

Thoughts and feelings can be overwhelming at times. You are not alone.

- Talk with a trusted person in [your social network/circle](#)
- Talk with your health care provider. Counsellors/psychologists available through [VMA EAP](#) list of phone numbers
- [Togetherall](#) – Peer-to-peer CVMA member digital platform with oversight 24/7 by licensed counselor
- Free counselling and mental health resources for all CDNs @ [wellnesstogether.ca](#)
- Canadian distress and suicide support line [www.crisisservicescanada.ca/](#) or call [1-833-456-4566](#) or text [45645](#)
- [Call 211](#) for provincial support services