

# Low Cost or Free Counselling and Mental Health Services

---

## Community Counselling Services

- Citizens Counselling Centre – Individual & couples counselling  
941 Kings Rd | (250) 384-9934
- Esquimalt Neighbourhood House – Serving Esquimalt & Vic West  
511 Constance Rd | (250) 385-2635
- Beacon Community Services – Serving Saanich Peninsula  
(250) 656-0134
- South Island Centre for Counselling  
3821A Cedar Hill Cross Rd | (250) 472-2851
- Salvation Army – Stan Hagan Centre for Families  
2695 Quadra St | (250) 386-8521
- Sooke Family Resource Centre – Serving Sooke  
(250) 642-5152
- Pacific Centre Family Services – Serving Westshore  
(250) 478-8357
- Cascadia Counselling  
#300-755 Queens Ave | (250) 590-7050
- Victoria Sexual Assault Centre – For women & trans folks  
#201-3060 Cedar Hill Rd | (250) 383-3232
- Men's\* Trauma Centre – Individual counselling & groups for men and trans folks  
847 Fisgard St | (250) 381-6367
- 1Up Single Parent Resource Centre – Supports for single parents  
2001 Douglas St | (250) 385-1114
- Victoria Native Friendship Centre  
231 Regina St | (250) 384-3211
- Victoria Hospice – Bereavement services  
(250) 370-8715 | BC Bereavement Line: 1-877-779-2223
- Her Way Home – Support for pregnant/parenting women affected by substance use or violence  
#211-547 Michigan St | (250) 519-3681
- The Victoria Youth Clinic – Ages 12-24, medical, counselling, psychiatry  
818 Douglas St | (250) 383-3552
- Esquimalt Military Family Resource Centre – Military members & families  
(250) 363-2640
- Eating Disorders Program – Self-referrals accepted  
#302-2955 Jutland Rd | (250) 387-0000

- Mental Health Recovery Partners – Peer & family support  
(250) 384-4225
- Island Community Mental Health  
125 Skinner St | (250) 389-1211
- Vancouver Island Counselling Centre for Immigrants and Refugees  
#100-850 Blanshard St | (778) 404-1777

### Private Counselling Options

- Employee & Family Assistance Programs (EFAP): Confidential counselling via your workplace benefits (EFAP). Toll-free numbers are usually provided.
- Student Services: Students at UVic or Camosun have access to counselling and, at UVic, psychiatry.
- BC Association of Clinical Counsellors: <http://bc-counsellors.org/>
- BC Psychological Association: <https://psychologists.bc.ca>

### Support for Substance Use

- Walk-In Substance Use Services, 1119 Pembroke St | Mon–Thurs, 8:30 AM | (250) 519-3485
- Sobering & Assessment Centre – 24/7 support, 1125 Pembroke St | (250) 213-2444
- Connections Group – Fridays 2:30–3:30 PM, 1119 Pembroke St
- Umbrella Society – Education & advocacy (250) 380-0595
- Alcoholics Anonymous – 24/7 Helpline: (250) 383-7744 | Business Line: (250) 383-0415
- Narcotics Anonymous (250) 383-3553
- LifeRing Secular Recovery (250) 920-2095
- SMART Recovery (778) 323-3165

### Group Supports (Referral Required)

- Bounce Back – Free CBT skill-building for depression & anxiety  
1-866-639-0522 | <http://bouncebackbc.ca>
- CBT Skills Group – Offered every 2–4 months (778) 746-1705  
<https://www.divisionsbc.ca/victoria/resources/mhsuprogram/cbt-skills-group>
- BCalm Group: The Art of Living Mindfully – 8-week mindfulness course  
<https://www.bcalm.ca>

### Group Supports (No Referral Needed)

- Women’s Peer Support Group – Tuesdays 7–8:30 PM  
Burnside Gorge Community Centre (471 Cecelia Rd)

- Mental Health Recovery Partners Family Support Group – 2nd Thursday monthly 7–8:30 PM, 941 Kings Rd | (250) 384-4225
- Citizens' Counselling Group Sessions – Sliding scale fees (250) 384-9934

### Online Mental Health Tools

- MoodGYM – <https://moodgym.anu.edu.au>
- Anxiety Canada – <https://anxietycanada.com>
- Canadian Mental Health Association – <https://cmha.ca>

### Additional Community Resources

- PEERS – Drop-In: Mon–Thurs 11 AM–2:30 PM | 1-744 Fairview Rd  
Outreach: 6:30–11 PM daily | (250) 744-0171
- Rainbow Health Co-operative – #107-1208 Wharf St | 1-888-241-9992 ext. 100
- South Vancouver Island Gender Variant Drop-In – 2nd Wed & last Thurs, 6–8 PM  
Victoria Central Library | (250) 384-2366

### Crisis Support Lines

- Vancouver Island Crisis Line – 24/7 | 1-888-494-3888 | <http://www.viccrisis.ca>
- Kuu-us Crisis Line – For Indigenous peoples | 1-800-588-8717
- Trans Lifeline – For transgender and gender non-conforming individuals | 1-877-330-6366