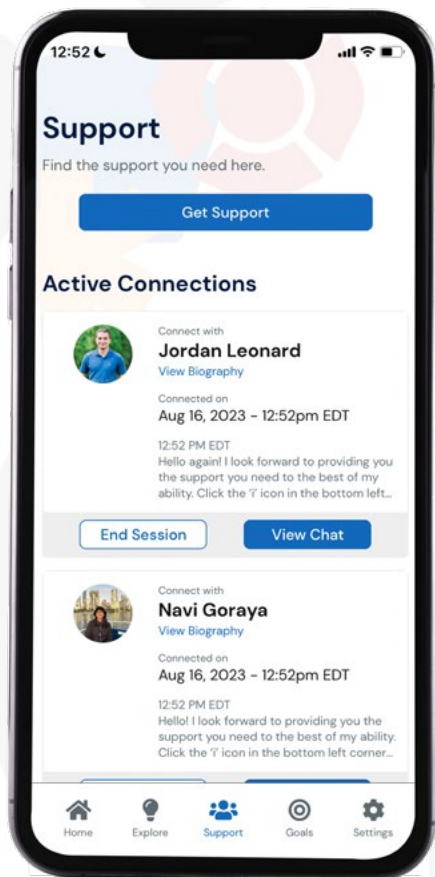


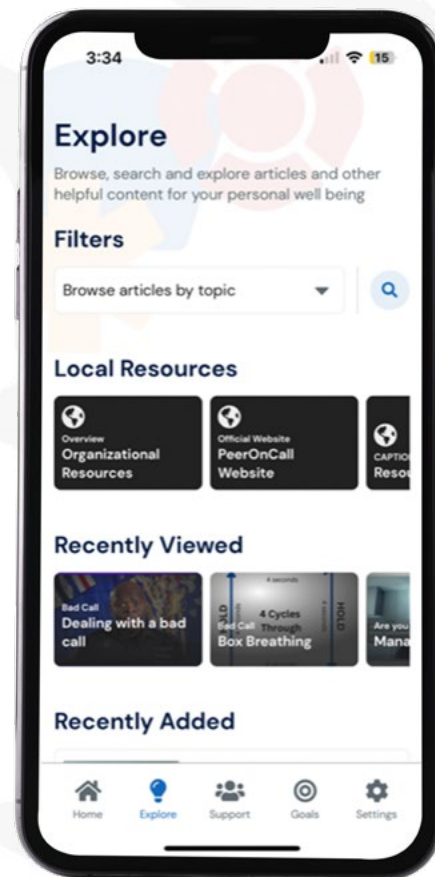


PeerOnCall



Peer Support

Connect privately with a peer support provider of your choice. Anonymously reach out via secure text or phone at a time that works for you.



Explore

Find articles, peer wisdom videos, and local resources on your choice of topics (sleep, work to home transitions, bad calls, and more).

Behind the PeerOnCall App

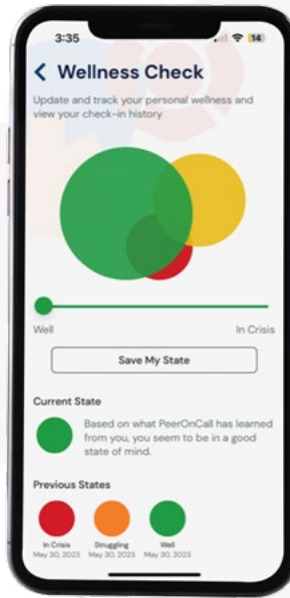


Find more information at www.uncallapp.ca

Funded by

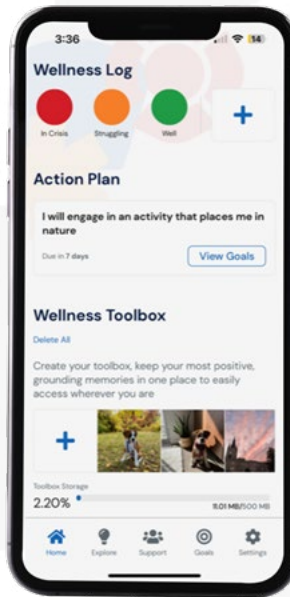


Public Health Agency of Canada



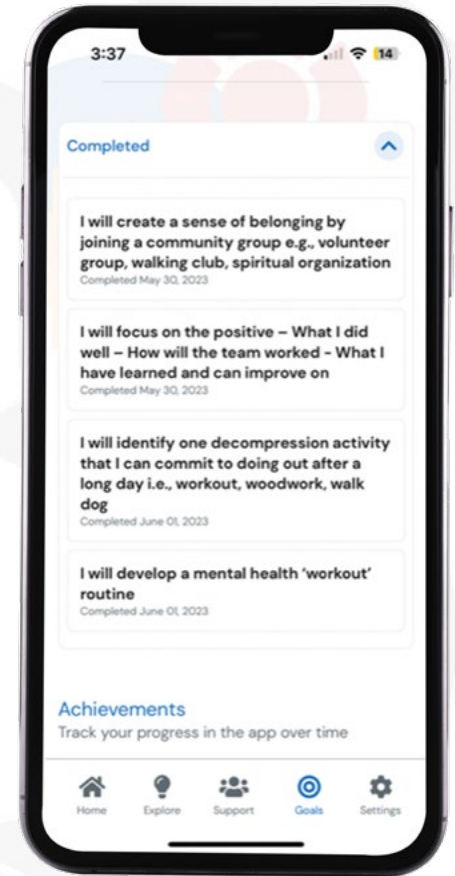
Wellness Check

Rate and track your wellness using the sliding wellness scale. Watch for patterns of orange and red as indicators to seek support.



Wellness Toolbox

Create a personal, private wellness kit with cherished memories and photos of loved ones or things that bring joy.



Goals

Create an action plan for better health and well-being. Choose from a list or create your own goals for personal growth. Earn badges to track progress!