

# COVID-19 Response in Peel

## Mental Health and Wellbeing Supports

The resources listed below are available to provide mental health, stress and anxiety supports. This list is not exhaustive, and availability of some services might change during COVID-19. This list will be updated as new information becomes available.

For information about additional community programs and services, please contact 211 Ontario by referring to [www.211.ca](http://www.211.ca) or calling 2-1-1 (available 24/7).

<b>CRISIS SUPPORTS</b>		
<b>IF YOUR SITUATION IS A LIFE-THREATENING EMERGENCY, CALL 911</b>		
<b>Agency</b>	<b>Service Details During COVID-19</b>	<b>Contact Information</b>
<b>Assaulted Women's Helpline</b>	24-hour telephone and TTY crisis line for all woman who have experienced abuse. We provide counselling, emotional support, information and referrals.	Call: 1-888-863-0511 Website: <a href="https://www.awhl.org/home">https://www.awhl.org/home</a>
<b>Caledon/Dufferin Victim Services</b>	24/7 support and resources for Caledon and Dufferin residents.	Call: 905-951-3838 Call: 1-888-743-6496 Website: <a href="https://www.cdvs.ca/">https://www.cdvs.ca/</a>
<b>Canadian Mental Health Association (CMHA)</b>	24/7 Crisis Support Peel Dufferin Provide timely and high-quality responses to de-escalate, stabilize and support those in mental health/ addiction crisis. 24/7 Crisis Support Peel is not an emergency response unit. CMHA provides ongoing online training. Register online at <a href="https://cmhapeeldufferin.ca/education-and-training/">Register online at https://cmhapeeldufferin.ca/education-and-training/</a>	Mississauga and Brampton Call: 905-278-9036  Caledon and Dufferin Call: 1-888-811-2222
<b>Credit Valley Hospital Emergency Department</b>	For individuals who are registered in the emergency departments at either Credit Valley Hospital of Mississauga Hospital.  Monday-Friday 9:00am to 11:00pm  Saturday, Sunday and statutory holidays 11:00am to 11:00pm	Call: 905-813-4141
<b>Crisis Support Peel Dufferin</b>	Provide timely and high-quality responses to de-escalate, stabilize and support those in mental health/ addiction crisis. <b>24/7 Crisis Support Peel is not an emergency response unit.</b>	Mississauga and Brampton Call: 905-278-9036 Caledon and Dufferin Call: 1-888-811-2222
<b>Dufferin Child and Youth Mental Health Crisis Line</b>	Integrated children's service agency that provides child protection services, children's mental health and developmental support.	Call: 519-941-1530 Website: <a href="http://dcafs.on.ca/">http://dcafs.on.ca/</a>

<b>Family Transition Place</b>	24/7 support line Emergency Shelter, Transitional Support & Counselling Services. Services for women and their children who have experienced abuse in Caledon.	Call: 519-941-4357 Call: 905-584-4357 Call: 1-800-265-9178 Email: <a href="mailto:admin@familytransitionplace.com">admin@familytransitionplace.com</a> Website: <a href="https://familytransitionplace.ca/">https://familytransitionplace.ca/</a>
<b>Heart House Hospice</b>	Hospice Palliative Helpline is available to support emotional needs of individuals, families and professionals who are facing serious illness, grief and end of life. Who should call: <ul style="list-style-type: none"> <li>• Front line staff supporting those who are palliative.</li> <li>• Those who are living with a serious or palliative illness.</li> <li>• Family members of a loved one who is palliative.</li> <li>• Family members/friends who have experienced the death of a loved one.</li> <li>• Those with or supporting someone with a COVID-19 diagnosis</li> </ul>	Call: 905-677-1865
<b>Hope 24/7 Crisis Line</b>	Provides psychotherapy services for all persons 12 years and older impacted by relationship and sexual abuse.	Call: 905-792-0821 Call: 1-800-810-0180 Website: <a href="http://hope247.ca/">http://hope247.ca/</a>
<b>Interim Place Crisis Line</b>	Interim Place is an anti-violence organization providing shelter, counselling and advocacy supports for women, Two-Spirit, gender queer, trans and non-binary folks and their children experiencing any form of violence.	Call: 905-403-0864 Website: <a href="http://www.interimplace.com/">http://www.interimplace.com/</a> TTY: 905-403-0453
<b>Peel Children's Centre</b>	24/7 Crisis line for children, youth and families. Provides counselling support to children youth and families. Children ages 12 to 17 can access services with or without a parent/ guardian.	24/7 crisis line Call: 416-410-8615 Website: <a href="http://peelcc.org/en/services/family-crisis">http://peelcc.org/en/services/family-crisis</a>
<b>Peel Crisis Capacity Network</b>	Crisis and transitional supports for those 11 and up living with developmental disabilities and/or dual diagnoses of mental health.	Call: 905-273-4900
<b>Punjabi Community Health Services</b>	Multi-service agency that provides supports and assistance to individuals dealing with challenges related to mental health and addictions.	Call: 905-677-0889 ext. 147 Service in Punjabi, Hindi, Urdu Website: <a href="http://pchs4u.com/">http://pchs4u.com/</a>
<b>Safe Centre of Peel</b>	Services for victims of violence. Offering crisis intervention, risk assessment and safety planning over the phone through an integrated service response model or "one stop shop." This includes warm referrals and identifying resources to access in the community.	Call: 905-450-4650 Website: <a href="http://www.scopeel.org">www.scopeel.org</a>
<b>Victim Services of Peel</b>	Support and referrals for victims of crime and tragic circumstance.	Call: 905-568-1068 Website: <a href="https://vspeel.org/">https://vspeel.org/</a>

