



Resources for Nurses



About Wellness Together Canada

Wellness Together Canada (WTC) provides free mental health and substance use resources to anyone in Canada, including resources specifically created for nurses and other healthcare workers.

Services are available for you at any time of day, with no appointment or scheduling required.

Services offered include:

- self-guided articles, videos, exercises and educational courses
- resources to support relaxation and mindfulness
- a variety of ways to connect with others, including phone calls with a professional counsellor, peer support, groups and online communities of support
- support with common topics and concerns (e.g. coping with low mood or worry, stress and burnout, sleep, relationships)

Access what you want, when you need it.

As a Nurse, how can Wellness Together Canada help you?

Providing expert care and support to those around you can be both physically and mentally demanding. Managing so many things at once can make it hard to support and monitor your own mental health and wellbeing, while still caring for others.

Wellness Together Canada offers programs for nurses and healthcare workers.

Mindwell for Healthcare Workers

The Mindwell program is designed to foster your wellbeing and resilience. Learn tools to assist you to remain calm and capable while facing the challenges in the workplace; bring the same calmness to your life at home.

Short and effective lessons are provided in 4 weekly modules alongside live labs designed to give you maximum results in the least amount of time.

Register for the next session here: www.wellnesstogether.ca/en-CA/healthcare-workers

To date, over 5000 healthcare workers have participated.



The day after I took the Lab, I was feeling a little frazzled at work. When I went to the washroom, I did a Take 5 and it was AMAZING!



Togetherall Peer Support

Togetherall offers an online community of support for healthcare workers. This is a safe space where people provide peer-to-peer emotional support, help and guidance.

Available 24/7, simply login and connect with others.

Within the peer support forum, you will find a variety of self-help courses, including managing PTSD for Nurses, and articles focused on compassion fatigue and critical incident stress.

For more information: www.wellnesstogether.ca/en-CA/togetherall-for-healthcare-workers

How can Wellness Together Canada help those around you?

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

No referral or healthcard needed.

High quality resources help address common concerns that many people face:



- Managing *worry or low mood*
- Coping with *stress*
- Managing *substance use*
- Grief and *loss*



Connect with others through:

- Peer support
- Private and confidential support from a professional counsellor
- Crisis texting support

Counsellors can be accessed within minutes.

No appointment or scheduling required.

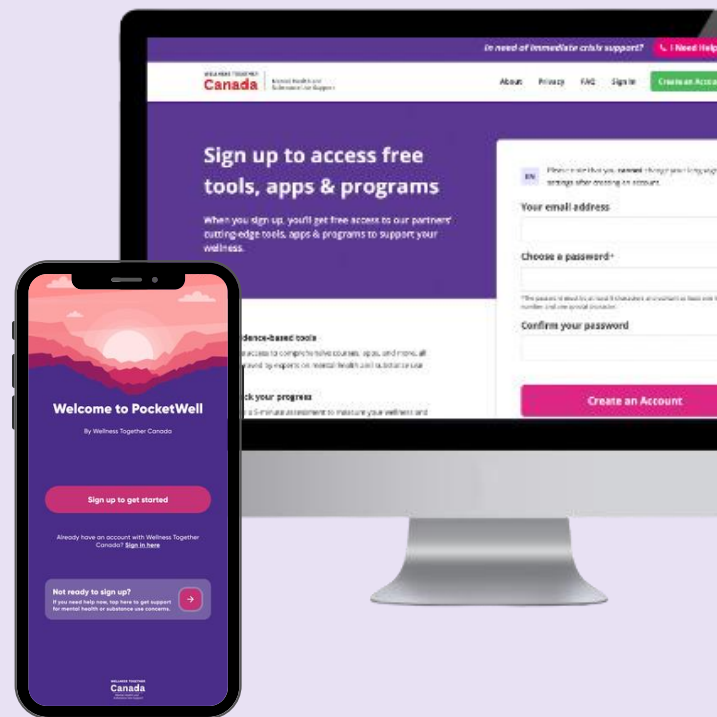
Just call: 1-866-585-0445

How can you access the resources?

Anyone in Canada can access resources online at wellnesstogether.ca or by downloading the **Pocketwell** app (Android/Apple)

To access specific resources, follow these steps on either the app or the website:

- Visit wellnesstogether.ca or download the pocketwell App and click **create an account**.
- Complete your registration, by providing your e-mail address, your age range and security question
- Validate your account through the link provided to your e-mail.
- Get started by completing an optional self-assessment, or accessing Tools and Programs. Select the topic **healthcare workers** to find specific resources for you as a nurse.



For more information and videos on creating an account, and accessing resources, visit the [Wellness Together Canada Youtube Channel](#).

WELLNESS TOGETHER

Canada

Mental Health and
Substance Use Support

About Wellness Together Canada

WTC was created in response to an unprecedented rise in mental health and substance use concerns due to the COVID-19 pandemic, with funding from the Government of Canada.

Wellness Together Canada is delivered in partnership by **Stepped Care Solutions, Homewood Health and Kids Help Phone.**

Our services and privacy policy are designed to make sure that you can access support without needing to disclose more than you want to. For more information about privacy and confidentiality, please visit www.wellnesstogether.ca/en-CA/privacy/

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Canada

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