

PHONE CALL SIGNUP: PSYCHOLOGICAL FIRST AID

Are you an Indigenous community member experiencing **stress, anxiety, or uncertainty** due to the current wild fires?

Psychological First Aid is a free, brief (~ 30 minute) telephone consultation to provide you with information and strategies to help you cope with the stress associated with the wild fires.

This service is offered through the **Psychology Clinic at UVic**, by clinical psychology graduate students supervised by Dr. Wawrykow.

Call Now To Sign-Up For An Appointment
Available in August on Wednesdays from 11am-2pm

Contact us at:

➔ 250-721-7538

➔ psyclin@uvic.ca