

It's Okay to

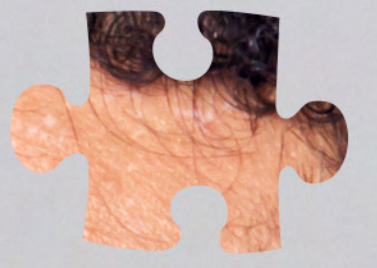
*Ask for
Help*

**Resources for Support
& Counselling**

Member & Family Assistance Program for all types of counselling services at no cost. Virtual or by phone call, www.uacanada.ca/wellness or call 1-833-778-2627 (UAMAP).

BC Association of Clinical Counsellors - www.bcacc.ca offers local counselling services in person or virtual. Members and eligible spouses/dependents will receive 80% reimbursement up to \$1200.00 per year through our extended benefits plan. Only fees charged by licensed registered counsellor, psychologist, or psychiatrist will be reimbursed.

*Construction Industry Rehab Plan (CIRP) offers counselling and treatment for any type of substance abuse at no cost.
Call 1-604-521-8611.
www.constructionrehabplan.com*



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