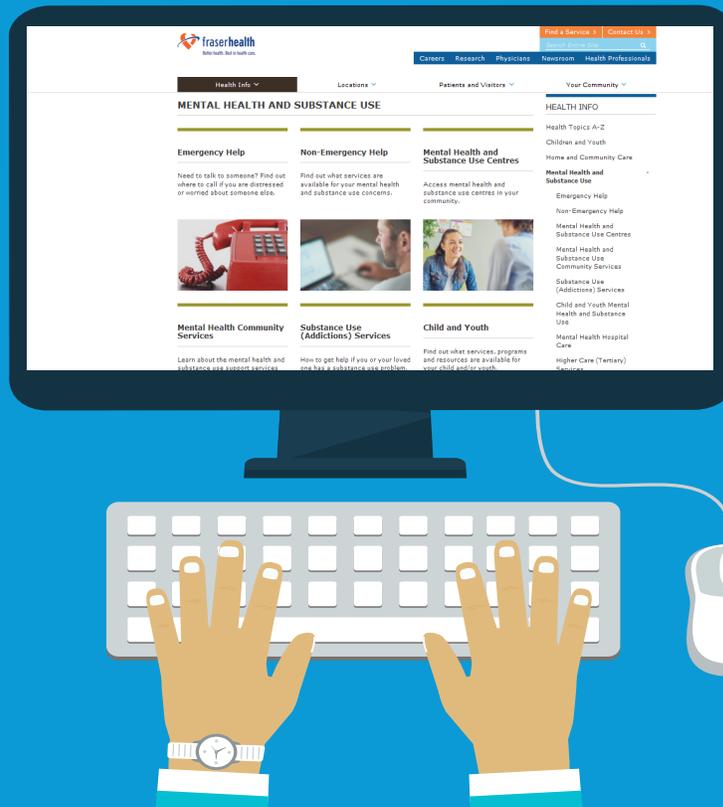


Get help for you or your loved one



fraserhealth.ca/mentalhealth

Find support and information about
mental health and substance use services

- How to access services
- Family and peer support
- Conditions and symptoms
- Community resources
- Mental wellness