

Talk in Tough Times

Support for those affected by the 2017 BC wildfires

British Columbians have seen record wildfires over the past year. Many have had to evacuate their homes and stay in temporary shelters. Understandably, many people suffered fear, anxiety and loss from what may have been the most stressful event they have dealt with.

The stress and trauma of dealing with a natural disaster emergency can have a lasting impact on your mental health. Feelings of sadness, anxiety or anger are common, and it's normal to be affected months or even years after.

The good news is that talking can help, and so can simple tools to help you rebuild your mental health. If you've been having a hard time recovering from a last year's wildfires or have noticed signs that someone close to you may be struggling, call the **Talk in Tough Times tele-health program** at 1-877-427-4884 or visit the [Facebook page](#).

You'll reach someone who can help connect you to local resources and tools to help you manage stress, overcome challenges and feel better.

You can feel better. Help is just a call away.

Talk in Tough Times tele-health program: 1-877-427-4884

Mon: 8am to 4:30pm

Tues: 10am to 6:30pm

Wed to Fri: 8am to 4:30pm

Or for help 24 hours a day:

- For crisis help, call 1-800-SUICIDE
- For mental health help and information, call 310-6789 (no area code)
- To see all the services and help available, visit bc211.ca

Learn more:

- [Join the Talk in Tough Times community on Facebook](#)
- [Download our Coping Through a Natural Disaster Emergency tip sheet](#)

Talk in Tough Times is delivered by the Canadian Mental Health Association in partnership with the Cariboo Family Enrichment Centre, First Nations Health Authority, Interior Health / Northern Health, United Way and the Canadian Red Cross, and with support from the Province of BC.