

SOCIAL POSTS

**‘Mental Wellness supports for health care workers’**

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| **#** | **COPY ENGLISH** |
| Twitter |
| 1 | It’s ok to say it – this is really hard. If you are a health care worker, you can quickly access supports: [LINK: ontariohealth.ca/healthcareworkersupport] |
| 2 | Working on the frontlines of the pandemic can take a toll. If you're a health care worker, help is available: [LINK: ontariohealth.ca/healthcareworkersupport] |
| 3 | Mental wellness support is available for anyone working a health care setting. Learn more: [LINK: ontariohealth.ca/healthcareworkersupport] |
| Facebook |
| 1 | It’s ok to say it – this is really hard. I need help. If you are a health care worker, you can quickly access supports, including self-led resources you can access on your own, peer support groups and access to a mental health professional. Learn more: [LINK: ontariohealth.ca/healthcareworkersupport] |
| 2 | Working on the frontlines of the pandemic can take a toll. If you're a health care worker and you need support for your mental wellness, help is available. This includes self-led resources you can access on your own, peer support groups, and access to a mental health professional. Learn more: [LINK: ontariohealth.ca/healthcareworkersupport] |
| LinkedIn |
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| 2 | Working on the frontlines of the pandemic can take a toll. If you work in a health care setting and you need support for your mental wellness, help is available. This includes self-led resources you can access on your own, peer support groups and access to a mental health professional. Learn more: [LINK: ontariohealth.ca/healthcareworkersupport] |
| 3 | Mental wellness support is available for health care workers. This includes self-led resources you can access on your own, peer support groups and access to a mental health professional. Learn more: [LINK: ontariohealth.ca/healthcareworkersupport] |