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# Mental Health and Substance Use Family Support Services

Offering a variety of services to the families and natural supports of **adults** living with mental health and/or substance use concerns.

## About our services

We provide a safe and confidential space for you to explore the many challenges you face in your support role. We do this through free individual and group sessions.

Our services include:

- coaching
- support groups
- skill-building groups
- special events
- wellness funding
- referrals to other services

## How to connect with us

If you are interested in our services, please email or call our toll-free line. Include your name and contact number. If calling, please speak clearly. We will email you or call you back during business hours.

Email	<a href="mailto:fss@fraserhealth.ca">fss@fraserhealth.ca</a>
Toll-free number	1-833-898-6200

## Learn more about our services

Go to [fraserhealth/familysupport](https://fraserhealth/familysupport)

