



The College of
Physicians and Surgeons
of Newfoundland and Labrador

WELLNESS TOGETHER CANADA

Notice to College Members

August 20, 2021

The following is a communication from the Assistant Deputy Minister, Strategic Policy Branch, Health Canada, Government of Canada.

All College communication to its members will be by email.
It is a professional obligation for College members to read all College communications.



The College of Physicians and Surgeons of Newfoundland and Labrador

Warm greetings,

As we know, the COVID-19 pandemic has placed substantial strain on all those living across the country, particularly healthcare workers who are keeping us healthy. Far of contracting the virus, public health measures and fluctuating COVID-19 cases are challenging in a number of ways. Many people are concerned about the negative mental health effects that the COVID-19 pandemic has had on healthcare workers.

On April 15, 2020, the Government of Canada launches a portal to help address the unprecedented rise in feelings of stress, anxiety and depression in Canada due to COVID-19 – Wellness Together Canada (WTC). This portal offers access to free and confidential online mental health and substance use supports, 24 hours a day, seven days a week, in both official languages. To date, over 1.4 million individuals across all provinces and territories have accessed the portal.

As an important stakeholder, we want to work with you to amplify our message and promote the WTC portal through your network and on your digital channels specific to healthcare workers and primary care providers. Please find attached a Fact Sheet with additional information on the services offered by the portal. We hope you might share these with your network.

Key Message to share:

- *Healthcare workers and primary care providers, remember to prioritize your well-being too! You are not alone. Take time to check with how you are feeling. Wellness Together Canada (WTC) offers free and confidential online mental health and substance use supports available 24/7, including 1 to 1 counselling: <https://wellnesstogether.ca/en-CA/moving-beyond-anxiety>*
- *If you need someone to talk to, Wellness Together Canada offers phone counselling 24/7 in over 200 languages and it's free! For more information on confidential mental health and substance use support, visit: wellnesstogether.ca. You are not alone.*

We would also appreciate if you could amplify our Wellness Together Canada social medial posts on our channels;

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Twitter: [@GovCanHealth](#) / [@GouvCanSante](#); [@CPHO Canada](#) / [@ACSP Canada](#)

Facebook: [Healthy Canadians](#) / [Canadiens en santé](#)

LinkedIn: [Health Canada](#) / [Santé Canada](#); [Public Health Agency of Canada](#) / [Agence de la santé publique du Canada](#)

Instagram: [Healthy Canadians](#) / [Canadiens en santé](#)

We would love to hear from you. Please feel free to reach out to Julie Drury, Manager of Stakeholder Relations at the Mental Health Division of Health Canada (Julie.drury@canada.ca) should you have additional questions or comments regarding the portal or about the promotional activities planned to inform Canadians about this important mental wellness resource.

Thank you,

Kendal Weber

*Assistant Deputy Minister, Strategic Policy Branch
Health Canada, Government of Canada*

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Wellness Together Canada (WTC) At a Glance

A free, online mental health resource For Healthcare Workers and Primary Care Providers

- COVID-19 continues to create stress and anxiety for many Canadians, especially healthcare workers and primary care providers, who are on the front lines of the pandemic.
- WTC is a **free, online, 24/7 mental health and substance use support** portal that provides resources, and tools, peer support and **confidential** counselling sessions with social workers, psychologists and other professionals.
- The portal offers services tailored to healthcare and primary care providers in both official languages, and phone-counselling sessions are supported by instantaneous **interpretation in 200 languages and dialects**.

You are not alone; support is available for frontline healthcare workers and primary care providers

- Remember to prioritize your well-being too, and know that **you are not alone**. Wellness Together Canada (WTC) offers free and confidential online mental health and substance use supports available 24/7, including counselling and supports tailored to your needs: <https://wellnesstogether.ca/en-CA>
- Free counselling is available for healthcare and primary care providers:
 - WTC offers free, live counselling by phone, text or video, 24 hours a day.
 - **Text FRONTLINE to 741741 or call 1-866-585-0445** to connect with a professional for support.



Quotes from frontline healthcare workers who participated in WTC's Mindwell for Healthcare Workers program:

"I'm discovering that there are many of us in the same boat, dealing with the same stressors and finding ways to enhance our lives."

"I have learned to take 5 in my vehicle before approaching a coroner scene. It calms me and makes me better able to focus on my investigation."

"Taking the time for myself makes me a better me and I can contribute in a more kinder way!"

WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support