

<https://wellnesstogether.ca/en-CA>

A government resource to help individuals get connected to mental health and substance use support, resources, and counselling with a mental health professional.

For immediate crisis support:

Adults – Text WELLNESS to 741741

Front Line Workers – Text FRONTLINE to 741741

CALL 911 if you are in immediate danger or need urgent medical support.

The screenshot shows the top portion of the Wellness Together Canada website. At the top, there is a purple navigation bar with the text "In need of immediate crisis support?" and a red button that says "I Need Help Now!". Below this is the main header area, which includes the "WELLNESS TOGETHER Canada" logo on the left and navigation links for "About", "Privacy", "FAQ", "Sign In", and "Create an Account" on the right. The "Create an Account" button is highlighted in green. To the right of the navigation links are language options "EN" and "FR". The main content area features a large purple background on the left with the headline "You're not alone" in white. Below the headline, there is a paragraph of text explaining that the COVID-19 pandemic has caused stress and uncertainty, and that the website is here to provide support. On the right side of the main content area, there is a white box with a list of four benefits, each preceded by a green checkmark: "Free mental health and substance use support", "Completely private and confidential", "Available 24/7 to people in Canada and Canadians abroad", and "Keep track of your wellness journey by creating an account". At the bottom of this white box is a purple button that says "Start your wellness journey today". The background of the website features a colorful, abstract illustration of a globe and various shapes.

In need of immediate crisis support? [I Need Help Now!](#)

WELLNESS TOGETHER
Canada | Mental Health and Substance Use Support

[About](#) [Privacy](#) [FAQ](#) [Sign In](#) [Create an Account](#) [EN](#) | [FR](#)

You're not alone

The COVID-19 pandemic has caused stress and uncertainty for so many of us. Whatever you're going through, we're here to provide mental health and substance use support. Get started by finding resources below, or create an account to track your progress.

- ✓ Free mental health and substance use support
- ✓ Completely private and confidential
- ✓ Available 24/7 to people in Canada and Canadians abroad
- ✓ Keep track of your wellness journey by creating an account

[Start your wellness journey today](#)