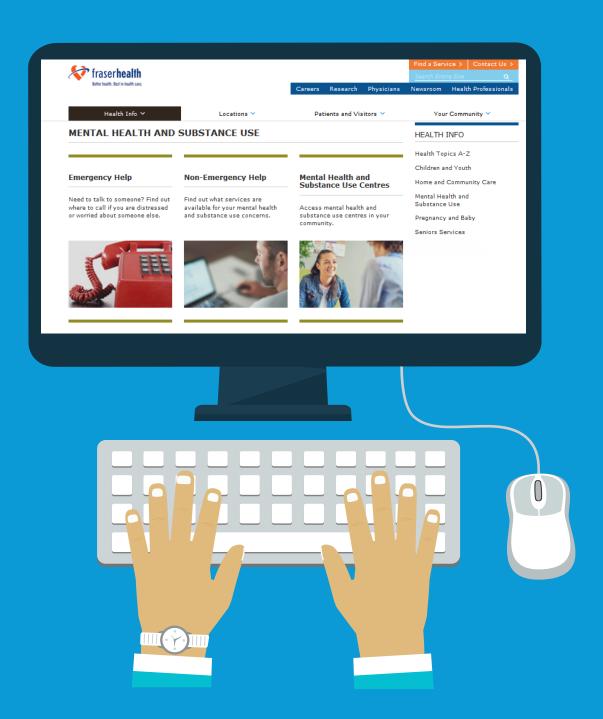# Get help for you or your loved one

fraserhealth.ca/mentalhealth

Find support and information about mental health and substance use services

- How to access services
- Family and peer support
- Conditions and symptoms
- Community resources
- Mental wellness

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