

Some people may find the questionnaire you just completed somewhat triggering or upsetting. If this has been part of your experience, we want to offer the following coping tips for grounding, as well as a list of community counseling resources shall you wish to speak to someone about your experience with trauma.

Coping Tips for Difficult Emotions

- **5-4-3-2-1:** Notice and name 5 things you can see in your surrounding, 4 things you can touch/sense, 3 things you can hear, 2 things you can smell, and 1 thing you can taste
- **DIAL down your emotions by**
 - 1) **Dunk** your face in a bowl of cold water while holding your breath, and repeat for 3-5 minutes (alternatively, splash cold water on your face or holding an ice cube/ice pack in your hands)
 - 2) **Intense** exercise such as jumping jack, running on the spot, push-ups, or climbing up and down the stairs for about 10-15 minutes. Engaging our physical body helps to de-escalates intense emotions.
 - 3) **Abdominal** breathing by imaging that you are blowing air into a balloon in your belly as you breathe in through your nose (slow and deep), then deflate the air in the balloon as you squeeze out all the air through you mouth (also slowly), then repeat
 - 4) **Let** it go by tensing and then relaxing different parts of your muscles (e.g., squeezing your hands tight and release; pulling your shoulders up to your ears and lower them; curling your toes tight and relax)
- **Self compassion break:** Acknowledge that this is a hard moment (e.g., “I feel pain”; “This is tough”), remind yourself that pain is a part of life (e.g., “we all struggle in some way”; “I am not alone”), and say something kind to yourself (e.g., “May I give myself some compassion”; “It’s okay to feel this way”)

Foundry Support

Foundry Walk in Counselling (all locations)

Access virtual Counseling through the Foundry App: 1-833-308-6379 <https://foundrybc.ca/virtual/drop-in-counseling/> Also, each Foundry location offers single session in-person/virtual walk-in counseling (WIC) for youth ages 12-24. At the Downtown location, WIC is open Monday to Friday, 1-5 pm. Call 604-806-9415 to access.

Foundry Primary Care – Family Doctor/Nurse Practitioner (all locations)

If you currently do not have a family doctor/nurse practitioner and hope to connect with someone for your mental health concerns and/or potential psychiatry referrals, you can book an appointment with one of our providers.

Other Reduced Cost Counseling Options in Vancouver - General

This is a resource list of some lower-cost or free counselling services in Metro Vancouver. Note that wait times vary and some waiting lists may be closed, so please contact the clinic to inquire.

Adler Centre - Counselling Clinic

604-742-1818 <http://www.adlercentre.ca/clinic.html>

Subsidized individual and couples counselling. Counselling provided by counselling psychology graduate students at the Adler Centre, supervised by an experienced clinician. \$60-\$85 with counselling intern; \$100-\$110 with RCC

Family Services of Greater Vancouver

604-874-2938 <https://fsgv.ca/programs/counselling/>

Counselling provided by supervised counselling interns, September to April only. No fee. Trauma counseling support available. Offices in Vancouver, Richmond, and New West.

Jewish Family Services Vancouver

604-558-5726 <http://jfsa.ca/counselling/>

Therapy services to youth, adults, seniors, couples, and families. Fee for a Registered Clinical Counsellor ranges from \$30-110 and is based upon client income from their Notice of Assessment. Free counselling is offered by supervised intern students.

Scarfe Counselling - UBC

604-827-1523 <http://ecps.educ.ubc.ca/counselling-centres/scarfe-free-counselling-clinic/>

Resource and Support



Free for adults and children 10+. Counselling provided by counselling psychology graduate students, supervised by a psychologist. Clinic runs from September to April.

Simon Fraser University - Counselling Clinics

Burnaby location 778-782-4720 <https://www.sfu.ca/psychology/clinicalpsychology-centre.html>

Counselling for adults, children and youth provided by supervised graduate students. Services at the Surrey clinic are free and at the Burnaby clinic are offered on a sliding scale.

UBC Psychology Clinic

604-822-3005 <http://clinic.psych.ubc.ca/>

Counselling services provided by doctoral student interns, supervised by registered psychologists, serving youth and adults. \$10-\$40 per hour.

Urban Native Youth Association (UNYA) - Counselling Program

604-253-5885, link.counsellor@unya.bc.ca <https://unya.bc.ca/programs/alcohol-drug-counsellors/>

Free individual and group clinical counselling for Indigenous youth, ages 13-24. Or contact the Wellness Centre for drop-in counselling hours

Other Reduced Cost Counseling Options in Vancouver - Trauma Specific

Atira Community Services Society - Stopping the Violence Counselling

604-331-1407 ext. 106 or 107 <https://atira.bc.ca/what-we-do/program/stopping-the-violence-counselling/>

Free individual and group counselling for women and transwomen who have experienced relationship abuse, sexual assault, or physical, emotional, or sexual abuse.

Battered Women's Support Services

604-687-1867 <https://www.bwss.org/support/programs/counselling/>

Counselling and support services for any woman who has been abused in an intimate relationship as well as women survivors of childhood sexual abuse, adult sexual assault, and Indigenous residential school survivors.

BC Society for Male Survivors of Sexual Abuse

604-682-6482 <https://bc-malesurvivors.com/for-survivors/funding-your-therapy/>

Registered clinical counsellors (RCCs) provide individual and group counselling for male survivors of sexual abuse. RCC fee: \$100 for individual counselling. Group counselling: \$40 per week. Reduced cost counselling provided by practicum students at \$45/hr. Victim services workers on staff to help apply for funding for those who qualify.

Crime Victims Assistance Program - Victim Link BC

1-800-563-0808 (available 24/7) <http://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-area-victim-of-a-crime/victim-of-crime/financial-assistance-benefits>

Funded counselling for victims of crime, their immediate family members, and witnesses.

Qmunity

counselling@qmunity.ca <https://qmunity.ca/get-support/counselling/>

Non-profit organization providing support for queer, trans, and Two-Spirit populations. Offers **ten sessions of wellness counseling** at a reduced cost (\$60-120)

Residential Historical Abuse Program

604-875-4255 <https://vch.eduhealth.ca/PDFs/CE/CE.851.S49.pdf>

Free counselling for those who were sexually abused while under the care of the province

VAST

604-255-1881 or Toll Free: 1-866-393-3133 <https://www.vastbc.ca/refugee-home>

Trauma-focused psychological counselling for refugees in one-on-one and group settings. Services provided in over a dozen languages.

WAVAW Rape Crisis Centre

604-255-6228 <https://www.wavaw.ca/counselling/>

Individual counselling and group support for cis and trans women, two-spirit, trans and/or nonbinary people who have experienced sexual assault