

Are you a social service or healthcare worker who is feeling overwhelmed, worried, or uncertain?

**Call 1-866-802-7337 (PEER)
or
chat at [caretospeak.ca](https://www.caretospeak.ca)**



Care to Speak connects you with trained peer volunteers for free and confidential support.

Available 10 am to 2 pm Monday-Wednesday and 5 pm to 9 pm Monday-Friday.



Canadian Mental
Health Association
British Columbia



Care To
Speak



SafeCare BC



Ministry of
Mental Health
and Addictions