

FREE, CONFIDENTIAL WILDFIRE RECOVERY HELP

Call Talk in Tough Times:
1.877.427.4884

If the disaster was a year ago, why do I feel so bad?

You may know someone who is struggling as we reach the one-year mark of BC's 2017 wildfire season. Many people feel better once their lives get back to normal, but others are affected months or even years after a traumatic event. The anniversary date can be hard as things remind us of the event.

If you know someone who still isn't themselves, they may need some new tools to take charge of their mental health.

ADDITIONAL RESOURCES:

- **1-800-SUICIDE Crisis Line** – talk about any personal crisis
- **310-6789 Mental Health Line** – for help and information
- **BC211.ca** – directory of all free services

Available to communities evacuated, on alert or isolated by the 2017 wildfires.

Take this free, private, confidential program when it works for you, wherever you want, by phone. Participants work with a coach over several phone calls and do some practice on their own. You will learn problem-solving skills and ways to take charge of anxious, stressed or sad feelings. To see if the program may work for you, just call us to talk!

Learn more at TalkinToughTimes.ca or visit [TalkinToughTimes on Facebook](#).



In partnership with the Province of British Columbia.