## SUPPORTS FOR CHILDREN AND YOUTH

**If your child is experiencing a mental health emergency, expresses thoughts of self-harm, or engages in suicidal behavior, seek help from a mental health professional immediately. Call 911 or go to the emergency room of your local hospital.**

Partner	Service Details During COVID-19	Contact Information
<p><b>African Community Services</b></p>	<p>Youth Outreach Worker Program Working to help black youth ages 12 to 24 and their families in Peel Region to better navigate and connect with services and pro-social opportunities such as: Drug/Alcohol/Mental/Sexual Health Services.</p>	<p>Call: 905-460-9514 Email: <a href="mailto:msangij@africancommunityservices.com">msangij@africancommunityservices.com</a>  Website: <a href="http://www.africancommunityservices.com">www.africancommunityservices.com</a></p>
<p><b>Associated Youth Services Peel (AYSP)</b></p>	<p>Virtual mental health counselling and youth justice supports for children, youth and their families (ages 0-17 years old). Program referrals still occurring.  Existing clients with immediate questions—contact their worker at the number provided where messages will be received.</p>	<p>24/7 crisis line Call: 416-410-8615 Youth Mental Health Programs Call: 905-890-5222 Family Mental Health Programs Call: 905-451-4655 Website: <a href="https://www.aysp.ca/">https://www.aysp.ca/</a></p>
<p><b>Black Youth Helpline</b></p>	<p>Serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.</p>	<p>Call: 416-285-9944 or 416-739-8989  Toll-free: 1-833-294-8650 or 1-833-BYH-8650 E-mail: <a href="mailto:NationalHelpline@bellnet.ca">NationalHelpline@bellnet.ca</a> Website: <a href="http://www.blackyouth.ca">www.blackyouth.ca</a></p>
<p><b>Catholic Family Services Peel Dufferin</b></p>	<p>Counselling, psychotherapy and couple and family therapy for any issues related to emotional, mental health as well as relationship distress.</p>	<p>Call 905-450-1608 ext. 112 Website: <a href="http://www.cfspd.com">www.cfspd.com</a></p>
<p><b>Centre for Addiction and Mental Health (CAMH)</b></p>	<p>Provides mental health supports within the GTA and online tools related to COVID-19.</p>	<p>Call: 416-535-8501 in the GTA Call: 1-800-463-2338 Website: <a href="https://www.camh.ca/en/mental-health-and-covid-19#coping">https://www.camh.ca/en/mental-health-and-covid-19#coping</a></p>

