

New Wellness Together Canada portal: A message from the Public Health Agency of Canada



COVID-19 has placed significant strain on individuals and families across the country. Many people are concerned about their physical and mental well being, and are being challenged in a number of ways because of isolation, financial and employment uncertainty and disruptions to daily life.

With Mental Health Week taking place from May 4th to 10th, 2020, we thought we would highlight the new [Wellness Together Canada: Mental Health and Substance Use Support](#) portal, which features a range of resources such as free online tools, apps, and connections to mental health professionals. These include modules for addressing low mood, worry, substance use, social isolation and relationship issues.

You may also access the portal through the [Canada COVID-19 App](#), which is free and available on Canada.ca/coronavirus and through the Apple App Store and Google Play.

MUNPA Office
709-864-6979