

Individual and/or Couples Therapy:

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Assessment & Treatment Centres:

BC Centre for Sex Med psychiatry.vch.ca/bccsm.htm 604-875-4705

A specialty clinic located on the campus of the University of British Columbia that provides assessment and treatment services for sexual concerns. A referral by your physician is required (see website for details).

Vancouver CBT Centre www.vancouvercbt.ca 604-738-7337

Offers individual and group psychological treatment for a number of anxiety and mood disorders including GAD, Health Anxiety (Hypochondriasis), OCD, BDD, Impulse Control Disorders, Panic Disorder with or without Agoraphobia, PTSD, Social Anxiety Disorder, Specific Phobias and Depression. Children, adolescents, adults and parents.

DBT Centre of Vancouver dbtvancouver.com 604-569-1156

Provides psychological assessment and treatment services in the form of individual and group therapy for adolescents and adults struggling with anxiety, depression, emotional dysregulation, anger, PTSD, pain, suicide, self-harm, personality disorders, and drug and alcohol use problems.

North Shore Stress & Anxiety Clinic www.nssac.ca 604-985-3939

Provides psychological treatment for anxiety, stress, depression, PTSD, adjustment problems, pain and illness, memory rehabilitation, and nutrition and weight management.

UBC Psychology Clinic clinic.psych.ubc.ca/ 604- 822-3005

Clinical psychological services offered by graduate students in clinical psychology who are being supervised by registered psychologists. Sliding-scale fees at reduced rates.

Divisions of Family Practice <https://divisionsbc.ca/> 604-569-2010

The Vancouver CBT Skills Groups offer an 8-week psycho-education program that targets patients 18 years and older with low to moderate severity of anxiety and depression, as well as other lower acuity mental health diagnoses. Each session is 90 minutes long. Because the majority of the program is MSP funded, participating in the program requires a referral from a family physician.