

Caregivers need support too

Get the help you need from a **caregiver support clinician**



Clinicians help you:

- ✓ Find community supports and resources
- ✓ Navigate the health care system
- ✓ Get support for stress, burnout, grief and loss
- ✓ Understand your role as a new caregiver
- ✓ Connect to support groups

How to connect to a caregiver support clinician:

1-855-412-2121 (toll free)
or visit **fraserhealth.ca/CaregiverSupport**

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For more copies: patienteduc.fraserhealth.ca



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