

Looking for Help?



Need access to virtual mental health or addiction services, but have no technology access or know-how?

Sign up for a **short-term tablet loan** to access many online resources and get help in Burlington.

Easy to use, confidential and FREE

- No technology skills necessary – training provided
- No internet needed – device includes a Wi-Fi Sim card
- Your information will be kept private

Get connected instantly

- Access many educational materials on mental health, addiction, or wellness
- Attend virtual appointments



Interested?

Get a Referral

Ask your doctor or mental health or addictions care provider for a referral to the **Mental Health & Addictions Virtual Care Library** provided by Burlington Ontario Health Team

Self-Referral

Call the Virtual Care Library intake line at **289-208-9619**

Get more information at www.burlingtonoht.ca

