

Wellness Together Canada

Free access to immediate mental health support for all Canadians during COVID-19

A new “one-stop-shop” online mental health portal is changing the way Canadians can access mental health services during the coronavirus pandemic. Available 24/7, Canadians can access a variety of online self support tools and counsellors to help them cope with their mental health concerns in a safe and anonymous format.

What is Wellness Together Canada?

Wellness Together Canada is an online portal that gives Canadians access to mental health supports like online resources, tools, apps, and connections to trained volunteers and qualified mental health professionals to get back on track. The portal is funded by the government of Canada and is free for all Canadians until August 2020 and possibly beyond.

“The model aims to empower people to access the support they need at the moment they need it, whether that’s simply an article that helps them to better understand what they’re experiencing or a direct line to a trained counsellor in a moment of crisis.”

- Dr. Peter Cornish

Where do I Start?

- Visit Wellness Together Canada to create an account and answer a series of questions that takes three to five minutes.
- Once the wellness assessment is completed, it connects you to “buffet” of tools and resources based on your individual needs, in a *stepped care approach*.
- Access self-help options including apps and information specific to your concerns, join group coaching sessions, connect with a community of support where you can talk and share as much or as often as you like, or instantly connect with a peer support worker or qualified professional through confidential chat sessions or phone calls who can address your specific concern and develop a care plan for you.

What Care Options are Available?



Self-guided tools and information

These are things you can do on your own – anytime, anywhere. Self-guided tools range from building mindfulness skills, courses to better understand and take control of your mental health, apps to help you conquer general stressors like anxiety, depression, and substance use concerns, and text-based support to address your immediate concerns.



Group coaching and community of support

Sometimes we need a little help from our community. Community support and coaching options include peer-to-peer support where you can connect with and support others like you, self-guided programs to cope with life stressors, drop-in mindfulness group sessions, and more.



One-to-one counselling

Call, text, or connect by video for a counselling session to address a specific need and develop a plan to get you back on track. Options are available for both adults and youth.

For more information, visit:
<https://ca.portal.gs/>

WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support

 **Alberta Health
Services**

Additional COVID-19 Helpful Resources

Important Phone Numbers – toll-free available 24/7

- **1-877-303-2642 - Mental Health Helpline**
Help for mental health concerns such as information about programs, services and referrals to other agencies, if needed
- **1-866-332-2322 - Addiction Helpline**
Advice and service referral for adults and youth requiring addiction services.
- **811 – Health Link** – www.ahs.ca/healthlink
Provides general health information for Albertans including COVID-19 related testing information.
- **211 – Alberta 211** – www.ab.211.ca
Connects Albertans to social and support resources such as financial resources or community and government information.

Support and Information

- **Text4Hope.** To subscribe, text COVID19HOPE to 393939.
Albertans looking for mental health support can sign up for a free daily text messaging service.
- **Healthy Together** – www.ahs.ca/healthytogether
A guide to family and home life during COVID-19

Online Links to Helpful Resources

- **Novel coronavirus (COVID-19)** – www.alberta.ca/covid
Information on COVID-19 and access to screening and assessment tool.
- **AHS Addiction and Mental Health** – www.ahs.ca/amh
Program and service information.
- **AHS Help in Tough Times** – www.ahs.ca/helpintoughtimes
Links and self-help resources such as managing anxiety & stress.
- **Mental Wellness Moments** - www.youtube.com/user/ahschannel
Videos by Dr. Nicholas Mitchell on topics including how to deal with stress and talking to kids about COVID-19.
- **My Health Alberta** – <https://myhealth.alberta.ca/>
General health information.

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Last Updated: 06/04/2020 1126h

• ECC Approved: 06/04/2020 1325h

For more information, visit:
www.ahs.ca/amh/Page16759.aspx

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