

Government Mental Health Resources

Funded by Health Canada, Wellness Together Canada is available in both English and French as an online portal/website and can be accessed at wellnesstogether.ca. It can also be accessed by phone 1-866-585-0445

The first is an immediate response single session service accessible 24/7. Clients will have unlimited access to this service.

The very first step in accessing support through this initiative is for clients to go on <https://ca.portal.gs/> to create a profile and answer some basic psychometric questionnaires. This initiative follows the stepped-care model so clients will have access to a variety of on-line and self-help resources, which they are encouraged to try before reaching out for direct, support through Homewood Health or Kids' Help Phone numbers.

“Telephone Self-Management Health Coach Program”

<https://www.selfmanagementbc.ca/CommunityPrograms>

“Better Choices, Better Health Online Self-Management Program” This is a 6-week program where people use their computers and log in each week (as many times as they like).