



<https://www.wellcan.ca/>

As a corporate partner, WellCan offers free well-being resources to help Canadians develop coping strategies and build resilience to help deal with uncertainty, mental health and substance abuse concerns during the COVID-19 pandemic.

Download the WellCan app in your app store. [Apple](#) [Google Play](#)

WellCan
by Morneau Shepell

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**Help when you need it.
Where you need it.**
Corporate, community and public
sector partners joining together in this
moment of national mobilization to
help Canadians.

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Setting Work-Life Boundaries When You Work From Home
Your Role as a Leader in Building Team Resilience