



# The FSS team

**Toll-Free Number: 1 833 898 6200**

**Email: [fss@fraserhealth.ca](mailto:fss@fraserhealth.ca)**

- Wendy Clark, Community Engagement Specialist/Family Peer
- Polly Guetta, Community Engagement Specialist
- Nicole Reston, FSS Clinical Counsellor (Fraser East)
- Priyanka Patel, FSS Clinical Counsellor (Fraser North)
- Semone Trautman, FSS Clinical Counsellor (Fraser South)
- Jane Gladman, Peer Family Support Worker
- Rajpal Singh, FSS Clinical Counsellor (Casual, South Asian Specialist)
- Rainbow Wong, FSS Clinical Counsellor
- Sarah Gilbert, Peer Family Support Worker
- Andrea Haworth, FSS Clinical Coordinator

# FSS Vision

*Family members, friends, and natural supports are never alone in their role as a support person. They are essential partners on the healthcare team.*

# FSS Services for FANS

## **Services include:**

- Coaching with clinical counsellor or family peer (up to 8 sessions)
- Art Therapy with a Certified Art Therapist (up to 8 sessions)
- Skills and information groups
- Support groups
- System navigation and referrals
- Wellness planning and funding
- MindWell online education platform
- QPR Suicide Prevention Education

## **Services do not include:**

- Family counselling/Marriage counselling
- Bereavement counselling

# Who is eligible for FSS?

- Anyone over the age of 19 providing unpaid support to an **adult** who is living with MHSU concerns
- Either the FANSs and/or the person they support must live in the Fraser Health area, which is from Burnaby to Boston Bar...We have provided service to FANS living in other countries because their loved one lives in the FH region.
- The person who is being supported does **not** have to be accessing any MHSU service

# How do FANS access the FSS services?

- FSS services are available by self-referral
- FANS can connect directly using the toll free number:

**1-833-898-6200**

**or the email**

**fss@fraserhealth.ca**

- Note that staff should document when they have given FSS information to a client or FANS