

Free mental health and substance use support available

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[Wellness Together Canada](#) is a free, online mental health and substance use support portal available to students. The portal provides 24-7 peer support resources and phone counselling sessions. Services are offered in English and French, along with interpretation in 200 languages and dialects.

Visit [wellness together.ca](https://wellness.together.ca), call 1.866.585.0445 (adults), 1.888.688.6810 (youth), or text WELLNESS to 741741 (adults), 686868 (youth) to connect with a professional for support.

Help is just a call or click away.

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