

WELLNESS TOGETHER CANADA: SAMPLE SOCIAL CONTENT

Twitter

- We encourage people across the country to prioritize their mental wellbeing and visit @CDNTogether. The portal offers 24/7 access to free resources: WellnessTogether.ca
- Visit @CDNTogether for 24/7 live counselling and self-guided resources at no cost, ever. Help is just one click away: WellnessTogether.ca
- Take charge of your stress today. Visit @CDNTogether for 24/7 access to free mental health and substance use support: WellnessTogether.ca
- Improve your mental wellbeing and talk to a counsellor via phone, text or video anytime of day at no cost, ever. Visit @CDNTogether for more information: WellnessTogether.ca
- Our mental health is being challenged now more than ever. Get immediate access to free resources by visiting: WellnessTogether.ca

Facebook

- Our mental health is being challenged now more than ever. That's why we are proud to share Wellness Together Canada – Canada's first and only online platform offering immediate mental health and substance use support for people of all ages. Access 24/7 live counselling and self-guided resources at no cost, ever.

Help is just one click away. WellnessTogether.ca.

Instagram

- Our mental health is being challenged now more than ever. That's why we're proud to share @wellnesstogethercanada – Canada's first and only online platform offering immediate mental health and substance use support for people of all ages. Access 24/7 live counselling and self-guided resources at no cost, ever.

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