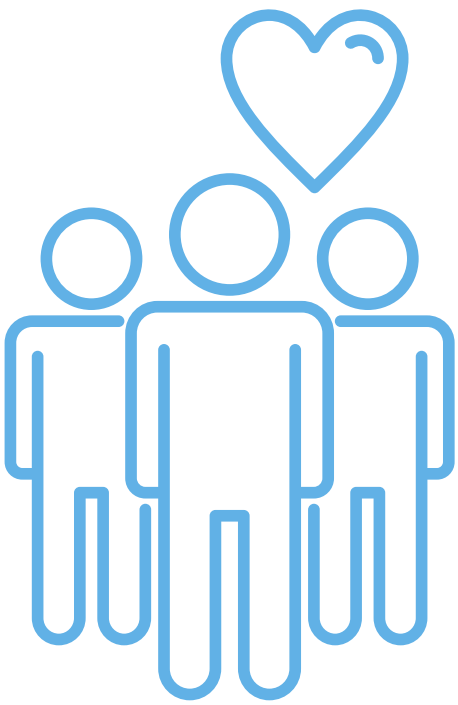


Care to Speak

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](https://www.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**.

