



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:



BC Forest Safety



BC MUNICIPAL  
SAFETY Association

BC ASSOCIATION  
of CLINICAL  
COUNSELLORS

#### PROUDLY SUPPORTED BY:



BC COUNCIL  
OF FOREST  
INDUSTRIES



THE TRUCK LOGGERS  
ASSOCIATION



UNITED STEELWORKERS  
METALLOS



WOOD PELLET  
ASSOCIATION OF CANADA



INTERIOR LOGGING  
ASSOCIATION



Western Forestry  
Contractors' Association



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