

Who is looking after you?

Free, confidential mental wellness and coping support for healthcare/frontline workers during COVID-19

- Self-referral
- Access to mental health professionals
- Menu of services
- Access to Cognitive Behavioural Therapy

bit.ly/supportHCW



Supported by the Mental Health and Addiction Centre of Excellence at Ontario Health.
These free confidential services are offered for healthcare and frontline workers across Ontario by the following providers:

