

BC Flood Response

The BC government has declared a province wide state of emergency following the devastating flood, mudslides and strong winds. While most people who are involved in disasters recover with the support of their families, friends and colleagues, the effects on some people's health, relationships and welfare can be extensive. Flooding can pose substantial social and mental health problems that may continue over extended periods of time. Flooding can challenge the psychosocial resiliency of people who are affected. We know that mental health conditions are exacerbated in populations affected by emergencies. That's why it is good to ensure proper mental health support in events like this.

The following news links describe more about the ongoing development:

- <https://www.cbc.ca/news/canada/british-columbia/wyntk-bc-floods-nov-18-1.6253395>
- <https://www.cbc.ca/news/canada/british-columbia/wyntk-bc-floods-nov-17-1.6251839>

Tragedies such as this can cause distress for all of us. If you are impacted by these events and want to speak with a counsellor, please contact your EAP toll free number.

Visit your EAP portal: [Humanacare.com/humanalife](https://humanacare.com/humanalife) for helpful articles including:

- Disaster Assistance Programs
- Preparing an Emergency Food Kit
- Responding to Stressful Events: Helping Teens Cope

We are here to help.

humanacare.com
1-800-661-8193
24 HOURS A DAY ANYWHERE IN NORTH AMERICA

