



# PHC Staff Wellness: Resources Available To You



## Need to talk with someone?

### Adler Telehealth

Free confidential counselling services  
<https://forms.office.com/r/yhLXgWzTom>

### Homewood Health Employee Family and Assistance Program (EFAP)

Free confidential services to address workplace situations, including counseling and crisis support  
1-800-663-1142  
[www.homeweb.ca](http://www.homeweb.ca)

## Need support for a critical incident?

### WorkSafeBC

Critical incident debriefing  
1-888-922-3700

### Workplace Health Call Centre

Report all violent incidents and near misses as soon as possible  
1-866-922-9464

## Need support for violence prevention?

### Violence Prevention Training

contact your manager or email:  
[violenceprevention@providencehealth.bc.ca](mailto:violenceprevention@providencehealth.bc.ca)

## Experiencing bullying?

### No Bully email line

[phcnobully@providencehealth.bc.ca](mailto:phcnobully@providencehealth.bc.ca)

### Respect at Work resources

[www.providencehealthcare.org/RespectAtWork](http://www.providencehealthcare.org/RespectAtWork)

**One-stop shop for wellness resources available to staff**

➔ [www.phcthrives.providencehealthcare.org](http://www.phcthrives.providencehealthcare.org)



***If you are experiencing an emergency, call 9-1-1***