



# BC COVID-19 MENTAL HEALTH NETWORK

**We are an emerging network of BC-based mental health professionals volunteering to support our community. We are offering free, short term, one-on-one counselling to those struggling with Covid related impacts to feel more connected, grounded and supported.**

**To inquire about an appointment, please email: [bccovidtherapists@gmail.com](mailto:bccovidtherapists@gmail.com) with your name, best contact info, and general availability.**

**A counsellor will get back to you as soon as possible to book your free online/telephone session.**

You don't have to be alone. Talk to us.

