

Counselling Services

- **Canadian Mental Health Association**
 - Free counselling
 - Call (236) 420-2803 and ask for CMHA Kelowna Virtual Counselling
 - <https://cmhakilowna.com/programs-and-services/virtual-counselling/>
 - Wellness programs: <https://cmhakilowna.com/programs-and-services/wellness/>
- **Connect Counselling & Therapy Society** (formerly the Kelowna Family Centre)
 - Subsidized counselling
 - <http://www.connectcounsellingsociety.ca/>
- **The University of British Columbia (UBC) Okanagan**
 - Lower cost counselling services as well as a free wellness clinic
 - <https://psych.ok.ubc.ca/psychology-clinic/>
- **Karis Support Society:**
 - Counselling support for women (with or without children)
 - Eligibility: Women; must be in recovery from substance use and/or mental health
 - Call: 250-860-9507
 - Email: info@karis-society.org
 - <https://karis-society.org/>
- **Kelowna Mental Health & Substance Use Services:**
 - You can self-refer to access free individual or group counselling and other mental health services offered
 - <https://www.interiorhealth.ca/locations>
- **Okanagan Clinical Counselling Services**
 - Counselling on a sliding scale. Their website states that all in-person sessions are currently on hold due to COVID-19 but that they are offering online video counselling and phone sessions. They also offer sliding scale appointments and encourage you to discuss this with the clinic manager or your counsellor.
 - <http://okclinical.com/>
- **Orchard Valley Counselling**
 - Offers sessions with practicum interns for \$40 a session
 - <https://www.orchardvalleycounselling.ca/low-cost-counselling-rates/>
- **No Fear Counselling**
 - There is a location in the Okanagan that offers low cost counselling
 - <https://nofearcounselling.com/locations/>
- **BounceBack program**
 - Available to anyone who is 15 years or older in BC. BounceBack is a free skill-building program from the **Canadian Mental Health Association** designed to help you build the

- tools to address mild to moderate depression, anxiety, and stress. Though it is not counselling or talk therapy, it is one-on-one support with coaches who have experience supporting people through a range of major life challenges and changes. The program is offered online, via video, or over the phone, where you would work one-on-one with a coach. You do need a doctor's referral for the coaching program, or you can self-refer by providing your primary care provider's information when you sign up for the program.
- You can learn more about the program here (<https://bouncebackbc.ca/>)
 - You can self-refer here (<https://bouncebackbc.ca/bounceback-coaching/>).
- **Living Life to the Full**
 - Another free program from the Canadian Mental Health Association. This course uses the same content as the BounceBack program but operates in a group-based setting.
 - You can find a course near you here: <https://livinglifetothefull.ca/>
 - **The Mood Disorders Association of BC (MDABC)**
 - A counselling and wellness centre that offers slightly discounted rates for supervised sessions with Master's level interns. They also offer CBT courses and support groups
 - <http://www.mdabc.net>
 - **Kelty's Key iCBT**
 - Offers **free online therapy** to residents of BC who struggle with mild to moderate depression, anxiety, grief, family issues, substance use and chronic pain
 - (<https://www.keltyskey.com/self-help/>).
 - Anyone can access the self-help modules of the program. Although the therapist-supported program is not currently accepting new referrals in the Vancouver Coastal Health region, people who live within the Interior Health Region can contact **310-MHSU** to request an online therapist.
 - If you are able to access the therapist-supported program, the 8-week program includes: Online interactive lessons, secure emailing with your online therapist, and private surveys to manage your symptoms and guide therapy.
 - **The Foundry**
 - Offers mental health services to anyone between the ages of 12 and 24. You can walk in and access free mental health resources. They are staffed by counsellors, social workers, various health professionals, and more.
 - <https://foundrybc.ca/kelowna/>

For support in between appointments or in tough moments, anyone can reach out to the **BC Mental Health Support Line** for free, confidential listening support 24 hours a day, 7 days a week, at **310-6789**. People can also text **WELLNESS** to **741741** to be connected with immediate support.