

# Resources for Mental Health **DISTRESS**

“I am so glad you told me, let’s get some help.”



Go with your colleague to the nearest private phone and dial BSWH Peer Support Crisis Line @ **1-888-674-PEER** or EAP @ **1-800-538-3543**. Tell the intake person you have a colleague in mental health distress and need to speak with an intake social worker



They will assess the level of distress and provide recommended resources for therapeutic support.

