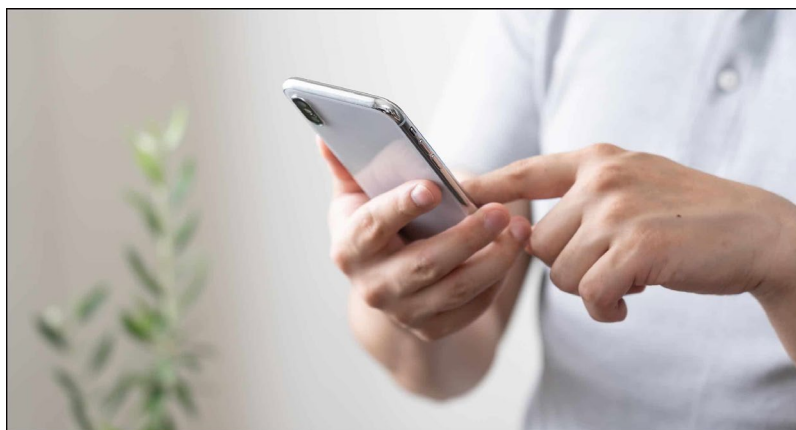


TEXT4HOPE-BC

Type **HOPEBC**

to the number **393939**



Many of us are experiencing stress, anxiety, and/or levels of depression

Support comes in many forms

Please consider joining the free program for daily text messages

The messages are designed to help you develop healthy coping skills and resiliency during difficult times

HEMBC

For more information on

Text4HOPEBC

CONTACT:

Margaretha.lundh@phsa.ca

<https://newsroom.royalcollege.ca/text4hope-supporting-the-mental-health-of-canadians-during-the-covid-19-pandemic/>

To register and receive free supportive daily text messages for up to 6 months

An Alberta-based innovation, the Text4HopeBC program offers an evidence-based tool that helps people identify and adjust the negative thoughts, feelings, and behaviours that can arise during difficult times such as a pandemic or natural disaster.

Your only contribution will be to complete an anonymous health survey (at the start, middle, and end of the program (*completion is not mandatory to participation*)). Answering the questions will help us to measure success of the program and to keep improving this service for others.

The 2021 program is open now so register today or please share with those who may want this type of support.

The program is provided by Health Emergency British Columbia (HEMBC), a department of Provincial Health Services Authority with support from the Division of Community Psychiatry, University of Alberta.

