



# Ready to talk? We're here to listen.

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

[wellnesstogether.ca](https://www.wellnesstogether.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**