

WELLNESS TOGETHER CANADA: EMAIL BLAST

Subject Line:

- Take charge of your stress today
- Help is just one click away
- We've got your back
- We're here to help

Hi [INSERT NAME],

This time of year can be tough – especially as we continue to cope with COVID-19. We are all struggling with the disruption to our routines, which is why we need to take care of ourselves and our mental wellbeing.

[INSERT ORGANIZATION NAME] wants to make sure you have the tools and resources you need to support your mental wellbeing.

That is why we wanted to share a link to [Wellness Together Canada](#) – an online portal offering immediate, free and confidential mental health support for people of all ages across Canada.

Funded by the Government of Canada, it allows you to access educational resources, e-courses and live counselling services 24/7 at no cost (ever) and with no wait times.

We can all take steps to improve our mental wellbeing. Visit wellnesstogether.ca for more information and get the support you need, when you need it.

Stay safe and healthy,
[INSERT SIGNATURE]