<p><b>The Children’s Mental Health Ontario Centre (CMHO)</b></p>	<p>Children’s Mental Health Ontario (CMHO) represents Ontario’s publicly funded Child and Youth Mental Health Centres.</p> <p>Provides mental health resources and online tools related to COVID-19.</p>	<p>Call: 416-921-2109 Website: <a href="https://www.cmho.org/">https://www.cmho.org/</a></p>
<p><b>The DAM</b></p>	<p>Provides services to youth via on-line drop-in’s, video conferencing and phone.</p>	<p>Call: 905-826-6558 Website: <a href="https://www.thedam.org/">https://www.thedam.org/</a></p>
<p><b>Heart House Hospice</b></p>	<p><b>HUUG (Help Us Understand Grief) Program</b></p> <ul style="list-style-type: none"> <li>• Provide counselling and support to children, youth and families who are living with illness and grief or who have experienced the death of a family member.</li> <li>• Provide educational materials and resources to assist parents and caregivers to talk to, and support, their children through their experience with illness, grief and death</li> <li>• Provide counselling and psychosocial support to children who seriously ill or dying. Offer family education and support programs.</li> <li>• Develop awareness and knowledge about children’s grief through community education.</li> </ul>	<p>Call: 905-712-8119 Email: <a href="mailto:info@hearthousehospice.com">info@hearthousehospice.com</a></p>
<p><b>Kids Help Phone</b></p>	<p>Kids Help Phone is a Canadian charitable organization that provides 24/7 free confidential professional online and telephone counselling and volunteer-led, text-based support in English and French.</p>	<p>Call: 1-800-668-6868 or Text: CONNECT to 686868 Website: <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a></p>
<p><b>LGBT Youthline</b></p>	<p>LGBT Youthline provides anonymous and confidential peer-to-peer support for 2SLGBTQ youth (29 and under) across Ontario. We offer chat, text, and email services. Our phone lines are currently closed. Our services are open Sunday-Friday from 4:00pm to 9:30pm EST.</p> <p>YouthOrganize by LGBT YouthLine: A volunteer program for 2SLGBTQ youth (29 and under) in the Peel and Halton regions where LGBT YouthLine staff and volunteers will organize to create programming for 2SLGBTQ youth. More info at <a href="http://youthline.ca/youthorganize">youthline.ca/youthorganize</a></p>	<p>Chat: <a href="http://youthline.ca">youthline.ca</a> Text: 647-694-4275 Email: <a href="mailto:askus@youthline.ca">askus@youthline.ca</a></p>
<p><b>Malton Neighbourhood Services</b></p>	<p>Clinical Youth Outreach Worker Program Provides support to “hard-to-reach” youth ages 12 to 21 and their families in Peel Region who may be experiencing concerns with their mental health and who are disconnected from mental health services.</p>	<p>Call: 416-428-7028 Email <a href="mailto:mahmed@mnsinfo.org">mahmed@mnsinfo.org</a></p> <p>Website: <a href="https://www.mnsinfo.org/ab-out-mns/">https://www.mnsinfo.org/ab-out-mns/</a></p>

<b>Mindyourmind</b>	Mental health resources and advice for youth aged 14 to 29.	Website: <a href="https://mindyourmind.ca/">https://mindyourmind.ca/</a>
<b>Province of Ontario's ConnexOntario</b>	For 24/7 information about mental health, addiction and problem gambling services throughout Ontario.	Call: 1-866-531-2600 Website: <a href="http://www.connexontario.ca">www.connexontario.ca</a>
<b>Roots Community Services</b>	Youth Outreach Worker Program Working to help black youth ages 12 to 24 and their families in Peel Region to better navigate and connect with services and pro-social opportunities such as: Drug/Alcohol/Mental/Sexual Health Services/Housing Supports	Call: 905-455-6789 Ext 108 or 416-951-4116 Email: <a href="mailto:norvett@rootscs.org">norvett@rootscs.org</a>  Website: <a href="https://rootscs.org/youth-program">https://rootscs.org/youth-program</a>
<b>Tangerine Walk-in Counselling</b>	Provides counselling support to children, youth and families. Youth ages 12 to 17 can access services with or without a parent/guardian. *Offering virtual services due to COVID-19	Call: 905-795-3530 Website: <a href="http://www.tangerinewalkin.com">http://www.tangerinewalkin.com</a>
<b>Where to Start</b>	Peel Region's network of service providers for child and youth mental health services.	24/7 crisis line: 416-410- 8615 Call: 905-451-4655 Website: <a href="https://wheretostart.ca/">https://wheretostart.ca/</a>
<b>NON-CRISIS SUPPORTS</b>		
<b>Partner</b>	<b>Services Details During COVID-19</b>	<b>Contact Information</b>
<b>Age To Age Training, Education and Counselling Inc.</b>	We are a community agency providing social work and psychotherapy support to individuals, couples, families and groups on mental health and addictions, abuses, traumas, relationships, parenting and other psychosocial stressors. We provide CBT, DBT, Mindfulness, and other evidence-based therapies.	Call: 905-533-1334 Email: <a href="mailto:info@agetoage.ca">info@agetoage.ca</a> Website: <a href="http://www.agetoage.ca">www.agetoage.ca</a>
<b>Bethell Hospice</b>	Palliative care and grief programs for individuals or families experiencing loss.	Call: 905-838-3534 Website: <a href="https://bethellhospice.org/">https://bethellhospice.org/</a>
<b>Bounce Back</b>	Help for managing low mood, mild-to-moderate depression and anxiety, stress or worry for anyone aged 15 or over. Delivered over the phone with a coach and through online videos.	Website: <a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a>

