

It's Okay to

*Ask for
Help*

Options for Support Resources & Counselling

Construction Industry Rehab Plan (CIRP) offers free in-person mental health counselling in Langford including options for substance abuse treatment.

Call 1-604-521-8611 to schedule an appointment. For more information, visit www.constructionrehabplan.com

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.

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).*

