

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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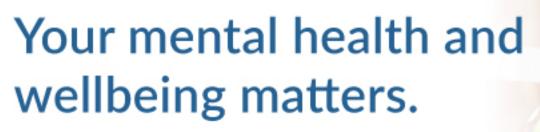












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