



Wellness Together Canada (WTC) At a Glance

A free, online mental health resource For Parents, Guardians, and Students

- Are you a parent, guardian or student who is struggling with your mental health, or concerned about substance use, during this time of COVID-19? **You are not alone. Wellness Together Canada (WTC)** is here for you.
- 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 for all Canadians of any age.
- The portal offers services for parents, guardians and students 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 parents, guardians and students

- Free counselling is available for parents, guardians and students:
 - WTC offers free live counselling by phone, text or video, 24 hours a day.
 - Call 1-866-585-0445 (Adults), 1-888-668-6810 (Youth) or text WELLNESS to 741741 (Adults), 686868 (Youth) to connect with a professional for support.
- Parents have extra stress due to increasing #COVID19 measures. Wellness Together Canada offers tools, like the “Take 5 Practice”, to guide you through a mindful break. Take 5 to get off of the runaway thought train: <https://wellnesstogether.ca/en-CA/take-5-practice>



“I thought having all this free time would be cool, but I’m really starting to worry about things. I know you are a worrior [sic] like me, so if you want to talk to someone right now, text Kids Help Phone. They will always listen.”

KIDS HELP PHONE CLIENT SHARING WRITTEN WORDS OF ENCOURAGEMENT WITH OTHER KIDS

“An excellent way to manage and relieve stress.”

BREATHINGROOM CLIENT—ON USING BREATHINGROOM, A RESOURCE AVAILABLE ON THE WTC PORTAL

“I know it’s tough and that everyday is filled with uncertainty. One thing is for sure, however, and that is the fact that you are not alone. You are strong and there are always people who will listen to you. If you ever do need to talk, know that you can always text “TALK” to Kids Help Line at 686868.”

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WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support