



# Take charge of your stress today.

Visit Wellness Together Canada for 24/7 live counselling and self-guided resources with no cost, ever. Help is just one click away.

**welnesstogether.ca**

WELLNESS TOGETHER  
**Canada**

Mental Health and  
Substance Use Support

For immediate crisis support, text **WELLNESS** to **741741**

If it is an emergency, **phone 911**

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and self-guided resources.  
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