

Clinical Therapy Services for COVID-19 Frontline Workers

**Feeling stressed, anxious,
depressed, or burnout?**

As a frontline worker, you have worked tirelessly to support others during this pandemic, now it is time for us to support you.

**This free & confidential service is for you
if you:**

- Are a frontline healthcare worker or social service worker.
- Have been impacted by stress, anxiety, depression, trauma, or burnout as a result of providing care during COVID-19.
- Are looking for individual clinical therapy and counselling support.
- Residing in York Region & South Simcoe.

PLEASE CONTACT CENTRAL INTAKE

AT: 905-841-3977 EXT 3321

1-866-345-0183

**Your Mental
Health is a
Priority**



Canadian Mental
Health Association
York and South Simcoe
Mental health for all