<p><b>Canadian Mental Health Association – Peel Dufferin Branch</b></p>	<p>Crisis, information and referral for mental health and addictions. Monday to Friday, 8:00am to 8:00pm</p> <p>CMHA provides ongoing online training. Register online at Register online at <a href="https://cmhapeeldufferin.ca/education-and-training/">https://cmhapeeldufferin.ca/education-and-training/</a></p>	<p>Call: 905-451-2123 Call: 1-877-451-2123 Website: <a href="https://cmhapeeldufferin.ca/">https://cmhapeeldufferin.ca/</a></p>
<p><b>Canadian National Institute for the Blind – Foundation Peer Support</b></p>	<p>Virtual program offering support for blind and partially sighted individuals facing feelings of isolation.</p>	<p>Call: 1-800-563-2642 Website: <a href="https://cnib.ca/peer-support-programs">https://cnib.ca/peer-support-programs</a></p>
<p><b>Catholic Family Services of Peel - Dufferin</b></p>	<p>Support services, counselling, and virtual psychotherapy through telephone and a virtual platform for any issues related to emotional, mental health as well as relationship distress.</p>	<p>Call: 905-450-1608 x 112 Website: <a href="https://cfspd.com/">https://cfspd.com/</a></p>
<p><b>Centre for Addictions and Mental Health (CAMH)</b></p>	<p>Peer to Peer online support.</p>	<p>GTA Call: 416-535-8501 Call: 1-800-463-2338</p> <p><a href="#">Mental Health and COVID-10 Forum</a></p> <p>Website: <a href="http://www.camh.ca/">http://www.camh.ca/</a></p>
<p><b>The Centre for Grief and Healing</b></p>	<p>Peer support groups being held on-line to support persons through grief and healing.</p>	<p>Call: 905-848-4337</p> <p>Email: <a href="mailto:Info@bereavedfamilies.ca">Info@bereavedfamilies.ca</a></p> <p>Website: <a href="http://www.bereavedfamilies.ca">www.bereavedfamilies.ca</a></p>
<p><b>Check Up from The Neck Up</b></p>	<p>A private, online check-up tool to help people learn more about common mood disorders.</p>	<p>Website: <a href="http://checkupfromtheneckup.ca">http://checkupfromtheneckup.ca</a></p>
<p><b>Children’s Mental Health Ontario (CMHO)</b></p>	<p>Provincial organization with a data base to locate clinicians to support children, youth and families.</p>	<p>Call: 416-921-2109</p> <p>Website: <a href="https://www.cmho.org/blog/talking-to-your-anxious-child-about-covid-19">https://www.cmho.org/blog/talking-to-your-anxious-child-about-covid-19</a></p>
<p><b>Distress Centres of Greater Peel (formerly known as Spectra Helpline Peel)</b></p>	<p>Distress and emotional support lines. English helpline 24/7. Multilingual lines Monday to Friday, 10:00am to 10:00pm. Crisis and suicide text service is open 4:00pm to 12:00am (midnight) 24/7.</p>	<p>Brampton and Mississauga Call: 905-459-7777</p> <p>Caledon Call: 1-877-298-5444</p> <p>TTY: 905-278-4890</p> <p>Website: <a href="http://www.dcoft.com">www.dcoft.com</a></p>

