



One in 5 Canadians experience a mental illness or addiction problem - and nearly half of Canadians reported that their mental health worsened during the pandemic.

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Supporting the mental health and well-being of Canadians, as we continue to face the uncertainty and challenges from COVID-19 and its variants, is a Government of Canada priority. Through PocketWell, a free app to the Wellness Together Canada (WTC) online portal – Canadians can access new resources, including a self-assessment tool and tracker that monitors mood and mental well-being.

PocketWell also connects seamlessly to the WTC portal, allowing access to free and confidential sessions with social workers, psychologists and other professionals, as well as other mental health and substance use services all from their phone. Call 1-866-585-0445, visit wellnesstogether.ca or download the PocketWell app today.