



# Mental Health and Addiction

## How are they connected



**When:** Saturday Feb 10th, 2018

**Time:** 1:00– 2:00

**Where:** Well Being Program

**Presenter:** Charlie

Are mental health and addiction related? Why would counselling help someone with a substance use problem? What are some ways to help myself or a loved one if I'm struggling?

Charlie will discuss Mental Health and Addiction and how they are related, and how you can help someone you know.

Naloxone training available from 2-4

### Need More Information or Register?

**Email:** [WellBeing.Staff@vch.ca](mailto:WellBeing.Staff@vch.ca)

**Voice:** 604-456-0900 . **Text:** 778-987-4174

**TTY:** 604-456-0901 . **FAX:** 604-456-0904

**Toll-free TTY:** 1-800-949-1155

**Website:** [deafwellbeing.vch.ca](http://deafwellbeing.vch.ca)

**Vancouver Coastal Health**