

Wellness Together Canada

✓ Online ✓ Apps Available ✓ Free

Audience(s): Staff, School Administrators, Parents

Hyperlink: [Wellness Together Canada](#)

Description

Wellness Together Canada (WTC) recognizes the strain that COVID-19 has placed on individuals and families across Canada. WTC has put together a **free online portal** where you can find wellness self-assessment and tracking, self-guided courses, apps, group coaching and community support as well as counselling by text or phone.

Objective(s)

Wellness Together Canada provides tools and resources to help Canadians get back on track. Create an account and complete a 5 minute questionnaire and you will gain access to various modules for addressing low mood, worry, substance use, social isolation and relationship issues.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com