

# 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

**Crossroads Collective:** <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

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

- Low-cost couples counselling

## OTHER LOCAL OPTIONS FOR COUNSELLING

**Connect Counseling & Therapy Society:** <https://www.connectcounselingsociety.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://alivecounseling.com/>

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



**CLICK HERE TO  
CONNECT WITH A  
LOCAL  
THERAPIST**

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.

**Click here for mental  
health hotlines**

