



Health Canada and the Public
Health Agency of Canada

Santé Canada et l'Agence
de la santé publique du Canada



Wellness Together Canada -- Mental health resources for people of all ages

More than a year after the implementation of public health measures, the COVID-19 pandemic is still causing stress and uncertainty to individuals and families across the country. If you or a loved one is going through a difficult time or if you are looking for resources to improve or nurture your well-being, please visit the [Wellness Together Canada](https://www.canada.ca/coronavirus) portal.

Through this service, individuals of all ages can access supports ranging from self-assessment and peer support, to sessions with social workers, psychologists and other professionals. Specialized supports for specific populations such as youth and frontline workers are also available.

Online mental health and substance use supports offered by the portal are free and confidential, available 24 hours a day, seven days a week, in English and French, and over the phone for those without internet access. With simultaneous interpretation available, it is possible to have consultation sessions by phone in more than 200 languages and dialects.