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, 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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