

Share to let others know you are here for them if they need a friend.

If you or someone you know are feeling overwhelmed by the pandemic, support is available.

Wellness Together Canada - <https://ca.portal.gs/>

Peer support groups - www.bigwhitewall.com or www.tethr.men

Canadian Mental Health Association - www.mps.cmha.ca - 1-888-893-8333

National Suicide Prevention Support line - www.crisisservicescanada.ca - **1-833-456-4566**

TOGETHER

six feet apart

I'm here for you.