

# Mental Health and Substance Use Family Support Services

For people supporting an adult with mental health and substance use concerns

## Family Support Services Team

We provide a variety of FREE support services to families and friends supporting an adult living with mental health and/or substance use challenges.

## Family and Friends Support Group

A safe supportive space where family and friends can come together and be inspired by hope, empowered with understanding and supported by peers.

## Fraser Health Crisis Line Toll Free 1-877-820-7444 or 604-951-8855

Available, 24 hours a day, 7 days a week to get information about local services or if you just need to talk to someone.

No referral is required. Just contact:

## Family Support Services

**1-833-898-6200**

**[fraserhealth.ca/familysupport](http://fraserhealth.ca/familysupport)**

## Start the Conversation About Overdose Prevention

Tools and resources to help start the conversation about overdose prevention.

## Wellness Planning Service

To help families and friends make a self-care action plan to take a well-deserved break from their caregiving/supporting roles.

## Family and Friends Education Series

A nine-week education series available to anyone who wants to learn how to best support an adult living with a mental health and/or substance use challenge.

## Family Connections(TM) Program

A FREE program for adults to learn practical skills and gain information about how to build healthy relationships and lower their stress while supporting an adult with emotional challenges. Offered in partnership with The Sashbear Foundation.