

Mental Wellness Supports for Health Care Workers



If you are a health care worker, 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:
ontario.ca/healthcareworkersupport



CQMHAXXXX



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