
Care to Speak: For healthcare and social service workers in BC.

Purpose: Peer-based emotional support for work-related or personal stress.

Type of Support: Phone, text, and web-based chat with trained peer volunteers.

Availability: Mon-Fri, 9am to 9pm **Contact:** Phone/Text: 1-866-802-7337

Critical Incident Response (CIR) Program: For workers and employers in BC who have experienced a traumatic workplace event.

Purpose: Early intervention to reduce distress and prevent long-term effects after critical incidents.

Type of Support: Short-term critical incident intervention (individual or group), may include follow-up sessions.

Availability: 7 days a week, 9 am to 11 pm **Contact:** Phone: 1-888-922-3700

Employee Assistance Program (EAP): For employees of organizations with EAP benefits.

Purpose: Personal and work-related issues: stress, burnout, mental health, relationships, addictions, grief, etc.

Type of Support: Short-term counselling, referrals, and wellness resources.

Availability: Provider-dependent **Contact:** Contact varies by employer (often through HR or benefits portal)

Mobile Response Team (MRT): For frontline workers, peers, people with lived/living experience, and first responders affected by BC's overdose public health emergency.

Purpose: Psychosocial support, education, and consultation related to overdose impacts and critical incidents.

Type of Support: Individual and organizational support (in-person or virtual), debriefings, education sessions.

Availability: BC-wide (hours vary) **Contact:** Email: MRT@phsa.ca Phone: 1-888-686-3022

For more information on these resources visit:

