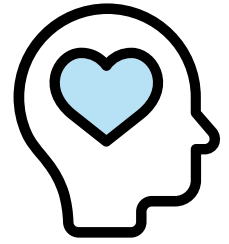


Mental Wellness Supports for Health Care Workers



If you are a health care worker whose mental wellness has been impacted due to the pandemic, you can quickly access supports, including:

- Resources you can access on your own
- Professional peer group supports
- Confidential support with a mental health professional

*Support is available to anyone
who works in a health care setting.*

***Now is the time to take care
of yourself.***

For fast access to free and confidential support, visit:

ontariohealth.ca/healthcareworkersupport



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