



Wellness Together Canada (WTC) At a Glance

A free, online mental health resource For Healthcare Workers and Primary Care Providers

- COVID-19 continues to create stress and anxiety for many Canadians, especially healthcare workers and primary care providers, who are on the front lines of the pandemic.
- WTC is a **free, online, 24/7 mental health and substance use support** portal that provides resources, and tools, peer support and **confidential** counselling sessions with social workers, psychologists and other professionals.
- The portal offers services tailored to healthcare and primary care providers in both official languages, and phone-counselling sessions are supported by instantaneous **interpretation in 200 languages and dialects**.

You are not alone; support is available for frontline healthcare workers and primary care providers

- Remember to prioritize your well-being too, and know that **you are not alone**. Wellness Together Canada (WTC) offers free and confidential online mental health and substance use supports available 24/7, including counselling and supports tailored to your needs: <https://wellnesstogether.ca/en-CA>
- Free counselling is available for healthcare and primary care providers:
 - WTC offers free, live counselling by phone, text or video, 24 hours a day.
 - **Text FRONTLINE to 741741 or call 1-866-585-0445** to connect with a professional for support.



Quotes from frontline healthcare workers who participated in WTC's Mindwell for Healthcare Workers program:

"I'm discovering that there are many of us in the same boat, dealing with the same stressors and finding ways to enhance our lives."

"I have learned to take 5 in my vehicle before approaching a coroner scene. It calms me and makes me better able to focus on my investigation."

"Taking the time for myself makes me a better me and I can contribute in a more kinder way!"

WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support