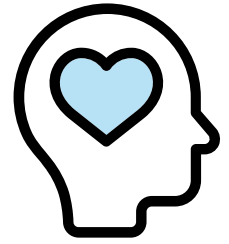


Mental Wellness Supports for Health Care Workers



If you are a health care worker who needs mental health supports, the following free supports are available:

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

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:

[camh.ca/
healthcareworkersupports](https://camh.ca/healthcareworkersupports)



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