



**CONNECTION
TO CARE**



MONDAY - FRIDAY 7AM - 10PM
778-247-2273 (CARE)



Your mental health and wellbeing matters.

Connection to care is a phone service providing free, anonymous and confidential support to local government workers in BC.

HOW DOES IT WORK?

IMMEDIATE SUPPORT

A well trained mental health professional will answer your call, provide you with the opportunity to share your struggles, and listen to your needs.

CONFIDENTIAL

They will support you through compassionate enquiry and conversation. Conversations are 100% confidential so this means you can openly discuss your thoughts, concerns and feelings.

CONNECTED

You will be connected to resources specific to your needs, or be redirected to a longer-term therapist.



WHO IS THIS FOR?

Anyone working for a BC municipality or an organization within WorkSafeBC Classification Unit 753004 Local Government and Related Operations.

You do not need to be experiencing a crisis to use this service

A PARTNERSHIP BETWEEN:



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