

# 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



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