

We Are Still Here For You!

During the COVID-19 pandemic, the **Mental Health & Addiction** Staff from Three Corners are still working to provide services to you, your family, and to your community.

In order to help with physical/social distancing, we are seeing most people by appointment over the phone or through the ZOOM app. In person/home visits will be done on an as needed basis.

The **counsellors** can help with:

- Coping with the current events
- Managing stress, isolation, and fear
- Holistic healing practices
- Developing a comprehensive care plan for yourself and family
- Abstinence and harm reduction
- Self-Care Strategies during the Coronavirus Pandemic
- Connection, calm, and kindness

To make an appointment with a counsellor

Call 250-398-9814

8:30am-4:30pm Monday — Friday

After Hours — weekends — Holidays

Call or **Text: 250-305-4162** 9am-8pm

12pm-4pm Saturday-Sunday



If you have family, friends, or neighbours that you are concerned about, please let us know so that we can check on them as well