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July 1, 2021

Dear Members;

Canada Day and Lytton Fire Update

On this Canada Day and the 47th anniversary of BCAS, we recognize and thank each and every one of our Paramedics and Dispatchers across BC for their hard work, sacrifices, resilience and dedication.

As you all know, late yesterday afternoon and overnight, we have witnessed the community of Lytton face an incomprehensible tragedy as an interface wildfire raged through the village and surrounding areas. So many are impacted, and the full magnitude is not yet known, it was a long night for so many and it is not over yet. We are so proud of the response by our crews from Lytton, surrounding stations and around the province including dispatchers, call takers, leaders, paramedics and support. All of which is on top of the incredible pressures and issues we have been facing.

Thank you everyone for doing so much above and beyond. We are seeing and hearing incredible empathy and humanity by so many that makes me so proud to be part of this profession and represent you. Thank you for stepping up, for kindness and supporting each other during this evolving tragedy. APBC is doing all we can to support, as a service and profession. Our priority and focus is looking after our members and their family's well-being, the patients, the public while supporting our partners in public safety, emergency management, and the communities affected.

In light of the recent extreme heat crisis, organizational stressors and significant pressures we have been facing for some time, it's important that we all recognize and be as prepared as we can for what is happening and what looks like will be a summer like no other for the province.

I feel for Kathie and her staff from Lytton, her leadership has been incredible under unimaginable personal pressures, thank you Kathie! We are all here for you and all those affected in your community.

The following is a list of supports that are available for you. Please reach out if you, or someone you know needs help. It's essential that you make your mental health a priority and don't wait until it becomes an emergency.

Here are some warning signs to watch for, in yourself and in your co-workers:

- Feeling jumpy, anxious, moody, or irritable
- Having difficulty concentrating, making decisions, or thinking clearly
- Having trouble going near the accident scene
- Having trouble going to places that trigger memories of the incident

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- Having trouble being around people
- Having difficulty being alone
- Having sleep disturbances or nightmares

It can help to know that these are normal responses to stressful or abnormal events.

Resources:

Peer CISM Team
1-855-969-4321

To speak to a confidential peer team member or to access trauma informed support with a mental health professional

Homewood
1-800-663-1142

To access mental health resources for you and your immediate family

WorkSafe Critical Incident Response Program
1-888-922-3700

Confidential program that helps workers who have experienced a traumatic event in the workplace. This includes sessions with a mental health professional. This service is separate from the claims process

On behalf of the Provincial Executive Board, and members across the province, we are here for you all, please be safe and look after each other reach out if you need help. Be safe and well.

Sincerely,



Troy Clifford
Provincial President
Ambulance Paramedics &
Emergency Dispatchers of BC
CUPE Local 873

TC/km/MoveUp