<p><b>eMentalHealth.ca</b></p>	<p>Provides valuable resources such as information sheets and screening tools about a variety of mental health conditions and topics.</p>	<p>Website: <a href="https://www.ementalhealth.ca/">https://www.ementalhealth.ca/</a></p>
<p><b>Family Education Centre</b></p>	<p>Provides peer-to-peer parent information, education and support, as well as a fulsome online parent resource library available in seven languages, with resources made by parents for parents.</p>	<p>Email: <a href="mailto:info@familyedcentre.org">info@familyedcentre.org</a></p> <p>Website: <a href="http://www.familyedcentre.org">www.familyedcentre.org</a></p>
<p><b>Family Services of Peel</b></p>	<p>Individual, couples and families can access counselling services.</p> <p>*Please be advised that Family Services of Peel is an essential service and will continue to serve the community during the COVID_19 Pandemic. We are adjusting the style of service delivery to be in compliance with health guidelines and encourage you to connect with via phone or email.</p>	<p>Intake Department Call: 905-453-5775</p> <p>General Information Email: <a href="mailto:fsp@fspeel.org">fsp@fspeel.org</a></p> <p>Website: <a href="https://fspeel.org/services/counselling/">https://fspeel.org/services/counselling/</a></p>
<p><b>Family Transition Place</b></p>	<p>24/7 support line Emergency Shelter, Transitional Support &amp; Counselling Services. Services for women and their children who have experienced abuse in Caledon.</p>	<p>Call: 519-941-4357 Call: 905-584-4357 Call: 1-800-265-9178</p> <p>Email: <a href="mailto:admin@familytransitionplace.com">admin@familytransitionplace.com</a></p> <p>Website: <a href="https://familytransitionplace.ca/">https://familytransitionplace.ca/</a></p>
<p><b>Hills of Headwaters Collaborative</b></p>	<p>Health care organizations and providers working together to improve the well-being of patients and families in Dufferin-Caledon.</p>	<p>Email: <a href="mailto:Info@hillsofheadwaterscollaborative.ca">Info@hillsofheadwaterscollaborative.ca</a></p>
<p><b>Heart House Hospice</b></p>	<p><b>Community Hospice and Bereavement Education, Support</b> Hospice supports people each day who are coping with fear and uncertainty surrounding end-of-life, grief and bereavement</p> <p><b>Support for Community Partners</b></p> <ul style="list-style-type: none"> <li>• Consultation, education and resources to support end of life and bereavement conversations, planning and care</li> </ul> <p><b>Support for individuals living with palliative illnesses</b></p> <ul style="list-style-type: none"> <li>• Counselling and emotional support by phone or video conference, End of Life care planning, Support for spiritual and existential distress, Connection with religious resources, rituals or faith leaders</li> </ul> <p><b>Support for bereaved family members;</b></p> <ul style="list-style-type: none"> <li>• Grief counselling by phone or video conference, Information and education about grief, loss, spiritual</li> </ul>	<p>Call: 905-712-8119</p> <p>Website: <a href="https://hearhousehospice.com/">https://hearhousehospice.com/</a></p>



