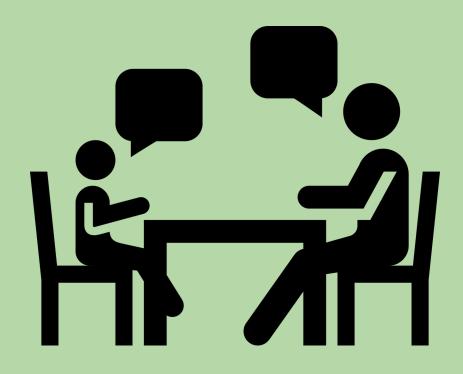
Private Counselling

Counselling can allow one to learn more about themselves, the conditions in which they are affected by and acquire new skills



WHAT CAN COUNSELLING DO FOR ME?

- Guide you through conflict resolution
- Help to relieve anxiety or stress
- Give you strategies to cope with major life changes
- Educate you on how to manage unhealthy behaviours
- Help you to cope with sexual problems
- Assist in your recovery from physical or sexual abuse
- Help you come to terms with a personal health issue or that of a loved one
- Provide you with strategies or techniques for you to sleep better

AFFORDABLE COUNSELLING SERVICES FOR YOUTH

Reach Out Counseling & Family Services Society: https://www.reachoutcounselling.org/
One-on-one services for youth ages 16-25 to help navigate housing, education, employment & government programs

Sliding scale & subsidized counseling available based on household income & need

<u>Crossroads Collective:</u> https://crossroadscollective.ca/ One-on-one services offered for youth aged 3 - 12 years Sliding scale & reduced rates available with intern counselors

AFFORDABLE COUNSELING SERVICES FOR ADULTS

Hope for Wellness Helpline: https://www.wellnesstogether.ca/en-ca/about

- Immediate call and text support with mental health professionals (free of charge)
- Free access to mindfulness and wellness courses
- More Info: https://www.wellnesstogether.ca/en-ca/faq

Okanagan Clinical Counselling Services: https://okclinical.com/

- One-on-one services and couples counselling available on a sliding scale with Masters students
- Subsidized counselling offered for qualifying individuals

<u>Connect Counseling & Therapy Society:</u> https://www.connectcounsellingsociety.ca/

Low-cost couples counselling

OTHER LOCAL OPTIONS FOR COUNSELLING

Connect Counseling & Therapy Society: https://www.connectcounsellingsociety.ca/

• Mental health services for individuals, families, couples and those dealing with trauma

Orchard Valley Counselling Services: https://www.orchardvalleycounselling.ca/

• "Holistic" counselling provided for individuals ages 5+ years

Alive Counseling: https://alivecounselling.com/

- Counselling services for both children and adults
- Offering support groups, sports therapy, educational sessions, walk & talk therapy and more



In some cases, counselling can be as effective as medication, such as antidepressants. But depending on your situation, talk-therapy alone may not be enough to remedy the symptoms of a mental health condition. You also may need medication or other treatments (The Mayo Clinic).

If you are in crisis and not able to visit or get in touch with your local Mental Health & Substance Use Centre, please contact the Interior Crisis Line Network at 1-888-353-2273 for immediate assistance.

