

Healing Spaces Highlights Need for Neuroaffirming Mental Health Care in North Vancouver

Local counselling practice underlines the importance of mental health care that recognizes neurodivergence, trauma and diverse lived experiences.

NORTH VANCOUVER, BC, CANADA, August 25, 2026 /EINPresswire.com/ -- Access to [mental health care](#) is not only about whether support is available, but whether people can find care that recognizes their neurological, cultural and lived experiences. Healing Spaces, a trauma-informed counselling practice in North Vancouver, is highlighting the importance of neuroaffirming and identity-affirming approaches for people seeking mental health support.

Located at 233 W 1st St #210, North Vancouver, BC V7M 3H8, Healing Spaces provides neuroaffirming, trauma-informed and [LGBTQ+ allied counselling](#) for adults, youth and couples.

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Kelsey Ashe, RRC, ACS

The need for accessible mental health care remains significant across Canada. According to the Canadian Institute for Health Information (CIHI), 47% of British Columbia adults with a diagnosed mental health disorder reported that their mental health care needs were partially or completely unmet in 2024, compared with 41% nationally. CIHI also reports that wait times for publicly funded community mental health counselling increased by

36% between 2020 and 2024.



For [neurodivergent](#) people in particular, finding a therapeutic approach that recognizes differences in sensory processing, communication, emotional regulation and lived experience can be an important part of finding meaningful support.

Healing Spaces takes a neuroaffirming approach to counselling that includes support for people navigating Autism, ADHD, AuDHD and demand-avoidant experiences. The counselling team works collaboratively with clients to build self-understanding, address the impact of masking, accommodate sensory needs and develop strategies that reflect their individual experiences and needs.



Counselling room at Healing Spaces' North Vancouver clinic, located at 233 W 1st St #210

“Mental health care should never require someone to hide who they are in order to receive support,” said Kelsey Ashe, Clinical Director and Senior Clinical Counsellor at Healing Spaces. “Our goal is to create a space where people can be understood within the context of their actual lived experiences, whether they are navigating neurodivergence, trauma, identity, relationships or a combination of these experiences.”

Healing Spaces also provides LGBTQ+ allied counselling for clients exploring gender identity, sexual orientation, relationships, life transitions and other personal challenges. Its clinicians work from an anti-oppressive framework designed to support a respectful, collaborative and non-judgmental therapeutic environment.

COUNSELLING SERVICES IN NORTH VANCOUVER

Healing Spaces offers counselling in several areas, including:

- Neuroaffirming counselling: Support for Autism, ADHD, AuDHD and demand-avoidant experiences, with an emphasis on self-understanding, sensory needs, burnout and sustainable coping strategies.
- LGBTQ+ allied counselling: Affirming support around identity, relationships, life transitions and personal wellbeing.
- Trauma-informed counselling: Support for people experiencing the effects of trauma, chronic stress and difficult relational experiences.
- Couples counselling: Support for couples working through communication challenges, relationship dynamics, intimacy and shared goals.

Healing Spaces offers in-person counselling at its North Vancouver clinic as well as virtual counselling across British Columbia, Alberta, Yukon, Northwest Territories and Saskatchewan. The practice also offers a complimentary 15-minute consultation to help prospective clients discuss their needs and determine whether a counsellor may be a good fit.

For more information or to request a complimentary initial consultation, visit www.healingspaces.center

ABOUT HEALING SPACES

Healing Spaces is a trauma-informed counselling practice with locations in Kamloops and North Vancouver, British Columbia. The practice provides counselling for trauma, PTSD, anxiety, neurodivergence, relationships and other mental health concerns. Services vary by location and clinician and include neuroaffirming counselling, EMDR therapy, somatic therapy, virtual counselling and other therapeutic approaches. In-person and virtual appointments are available, along with complimentary initial consultations to help clients find a therapist and treatment approach that best meets their needs.

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