
MENTAL HEALTH: COVID19 ANXIETY AND STRESS

COUNSELLING SUPPORT SESSIONS TO BE OFFERED VIA PHONE



Here at Langley Community Service Society, we understand this is a challenging and unprecedented time, and perhaps you or someone you know may be experiencing some uncertainty or anxiety.

As a result, we are providing telephone-based support, to help those experiencing stress and anxiety due to COVID-19 and the varying stressors it has placed on everyone in our community.

**The service will be available Monday to Friday from 8:30am to 4:30pm.
How it works:**

1. Anyone can call our general line: 604-534-7921.
2. The call will be answered by our reception, or you can leave a message with your name & phone number.
3. Your information will be provided to our trained staff and your call will be returned as soon as possible.

If you are in crisis, please call the Fraser Health Crisis Line: 1.877.820.7444