

Virtual Learning Together Series Webinar Recap*

**Wellness Together Canada –
a mental health portal for everyone in Canada
Tuesday September 13, 2021**

Takeaways

Wellness Together Canada (WTC) offers mental health and substance use supports.

WTC offers free information, videos, courses and free confidential counselling for various mental health and substance use issues 24 hours a day, 7 days a week.

Recap

AnneMarie Churchill, PhD., Executive Director of Stepped Care Solutions walked through the Wellness Together Canada site, a free online mental health and substance use support available to everyone in Canada 24 hours a day, 7 days a week.

Wellness Together Canada Portal

- Wellness Together Canada is a free, online mental health and substance use support service available nationally available 24 hours a day, 7 days a week. It is supported by Kids Help Phone, Homewood Health and Stepped Care Solutions.
- The site provides evidence-based resources for self-directed learning, peer-to-peer connections, coaching and counselling. Wellness Together Canada is a population based virtual expression of the SC2.0 model and is designed to align processes with SC2.0 principles and core components.
- Programming is evidence based and the offerings are designed for youth and adults.
- National polling revealed common concerns are anxiety, stress, depressive symptoms, substance use, grief and loneliness. The site's resources and interventions are designed to aid with these concerns and are flexible to change with changing concerns.
- Stakeholder feedback informs system design and types of services included which increases the flexibility and adaptation of the website's content. Federal public servants, health care workers, veterans, older adults, substance use programs and first responders have collaborated and/or codesigned the tailored programming for the Wellness Together Canada site.
- Mental health and substance use resources and supports include:
 - Immediate text support

- Self-assessment and tracking tools
- Tools and apps for concerns such as anxiety, low mood, and substance use
- Peer to peer mental health and substance use supports
- Coaching and e-courses
- One on one professional, free counselling where privacy is protected
- Live group support
- The WTC site has received a recent upgrade and has added a section for Residential School Crisis Support which was designed with the help of indigenous artists, advisors, and Indigenous services Canada.
- The site provides an option to complete a mental wellness self-assessment. Once completed, there are results provided with suggestions for tools to fit the individual. It is also possible to receive reminders to retake the assessment on a regular basis (choice of how often) and track progress.
- General site sections are:
 - Learn – free articles, videos
 - Practice – build skills using free courses and apps
 - Connect – peer support
 - Track – personal wellness assessments
 - Talk – professional counsellors are available for adults and youth in both French and English 24/7. The CanTalk programs offers translation in 200 languages
- Main topic sections of the site currently are:
 - Coping with Covid-19
 - Managing low mood
 - Managing worry
 - Coping with stress
 - Strengthening relationships
 - Managing substance use
- Future developments for the site include:

- Improved user experience through the portal
- Local and specialized resources and links
- Wellness Together companion App

Questions

1. Do you have posters or knowledge materials that can be used to share more widely?

- Wellness Together has developed a tool kit. For questions, engagement and feedback, contact Annmarie Churchill (annmarie.churchill@steppedcaresolutions.com) or Missy Scherkenbach (missy.scherkenbach@steppedcaresolutions.com). Also, Julie Drury from Health Canada has a team who can provide information.

2. Do you have trained peer support workers available? Do you have a peer support training partner?

- Currently WTC is using Progress Place (Ontario) and Channel (NFLD/Labrador) and a French group, l'Association québécoise pour la réadaptation psychosociale (AQRP). They are all trained, peer support workers. Future consideration will be to work with peer support training groups/trainers for older adults.

3. How does a person become a trained counsellor on the site?

- Contact Progress Place to learn more about training.
- It is possible to sign up right away with Together All (volunteer opportunity) and help support people online.

4. Has there been any support to provide resources in languages other than English and French?

- At this point there has not been, but WTC has been reaching out to partner with other community organizations and tailor when possible

RESOURCES SHARED

Listed below are the resources mentioned during the webinar:

- [Wellness Together Canada](#)
- [Mieux-Être Canada | Accueil](#)
- [Togetherall](#)

WEBINAR RECORDING

- [Watch the full webinar here!](#)

** This recap has been designed for the Learning Together (LT) program and information not relevant to LT has been excluded.*

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