



Resource Guide for Peer Support, Community and Social Service Workers

Free mental wellbeing and substance use health support
for you and your community

WELLNESS TOGETHER

Canada

Mental Health and
Substance Use Support

As someone working hard to support and advocate for people throughout the day, how can Wellness Together Canada help you and those around you?

Peer Support, Community, and Social Service workers have been supporting the most vulnerable in our communities through several ongoing challenges:

- **The COVID-19 pandemic and post-COVID-19 era,**
- **Access to affordable housing, and**
- **The ongoing illicit drug toxicity and overdose crisis.**

Providing care and support to those with limited resources can be physically and mentally taxing. Managing so many competing priorities can make supporting and monitoring your own mental health and wellbeing hard while still caring for others.

Wellness Together Canada is available at any time, free of charge to you and those around you, including the people you support, colleagues, family members and friends.



"An amazing resource for Canadians! I downloaded this app on a whim, not sure if it really had much to offer me. However, this morning at 2:30am I needed some mental health support due to an ongoing panic attack, and I was quickly put in touch with an on-call therapist. Free of charge.

...We spoke for an hour and it was so, so wonderful. I wasn't expecting it to be that good...but wow, this is an amazing resource. I feel like I don't have to worry about access to support now."

- App Store Review of Pocketwell

What is in the Resource Guide? How can it help me?

This resource guide provides easy access to a wide variety of wellness resources. It will help you use Wellness Together Canada and choose your customised wellness journey.

The resource guide was created in collaboration with those who have shared similar experiences.

In the resource guide you will find the following information:

- **Details about Wellness Together Canada**
- **Types of resources and services you can access**
- **How to access resources and services on Wellness Together Canada**
- **Examples of resources for people who provide support to others in their role**



About Wellness Together Canada

Wellness Together Canada was created in response to the unprecedented rise in mental health and substance use concerns brought on by the COVID-19 pandemic, with funding from the Government of Canada. It is delivered in partnership with Stepped Care Solutions, Homewood Health, and Kids Help Phone.

The first and only nationally funded virtual mental health and substance use service, designed to provide the right support at the right time.

Wellness Together Canada (WTC) offers resources and services to anyone in Canada, and Canadians abroad including resources for those who support others.

Key values of the Wellness Together Canada.

- **Choice** - you choose the service you want to try
- **Open Access** - free and available 24/7, without a referral
- **Continuum of Care** - you choose the intensity of care right for you

Privacy and Confidentiality

Privacy and confidentiality are important to us, and our services and privacy policy are designed to ensure that you can access support without disclosing more than you're comfortable with. For more information, visit www.wellnesstogether.ca/en-CA/privacy/.

**The continuum of care is described below.
Access over 500 resources, day or night!**



LEARN

Self-guided articles, videos, and resources, accessible without an account



PRACTICE

In-depth courses and learning modules on common mental health topics, including resources for self-care and mindfulness



CONNECT

A variety of ways to connect with others through communities of support for mental health and substance use, groups, a warmline, and online forums



TRACK

Optional self-administered assessments to track progress and wellbeing over time



NAVIGATE

Live assistance in navigating site resources to help you choose the right type of support for you



TALK

Access to professional counsellors for common topics and concerns such as:

- Managing worry and low mood,
- Coping with life and workplace stress and burnout
- Grief and loss
- Managing substance use



CRISIS SUPPORT

The 'I need help now' section (wellnesstogether.ca/en-CA/crisis) provides resources for individuals who identify as being in distress, or for those who know someone in distress.

NO REFERRAL OR HEALTH CARD NEEDED

No appointment or scheduling required.
Counsellors can be accessed within minutes.

Just call:

☎ 1-866-585-0445

Wellness is vital in community support work

Wellness skills can help people manage intense emotions and stress. They can help you and those around you through difficult situations.

Wellness Together Canada can help you learn wellness skills. Below are some resources you can access when you need them.

- Learning about **causes and effects** of mental health distress.
- **Practice** relaxation techniques like mindfulness.
- Explore your relationship with substance use as a coping strategy through an **online course**.
- Connect with other **people in similar situations** in an online peer support group.
- **Track your mental health** over time to help you know what is working and when you want to change something.
- Talk with a professional **counsellor**.

Spend some time learning about stress, what it is, how it impacts you, and ways you can deal with it.

WTC resources can be used by you and also shared with people you are supporting, your colleagues, friends and family members.



**Access what you want, when you need it,
24 hours a day.**

Access is at the forefront of everything we do at Wellness Together Canada. That's why our resources are confidential, always free and easy to access.

Professional counselling services are available in over 200 different languages by phone. **Collect calls available.**

How can you access resources?

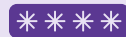
Wellness Together Canada makes it easy for anyone in Canada to access our resources online by visiting [wellnesstogether.ca](https://www.wellnesstogether.ca) or downloading the **Pocketwell app** (available on Android and Apple).

Although no account is needed for many resources at Wellness Together Canada, to access specific resources like e-courses, follow these steps:



Step 1:

Visit [wellnesstogether.ca](https://www.wellnesstogether.ca) and click on **"Create an Account"**



Step 2:

Complete your registration, by completing four pieces of information - **your e-mail address, a password, your age range and security question**



Step 3:

Validate your account through the link provided to your email



Step 4:

Start your journey towards wellness by completing an optional self-assessment or accessing the tools and programs

"I love the format of the peer support meetings and the connection it gives me. I recommend this for anyone seeking a safe, supportive, and inclusive environment."

