



Medical Associations Toolkit Guide



About Wellness Together Canada

Wellness Together Canada was created in response to an unprecedented rise in mental health and substance use concerns due to the COVID-19 pandemic, with funding from the Government of Canada. As a country, we are facing challenges at a scale we've never seen before, from social isolation and financial insecurity to substance use concerns and racial inequality.

We're all in this together. We believe that wellness is a journey, not a destination – and every day, we can each take a step toward our own well-being. Wellness Together Canada is here to support you on that journey.

Medical Associations Toolkit Guide

Medical associations represent health care collaborators who have the shared goal of delivering the best health care for all people in Canada, including mental health and substance use resources.

As we continue to navigate the COVID-19 pandemic and its mental health and substance use resource implications, we wanted to provide medical associations with turnkey resources to help support those who need it.

We are asking for your help in raising awareness of Wellness Together Canada.

In this custom toolkit, you will find:

- Templated social media posts
- An informational poster
- A fact sheet on Wellness Together Canada
- Content to use on your website and in your newsletter



Resources: Templated Social Media Posts

This templated social media post will contain copy and imagery to help support your organization to spread the word on Wellness Together Canada's supports and services.

Social Media Post 1



Facebook and Instagram



Twitter

Post Copy:

We're here for you. Access free mental health and substance use educational resources, e-courses and counselling tailored for what you need. Get started at wellnesstogether.ca

[Download](#)

Social Media Post 2



Facebook and Instagram



Twitter

Post Copy:

Struggling with mental health and substance use challenges alone can be tough. We're here 24/7 with mental health and substance use resources, tailored to you. Access immediate text support, live one-on-one counselling, informative resources and monitored communities of support today at wellnesstogether.ca

[Download](#)

Social Media Post 3



Facebook and Instagram



Twitter

Post Copy:

The free PocketWell app makes accessing mental health and substance use support easier. Access resources for mental health and substance use, connect directly with counsellors and track your mental health and wellness journey – right from your phone. Find PocketWell in your app store.

[Download](#)

Resources: Informational Posters

These health promotion posters are to be placed in high traffic areas such as bulletin boards or break rooms. This resource highlights Wellness Together Canada's offerings and includes a QR code linking to the website with resources for both patients and medical professionals.



Free mental health and substance use support for you and those around you

From educational resources and e-courses to counselling, get the support that works best for your needs – all at no cost.

Access resources now WellnessTogether.ca **PocketWell app**
Available in your app store

WELLNESS TOGETHER Canada Mental Health and Substance Use Support

Download



Free mental health and substance use support for you and those around you

From educational resources and e-courses to counselling, get the support that works best for your needs – all at no cost.

Access resources now WellnessTogether.ca **PocketWell app**
Available in your app store

WELLNESS TOGETHER Canada Mental Health and Substance Use Support

Download

Resources: Factsheet

This fact sheet contains easily digestible information to help inform medical associations of the supports and services Wellness Together Canada provides.

FREE, ON-DEMAND MENTAL HEALTH AND SUBSTANCE USE SUPPORT

What is Wellness Together Canada?
Wellness Together Canada offers immediate mental health and substance use support for people of all ages, in every province and territory.

Free mental health & substance use support **English and French resources** **2 million+ Canadians helped**

Always private and confidential

Did you know? 7 in 10 healthcare workers in Canada reported worsening mental health during the COVID-19 pandemic.¹
You're not alone. Wellness Together Canada is here to help.

What can Wellness Together Canada do for you?

- Learn**
Browse free educational articles, videos, and more
- Talk**
Get in touch with a counsellor and receive immediate crisis support
- Practice**
Build your skills with comprehensive courses and apps
- Connect**
Get peer support from others who understand your experiences
- Start Today**
A program navigator can help you to determine what resources are right for you

Track your personal wellness journey
Everyone's mental health needs are unique. Use our evidence-based tools to take a self-assessment to measure your wellness, plus track your progress over time.

Discover how we can help today. WellnessTogether.ca **In need of immediate crisis support?** Text **FRONTLINE** to **741741** **Support right at your fingertips.** Download the free **PocketWell** companion app

Download

Resources: Newsletter and Website Copy

The newsletter and website copy contains information on the portal resources to be used for internal member publications and external facing websites.

Newsletter Copy

Wellness Together Canada is here to help

People across Canada are facing growing mental health and substance use challenges. The pandemic hasn't only challenged our physical health but has created a mental health and substance use crisis, too.

Every person in Canada deserves access to free and immediate mental health and substance use support that is available when they need it – 24/7. Wellness Together Canada is here to help.

Wellness Together Canada is Canada's first and only online platform offering free mental health and substance use support for people of all ages, in every province and territory, and in both official languages.


People in Canada can instantly connect to virtual mental health and substance use services, including:

- Immediate crisis support
- Mental health self-assessment and monitoring
- Access to self-directed virtual programs
- Moderated community of support
- Virtual group coached anxiety program
- E-courses, including drop-in mindfulness class
- Live one-on-one counselling support by video, phone, or text

Visit Wellness Together Canada for **24/7 access** to free mental health and substance use support at [WellnessTogether.ca](#)

WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support

 Download

Website Copy

Mental Health and Substance Use Support from Wellness Together Canada

Wellness Together Canada is Canada's first and only online platform offering immediate mental health and substance use support for people of all ages, in every province and territory, and in both official languages.

Access free educational resources, e-courses and live counselling via phone, text and video 24/7 and at no cost ever.

Visit [WellnessTogether.ca](#) now.

WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support

 Download

WELLNESS TOGETHER

Canada

Mental Health and
Substance Use Support