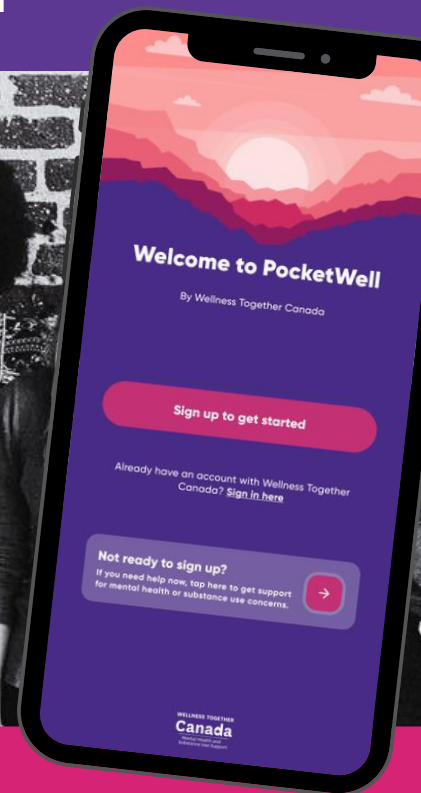


Free mental wellbeing and substance use health support

No wait times, No referral, No ID required



Visit WellnessTogether.ca to access all resources and services or **download the Pocketwell app**

For **same-day counselling or navigation services**, call **1-866-585-0455**

For **crisis support**, text **WELLNESS** to **741741** (adults), to **686868** (youth)

Indigenous peoples can also call **Hope for Wellness** at **1-855-242-3310**

