

REQUESTING TELEPHONE SUPPORT

WANT TO TALK TO SOMEONE?

It is normal to feel stressed and even overwhelmed when faced with a difficult situation. Many people find that it can be helpful to speak to someone who understands what they are going through. This can help people feel calmer and think of different ways to deal with the situation.

HOW DOES THIS WORK?

It's simple to make this request.

- Call 1-888-686-3022 or email MRT@phsa.ca and request a telephone support call.
- Please explain that you are someone who has been affected by the fires or evacuated.
- Provide a number where you can be reached.
- If you cannot be reached, a brief message will be left and a call to you will be made later. If you do not want a message left, please state this when you make your request.

WHAT TO EXPECT DURING A CALL

This is a free telephone call to speak with someone about how you are feeling and things that you might do to deal with the situation and how you are feeling.

The call will be confidential and the person who speaks with you will not keep notes on your conversation. There will be no record of your name or contact details.

IMPORTANT NOTICE

This is not a regular service and is only temporarily 'activated' to provide psychosocial support to individuals affected by the wildfires and evacuations

EMERGENCY CARE AND CRISIS SITUATION

If you feel that you need to speak to someone immediately, please call the Crisis Centre at 1-800-784-2433 or the Senior's Distress Line at 604-872-1234.