



Counselling

Province Wide: Government List of Virtual Mental Health Supports

- <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-mental-health-supports#counselling>

Province Wide: Open Path

Affordable, in-office and online psychotherapy sessions between \$30 and \$60 (between \$30 and \$80 for couples & family sessions)

- info@openpathcollective.org
- <https://openpathcollective.org/>

Vancouver: list of reduced cost counselling resources in the Lower Mainland.

- <https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf>

Victoria: List of reduced cost counselling resources in Victoria

- <https://drcvictoria.com/resources/>

The contents above are directly from the [Community and Financial Aid Resources in BC](#) guide page 28.

A full copy of this resource guide is available at <https://www.mefm.bc.ca/additional-resources>.



Complex Chronic Diseases Program