

Avail App

Avail is a personal well-being assistant, and can help you monitor changes in your well-being using built-in resilience check-ups.

Through the app, you are also able to connect directly with mental health professionals, and access information and resources related to mental health and wellness.

Available online, and through the Google Play Store and the Apple App Store

Account Sign Up

Avail.app/signup

Organization Name: AgSafe BC

AgSafe has partnered with Avail to provide resources sourced for the BC Agriculture community, please use AgSafe BC as your "Organization Name" when signing up to access these resources.

Need to Talk?

Crisis Line: 1-800-SUICIDE (24/7)
Mental Health Support: 310-6789 (24/7)
<https://crisiscentrechat.ca>

If you or someone you know is experiencing a crisis and is **in danger**, please contact **911**.

Non-emergency health and mental health information. **Call: 811**

Mental Wellness Resources

Information provided on this document is not intended to replace medical care or legal advice.

More Resources

AgSafeBC.ca/Mental-Wellness

CMHA.BC.ca | Coping with Natural Disaster Stress

RedCross.ca | Psychological First Aid Pocket Guide

The AgSafe logo features the word "AgSafe" in a white, sans-serif font. Below the text, there are several white, curved lines that resemble a stylized sunburst or a field of crops, extending from the bottom of the letters.