



Counselling

Agencies and organizations which help people with emotional difficulties. Listed by subject heading. For Counsellors in private practice please look under Counsellors in the yellow pages of the TELUS Phone Directory.

Information and Referrals

BC Association of Clinical Counsellors **250-595-4448**
1-800-909-6303

204 - 780 Tolmie Avenue
Victoria, BC V8X 3W4

Regulates the practice of clinical counsellors working at a Master's level. Provides referrals to counsellors.

www.bc-counsellors.org

Abuse

Battered Women Support Services (BWSS) Crisis Line **1-855-687-1868**

Provides emotional support and information on resources to assess women in their coping strategies, to highlight their strengths and to help create a safety plan for women who are dealing with violence and/or the effects of abuse.

www.bwss.org

Men's Trauma Centre **250-381-6367**

102-1022 Pandora Avenue
Victoria, BC V8V 3P5

Provides support, counselling (individual and group) and education for all men who have experienced childhood abuse, adult assault or any other trauma. Initial intake session is free.

www.menstrauma.com

Pacific Centre Family Services Association **250-478-8357**

345 Wale Road
Victoria, BC V9B 6X2

Individual counselling for women who experienced violence in their adult relationship or who were sexually abused.

www.westshore.bc.ca

Sooke Transition House Society **250-642-2544**

PO Box 527
Sooke, BC V9Z 1H5

Emergency shelter for women and their children who are in crisis resulting from family violence. Provides advocacy, counselling, education and prevention.

www.sooketransitionhousesociety.com

Victoria Sexual Assault Centre Service Access Line **250-383-3232**

Business Line **250-383-5545**

201-3060 Cedar Hill Road
Victoria, BC V8T 3J5

Provides individual and group counselling for survivors of sexual assault and historical sexual abuse.

www.vsac.ca

Victoria Women's Transition House Crisis Line **250-385-6611**

Community Office **250-592-2927**

100-3060 Cedar Hill Road
Victoria, BC V8T 3J5

A temporary shelter for women with or without children who are experiencing abuse in their intimate relationships. Wheelchair accessible.

www.transitionhouse.net

Addictions

Al-Anon Family Groups 250-383-4020

2-2020 Douglas Street

Victoria, BC V8T 4L1

Support for families and friends of alcoholics.

Open Monday, Wednesday and Friday, 10 a.m. to 2 p.m.

www.bcyukon-al-anon.org

Alcoholics Anonymous 250-383-0415 24 hour Help Line 250-383-7744

8-2020 Douglas Street

Victoria, BC V8T 4L1

12 step program to help people to learn how to live without alcohol.

www.aavictoria.ca

Island Health (South) Addiction Outpatient Treatment Mental Health and Substance Use Services 250-519-3544

1250 Quadra Street, 2nd floor

Victoria, BC V8W 2K7

Provides addictions treatment both group and individual, counselling and education for individuals 19 years and older, and who are experiencing difficulties with alcohol or other drugs, or who are affected by someone else's substance abuse. Self-referral accepted in person through Substance Use Intake at 1119 Pembroke, or 1125 Pembroke Street.

www.islandhealth.ca

Narcotics Anonymous 250-383-3553

A self-help organization offering a supportive recovery environment for persons suffering from addiction.

www.svina.ca

Pacific Centre Family Services Association 250-478-8357

345 Wale Road

Victoria, BC V9B 6X2

Offers counselling and support for individuals dealing with alcohol and other drug problems.

www.pacificcentrefamilyservices.org

Problem Gambling Helpline 1-888-795-6111

Offers telephone advice and referral to counselling.

Salt Spring Island Community Services 250-537-9971

268 Fulford Ganges Road

Salt Spring Island, BC V8K 2K6

Offers counselling.

www.saltspringcommunityservices.ca

Bereavement

BC Bereavement Helpline 1-877-779-2223

Provides listening and resource listings for support of grief and loss.

www.bcbereavementhelpline.com

Beacon Community Services 250-656-0134

9860 Third Street

Sidney, BC V8L 4R2

Grief and loss support, counselling services.

www.beaconcs.ca

Compassionate Friends of Canada Victoria Chapter 250-478-9270

Offers friendship and support for bereaved parents who have had a child die at any age from any cause. Monthly meetings and quarterly newsletter.

