

# 'sup?

Stress    Uncertainty    Pressure

**OUR  
NEW  
NORMAL  
IS  
NOT  
NORMAL**

**COVID-19  
Isolation  
Work  
Health  
Finances  
Unemployment**

**SOME FREE ONLINE TOOLS  
TO RELIEVE THE PRESSURE**

Wellness Together Canada: <https://ca.portal.gs>  
[anxietycanada.com](https://anxietycanada.com)  
[helpguide.org](https://helpguide.org)

**FREE HELPLINES**

AB: 211 | BC: 811  
ON: 211 | QC: 811(#2)  
Or call Wellness Together  
Canada: 1-866-585-0445

Talk to a friend, coworker, or shop steward.  
Ask someone around you how they're coping.

**#sup**

