultation services help parents make sense of puzzling behaviours and help strengthen the parent-child (or parent-teen) relationship. We have expertise in working with educators to maximize learning and positive development.

805 W Broadway   
Suite #507   
Vancouver, BC

Email: [info@leapclinic.ca](mailto:info@leapclinic.ca)

**Bounce Back**

BounceBack™provides free access to online, video and phone-based coaching and skills-building program. Seniors, adults and youth who are experiencing low mood, mild to moderate depression, anxiety, stress, or worry, can receive care.

CALL

[1-866-639-0522](tel:18666390522)

EMAIL bounceback@cmha.bc.ca