www.tcfcanada.net

Salt Spring Hospice **250-537-2770**

129 Hereford Avenue
Salt Spring Island, BC V8K 2T3
Offers counselling services for chronically and terminally ill persons and their families. Volunteers provide one-to-one visits at home or at the hospital. Respite care and bereavement support. Loans educational materials.
www.saltspringhospice.org

Sooke Hospice Volunteers **250-642-4345**

PO Box 731
Sooke, BC V9Z 1H7

Victoria Hospice Society **250-370-8868**

Royal Jubilee Hospital
3rd Floor, Richmond Pavilion
1952 Bay Street
Victoria, BC V8R 1J8
A team of support staff, volunteers and counsellors provides information, individual and group support and counselling. Evening counselling sessions are available.
www.victoriahospice.org

Crisis Intervention

Vancouver Island Crisis Line **1-888-494-3888**

24/7 confidential phone support provided by trained Crisis Line workers: provides non-judgmental emotional support, crisis intervention, and suicide prevention and assessment, public access for mental health crisis response teams, information on community resources, online emotional support via crisis chat services daily from 6 p.m. to 10 p.m. The Crisis Text Program is available daily from 6 p.m. to 10 p.m. by texting **250-800-3806**. If you have unlimited coverage for SMS text messages with your mobile service provider, the texting service will be free of charge.
www.viccrisis.ca

Family Counselling

Beacon Community Services **250-656-0134**

9860 Third Street
Sidney, BC V8L 4R2
Counselling for families, youth, adults and seniors.
www.beaconcs.ca

Citizens Counselling Centre **250-384-9934**

941 Kings Road
Victoria, BC V8T 1W7
Individual counselling, couples counselling, and group counselling. Groups run three times each year (Fall, Winter and Spring) and include self-esteem groups, anger management groups, mindfulness groups, and groups with a focus on stress, anxiety and depression.
www.citizenscounsellingcentre.com

Family Services of Greater Victoria **250-386-4331 or 1-877-386-4333**

1004 North Park Street
Victoria, BC V8T 1C6
Provides professional counselling, mediation, group programs, legal information and more for family relationship issues.
www.fsgv.org

Pacific Centre Family Services Association **250-478-8357**

345 Wale Road
Victoria, BC V9B 6X2
Individual counselling for women who experienced violence in their adult relationship or who were sexually abused.
www.pacificcentrefamilyservices.org

Salt Spring Island Community Services **250-537-9971**

268 Fulford Ganges Road
Salt Spring Island, BC V8K 2K6
Provides counselling for adults, families and youths.
www.saltspringcommunityservices.ca

The Salvation Army Stan Hagen Centre For Families **250-386-8521**

2695 Quadra Street
Victoria, BC V8T 4E3
Provides professional counselling to individuals and families who face immediate crisis as well as those requiring short term therapy, by donation.
www.sashcf.com

Sooke Family Resource Society **250-642-5152**

100-6672 Wadams Way
Sooke, BC V9Z 0H3
Offers income-based counselling to individuals, couples, and families.
www.sfrs.ca

South Island Centre for Counselling and Training **250-472-2851**

3821-A Cedar Hill X Road
Victoria, BC V8P 2M6
Offers training and affordable counselling.
www.southislandcentre.ca

Mental Health

Geriatric Speciality Services Mental Health and Substance Use

Provides outreach services, assessment, and treatment for seniors with complex mental health issues (including dementia) and/or addiction issues. The team is also involved in investigations of abuse and neglect. For further information and to determine eligibility call Seniors Health Intake at **250-388-2273**.

Senior Peer Counselling

Senior Peer Counsellors are trained volunteer non-professional counsellors who provide active listening, emotional support and empathy with life-style changes. They offer encouragement towards self-help and exploration of choices. The following agencies offer this service, free of charge.

Beacon Community Services **250-656-5537**

SHOAL Community Centre
10030 Resthaven Drive
Sidney, BC V8L 3G4
www.beaconcs.ca

Salt Spring Community Services **250-537-4607**

129 Hereford Avenue
Salt Spring Island, BC V8K 2T3
www.saltspringcommunityservices.ca

Seniors Serving Seniors **250-413-3211**

209-1027 Pandora Avenue
Victoria, BC V8V 3P6
www.seniorsservingseniors.bc.ca