	<p>distress and mourning, bereavement support groups, health and wellness programs, connection with religious resources, rituals or faith leaders.</p> <p><b>Hospice Palliative Helpline</b> The helpline is available to support the emotional needs of individuals, families and professionals who are facing serious illness, grief and end of life. Who should call;</p> <ul style="list-style-type: none"> <li>• Front line staff supporting those who are palliative.</li> <li>• Those who are living with a serious or palliative illness.</li> <li>• Family members of a loved one who is palliative.</li> <li>• Family members/friends who have experienced the death of a loved one.</li> <li>• Those with or supporting someone with a COVID-19 diagnoses.</li> </ul>	<p>Call: 905-677-1865</p>
<b>Info Peel</b>	<p>Searchable database, live chat or info line. Supports community services, special needs, early years and childcare.</p>	<p>Call: 905-890-9432 Website: <a href="http://www.infopeel.ca">www.infopeel.ca</a></p>
<b>Malton Neighbourhood Services</b>	<p>Black Family Support Program (BFPS) Parenting resources, counselling, referrals, advocacy and assistance with systems navigation.</p>	<p>Call: 647-633-6365 Email: <a href="mailto:bfsp@mnsinfo.org">bfsp@mnsinfo.org</a> Website: <a href="http://www.mnsinfo.org">www.mnsinfo.org</a></p>
<b>MOYO Health and Community Services</b>	<p>The Mental Health Supports Program provides access for up to 6 virtual sessions with a registered mental health professional. For the Black, Indigenous, People of Color and 2SLGBTQ+ communities.</p> <p>Program Eligibility:</p> <ol style="list-style-type: none"> <li>1) Identify as a Black, Indigenous, Person of Color and/or a member of the 2SLGBTQ+ communities,</li> <li>2) Be 18 years of age or over, and</li> <li>3) Identify one or more issue/s related to your emotional or mental health</li> </ol>	<p>Clients may register directly for the program using the following link: <a href="https://www.surveymonkey.com/r/PXL35C2">https://www.surveymonkey.com/r/PXL35C2</a></p> <p>For questions and concerns, contact MOYO CHS at: <a href="mailto:referrals@moyohcs.ca">referrals@moyohcs.ca</a></p>
<b>One Link</b>	<p>Single point of access for referrals to 10 Addiction and Mental Health Service Providers funded by the Mississauga Halton Local Health Integration Network (LHIN).</p>	<p>Call: 1-844-216-7411 Call: 905-338-4123 Website: <a href="https://one-link.ca/">https://one-link.ca/</a></p>
<b>Ontario for All</b>	<p>Not-for-profit alliance raising issue for building an equitable and inclusive Ontario.</p>	<p>Website: <a href="https://www.ontario.ca/page/mental-health-services">https://www.ontario.ca/page/mental-health-services</a></p>
<b>Peel Addiction Assessment and Referral Centre</b>	<p>Provides telephone and video conferencing for clients challenged by substance use.</p>	<p>Call 905-629-1007 Website: <a href="https://www.paarc.com/">https://www.paarc.com/</a></p>



<p><b>Punjabi Community Health Services (PCHS) and MIAG Centre for Diverse Women and Families</b></p>	<p>Supportive counselling sessions to clients with mental health concerns in English, Hindi, Punjabi, Urdu &amp; Arabic</p>	<p>Call: 905-275-5865 Email: <a href="mailto:Linda@miag.ca">Linda@miag.ca</a></p>
<p><b>QTBIPOC Sauga</b></p>	<p>QTBIPOC Sauga is grassroots gathering of queer and trans, Black, Indigenous and people of colour in Peel. Available for informal conversations.</p>	<p>Email: <a href="mailto:qtbipocsauga@gmail.com">qtbipocsauga@gmail.com</a> Facebook: <a href="https://facebook.com/qtbipocsauga/">facebook.com/qtbipocsauga/</a> Instagram: <a href="https://instagram.com/qtbipocsauga/">instagram.com/qtbipocsauga/</a></p>
<p><b>Roots Community Services</b></p>	<p>Multi-service agency that provides supports and assistance to individuals dealing with challenges related to mental health and addictions. Updates posted on website.</p>	<p>Families Call: 416-433-3259 Men Call: 905-455-6789 ext. 123 Women Call: 647-355-0992 Seniors Call: 905-455-6789 ext. 102 Youth Call: 905-455-6789 ext. 108 Website: <a href="http://www.rootscs.org">www.rootscs.org</a></p>
<p><b>Services and Housing in the Province (SHIP)</b></p>	<p>Access, assessment and referral to mental health services and supportive housing.</p>	<p>Call: 519-215-2642 Website: <a href="http://www.shipshey.ca">www.shipshey.ca</a></p>
<p><b>Togetherall (formerly Big White Wall)</b></p>	<p>Togetherall is an anonymous, online peer-to-peer support community providing support for anxiety, depression, and other common mental wellbeing issues.</p>	<p>Website: <a href="https://www.togetherall.com/">https://www.togetherall.com/</a></p>
<p><b>Veterans Affairs Operational Stress Injuries (OSI) Connect app</b></p>	<p>A free mental health learning and self-management app developed to provide help through the OSI Clinic Network.</p>	<p>Website: <a href="https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/osi-connect">https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/osi-connect</a></p>
<p><b>Wellness Together Canada</b></p>	<p>A portal dedicated to mental wellness. It connects Canadians to peer support workers, social workers, psychologists and other professionals for confidential chat sessions and phone calls. Supported by the Canadian government and other partner organizations.</p>	<p>Website: <a href="https://ca.portal.gs/">https://ca.portal.gs/</a></p>