

Mobile Response Team (MRT) Psychosocial Support for Frontline Staff

Who we are

The Provincial Mobile Response Team (MRT) is offering psychosocial support to long-term, residential and community care frontline staff who have been impacted by the coronavirus pandemic.

This service is a collaboration with the Ministry of Mental Health and Addictions, the Canadian Mental Health Association (CMHA) and SafeCare BC.

MRT@phsa.ca

1-888-686-3022

How we help

- Provide information and education on wellbeing, coping, stress and self-care.
- Facilitate access to resources and services.
- Offer immediate, short term individual psychosocial support.
- Staff working shifts can request information and services through a 24/7 email or answering service line.
- Services are confidential and without cost.