## Care to Speak

## What is Care to Speak?



A mental health peer support line for those working in healthcare or social services in BC.

- -Confidential
- Free of charge
- Not associated with any union or employer

How do I get support?

**Call or Text** 

1-866-802-7337

and

Chat online at

caretospeak.ca

Available

**Monday-Friday** 

9 am - 9 pm



## Tell me about Peer Support



Our peer volunteers have experience in the healthcare or social service fields allowing users to speak to someone who understands their line of work.



Care to Speak is a service provided by Canadian Mental Health Association in partnership with SafeCare BC and supported by the Ministry of Mental Health and Addictions