

## Stepping up national mental health response with the help of Stepped Care 2.0©



As a valued stakeholder, the Mental Health Commission of Canada (MHCC) is pleased to alert you to our support of the Wellness Together portal, a Government of Canada initiative that provides e-mental health supports and access to virtual counselling services to everyone in Canada.

[ACCESS THE WELLNESS TOGETHER PORTAL HERE](#)

We are proud that the portal draws on the innovations of [Stepped Care 2.0 ©](#), which was implemented in Newfoundland and Labrador as a joint project between the MHCC, Dr. Peter Cornish and team at Memorial University, and the provincial government. Stepped Care 2.0 © integrates e-mental health and single session counselling into existing primary care, and has proven extremely effective, contributing to a reduction of wait times by 68 percent.

“The innovations born in Newfoundland and Labrador are supporting the government of Canada as it ramps up an emergency mental health response to COVID-19,” said Louise Bradley, president and CEO of the MHCC. “The sharing of hard-won expertise from Stepped Care 2.0 © is allowing us to step up, as a country, to address the very real threat this pandemic poses to our collective mental wellness.”

By validating the Stepped Care 2.0 © approach in one province, the MHCC is now well positioned to support other provinces and territories wishing to roll out e-mental health solutions beyond the current crisis.

**"We applaud the federal government for seizing on the best evidence to quickly meet the needs of people in Canada - and for recognizing that any public health response to COVID-19 would be incomplete without a crucial mental health component," said Bradley. "And we stand with the federal government, and governments of all jurisdictions, as they rise to meet this challenge with innovation and compassion."**



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