



**Care for Caregivers** is a website that offers mental health support to healthcare workers. It offers evidence-based information, resources, and webinars to those who have been, and continue to be, affected by the COVID-19 pandemic.



**Care to Speak** is a peer-support service that offers free, confidential mental health support to all healthcare workers in BC. There's no intake process, and healthcare workers can get support within minutes, either by phone or online chat.

*Care for Caregivers and Care to Speak is a partnership between SafeCare BC and the Canadian Mental Health Association, BC Division. Both initiatives are proudly supported by the BC Ministry of Mental Health and Addictions.*

## CAREFORCAREGIVERS

Mental health support for continuing care providers

Care for Caregivers offers **free information, resources, and webinars** to healthcare workers, including frontline workers and senior leaders.

The site offers **free webinars** every month. These webinars, hosted by mental health experts, focus on psychological health and safety, coping with grief, de-escalating conflict, and more.

There's information on **many different topics**, including stress, anxiety, depression, and more.

There's different resources available—one-pagers on how to support co-workers, coping with anxiety, and dealing with grief, pre-recorded videos and webinars, important phone numbers, and more.

**[For more info, visit the Care for Caregivers website.](#)**

**SafeCare BC** is a non-profit association working to ensure injury-free, safe working conditions for continuing care workers in BC.



Care to Speak is a **volunteer peer-support service**. That means you'll receive support from those who are working or have worked in healthcare, so they'll better understand your experience.

All volunteers are vetted and trained by the Canadian Mental Health Association.

Calls and chats are free and confidential.

Healthcare workers can use the service as many times as they need. There's no limit.

The hotline and online chat are available Monday to Friday, 5 p.m. to 9 p.m. and Monday to Wednesday from 10 a.m. to 2 p.m.

In January 2022, Care to Speak will be expanded to include the Social Services Sector.

**[For more info, visit the Care to Speak website.](#)**

**[The Canadian Mental Health Association, BC Division](#)** is the province-wide leader and champion for mental health, supporting the resilience and recovery of Canadians experiencing mental illness.