

**Find resources to
help seniors in
your life age well.**

fraserhealth.ca/seniors



7 numbers every senior needs

Health information

8-1-1 (healthlinkbc.ca)

Personal health

Your doctor's number:

Home help

604-268-1312 (betterathome.ca)

Home health

**Home Health Service Line
1-855-412-2121**

Mental health and
substance use

**Fraser Health Crisis Line
604-951-8855
1-877-820-7444**

Community services

2-1-1 (bc211.ca)

Emergency services

9-1-1

