

Ambulance Paramedics

of British Columbia - CUPE 873



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Dear Members:

Want to help end the stigma?

On January 25th, Bell Let's Talk campaign takes place and we want you to get loud about your mental health. Join in with thousands of other Canadians and text, talk, Twitter, Instagram, Facebook and Snapchat to raise money for mental health initiatives.

<http://letstalk.bell.ca/en/bell-lets-talk-day>

We know how important it is to go to work healthy and return home the same. The more we talk about our mental health the more we will decrease the stigma. Paramedics and dispatchers are at risk every day in BC to potentially experience a traumatic event. Let's use this campaign as a reminder that it is ok to ask for help!

Don't forget these resources:

Peer Critical Incident Stress Management Team 1-855-969-4321. (The Peer team is available 24 hrs/day and you can also access a confidential referral to a psychologist).

BC Crisis Line 1-800-SUICIDE.

Homewood Human Solutions (EFAP) 1-800-663-1142.

Sincerely,

Bob Parkinson
Health and Wellness Director,
Ambulance Paramedics of BC
CUPE Local 873

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BP/LP/km/MoveUp