



**CONNECTION  
TO CARE**



MONDAY - FRIDAY 8AM - 8PM  
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 BC government workers and BC forestry workers



### 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?

Any BC forestry worker or 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:



#### PROUDLY SUPPORTED BY:



Western Forestry Contractors' Association



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For more information visit [connectiontocare.ca](http://connectiontocare.ca)