

# Take time to take care of yourself

Learn about the confidential health and wellness resources available to you.



Call the Mobile Response Team for psychosocial support available 24/7 at 1-888-686-3022

Digital mental health programs to help manage stress and anxiety

Relaxation exercises and other resources to support mental wellness

Scan the QR Codes or go to the links below to access support



**Fraser Health staff**  
[fraserhealth.ca/yourhealthmatters](https://fraserhealth.ca/yourhealthmatters)



**Non-Fraser Health staff**  
[fraserhealth.ca/NonStaffWellnessResources](https://fraserhealth.ca/NonStaffWellnessResources)

