

# VIRTUAL TOWN HALL

## Wellness Together Canada: Basic Mental Health Care Your Way, When You Want It

### September 10, 2020

10:00 AM PST, 11:00 AM CST, 12:00 PM CDT, 13:00 PM EST, 14:00 PM AST, 14:30 NST

**Presenter: Dr. Peter Cornish** | **Moderator: Dr. Alexandra Heber**

This is an introduction to the Wellness Together Canada mental health service portal which offers free basic mental health programming to all peoples of Canada. The one-stop portal offers a wide range of youth and adult programming including educational resources, self-guided tools, coaching, a community of support, and counselling by text, phone or video. Programming is offered in French and English, access is 24/7 and there are no wait times.

#### About the Presenter:

Dr. Peter Cornish

Psychologist, Honorary Research Professor at Memorial University of Newfoundland, Founder & President of Stepped Care Solutions – the Lead Administrative Partner for Wellness Together Canada, Director Counseling and Psychological Services, University of California – Berkeley.

#### About the Moderator:

Dr. Alexandra Heber

Chair, CIPSRT COVID-19 Task Force; Chief of Psychiatry, Veterans Affairs Canada; Assistant Professor, Department of Psychiatry, University of Ottawa

Registration is limited to 300 participants.

If you cannot attend, the webinar recording will be available on CIPSRT's website the day after the session.

## REGISTER HERE!

Presented by the CIPSRT COVID-19 Readiness Resource Project