



Welcome to PocketWell

By Wellness Together Canada

Designed to help Canadians access digital mental health resources and supports, the **PocketWell** app is an extension of the Canadian government's Wellness Together Canada portal: **wellnesstogether.ca**

Get the right support. Always free.

WELLNESS TOGETHER
Canada | Mental Health and
Substance Use Support



Learn

Browse free articles, videos, and more.

Access resources



Practice

Build your skills with comprehensive courses & apps.

Discover programs



Connect

Come together with others who understand your experiences.

Get Peer Support



Track

Check in with regular wellness assessments.

Take the assessment



Talk

Get in touch with a counsellor.

Call now

Download PocketWell for free on iOS and Android
Unifor/GM Human Rights Representative Teresa Martin 289-685-1716

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