- Anonymous, on participating in CAPSA groups

More information about CAPSA's All People, All Pathways groups can be found on page 5, or by visiting www.wellnesstogether.ca/en-CA/service/connect



For more information and guidance on creating an account and accessing resources, visit our **Wellness Together Canada Youtube Channel**.

Examples of Available Options for Peer Support, Community and Social Service Workers:

Learn, Practice, Connect, Navigate, Track and Talk

Wellness Together Canada

With Wellness Together Canada, you choose the type of resource or service that will work best for you.

[Click the resources below to access the various options.](#)

MENTAL WELLBEING AND SUBSTANCE USE HEALTH

Taking Control of Your Mood: Manage Your Feelings by Homewood Health



Learn

This article will help you better understand your emotions, and learn coping strategies.

TAO Courses



Practice

A variety of topics to support wellbeing including:

- depression
- coping with trauma (including pandemic trauma)
- mindfulness
- grounding

Module length varies.

Substance Use Peer Support: CAPSA



Connect

The All People, All Pathway online groups provide a safe and inclusive community of support for those who are questioning their relationship with substances. Meetings are held online at different times throughout the week.

ICAN Conquer Anxiety and Nervousness by Strongest Families Institute



Practice

This program helps reduce excessive worry and cope with major life stressors, and can be completed independently or with a support from a coach.

Meet and Motivate Groups: Humanest



Practice | Connect

Join others who are also seeking to make changes in their lives. Actionable insights and tips will help you make and sustain progress toward your goals. Groups for adults and adults 50+.

Breaking Free Wellness



Practice

Strategies and coping skills for people who are questioning their relationship with alcohol or drugs.

Loneliness by Togetherall



Learn | Connect

This resource will help you understand more about loneliness, and how to break the cycle. Togetherall offers online communities of support that can increase connection.

SELF CARE AT WORK AND HOME

Take 5 by Mindwell



Practice

Mindfulness-in-action practice. Take 5 can be used anytime or anywhere to lower stress, increase focus and get you back into the present moment.

TAO Courses



Practice

A variety of topics to support self care including:

- work relationships and communication
- performance
- overcoming perfectionism
- burnout
- financial stress

Resilience in the Workplace: WellTrack



Practice

Enrich your workdays with energy, purpose and motivation. Explore techniques to experience greater satisfaction in your career.

- 4 modules; 30 min

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PHYSICAL AND SPIRITUAL WELLBEING

Your Guide to Healthier Sleep: WellTrack



Practice

Consistent and quality sleep is a fundamental pillar of wellness and resilience. This series will coach you on how to get restorative sleep at night.

- 6 modules; 40 min

Body Acceptance: TAO



Practice

Body acceptance, and meditation modules. 30 min or less.

Mindful Movement: Mindwell



Practice

In this 20 minute live class you will learn simple stretches and move, while integrating mindful breathing for a full-body stress-reducing experience.

Developing Self Compassion: Well Central



Practice

This course will help you understand the benefits of being kind to yourself and how to develop a regular practice of self-compassion.

Fire Body Scan: Kids Help Phone



Practice

This mindfulness activity can help you improve your focus, choose how to respond to what's happening, and put your well-being first.

Self-acceptance: Breathing Room



Practice

This activity provides journal prompts and a video, as well as further information about other resources offered through Breathing Room.

Movement Towards Wellness: CAPSA



Practice

Live 30 minute movement sessions weekly which offer a variety of guided, gentle exercises to increase your mental wellness and substance use health.

Wellness Together Canada Phone Numbers

Speak with a
Professional Counsellor
1-866-585-0445

Program Navigation
Support
1-866-585-0445

Grief and Loss
Speak with a grief coach at
1-866-585-0445

Hope for Wellness
Culturally supportive
phone support to all
Indigenous people
1-855-242-3310

Supporting Someone in
Distress
Speak with a professional
counsellor at
1-866-585-0445

Peer Support Warmline
Confidential calls with
trained Peer Supporters
at Progress Place.
1-888-768-2488



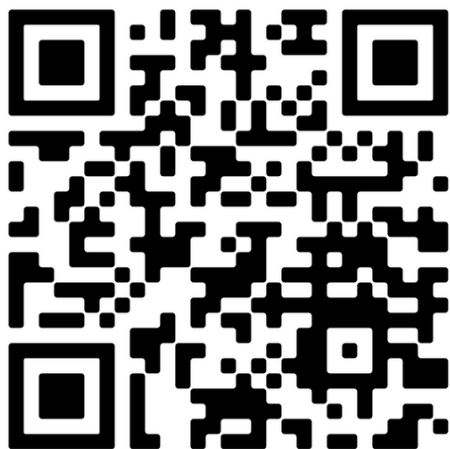
Wellness Together Canada Text Support

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

741741 (Adults)

686868 (Youth)

**Over 500 resources for you to
choose from, available 24/7 at
wellnesstogether.ca**



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Mental Health and
Substance Use Support

Funded by the Government of Canada.

Canada

Brought to you by Homewood Health, Kids Help Phone
and Stepped Care Solutions



Homewood Health



STEPPED CARE
SOLUTIONS