**Wellness Resources Master List**

Dalhousie University Services:

**Same Day Counselling & Appointments with Physicians, Nurses, & Dalhousie’s Social Worker:**

Online: <https://dal.ca/studenthealth/bookonline>

Phone: 902-494-2171

**Flu Shot Clinic Booking:**

Online: <https://dal.ca/studenthealth/bookonline>

phone: 902-494-2171

**Ask a Nurse:** <https://dal.ca.askanurse>

**Multifaith Services:** <https://www.dal.ca/campus_life/health-and-wellness/services-support/multifaith-services.html>

**International Student Health:** <https://www.dal.ca/campus_life/health-and-wellness/services-support/international-student-health.html>

**I.M. Well App:** Student assistance program for all international students

<https://dal.ca/imwell>

**LGBTQ2SIA+ Services:** <https://www.dal.ca/campus_life/health-and-wellness/services-support/student-health-and-wellness/lgbtq2sia.html>

**STI Screening Clinics:** <https://www.dal.ca/campus_life/health-and-wellness/workshops-events/sti-screening.html>

**The Inquiring Mind:** <https://dal.ca/theinquiringmind>

**Q-Life:** <https://dal.ca/resillienceproject>

**Therapy Assistance Online (TAO):** <https://dal.ca/tao>

**DSU Health Plan:**

Private insurance coverage for visits to a psychologist, psychiatrist or social worker ($1000 DSU Plan, $10,000 International Plan) in addition to sessions that take place at the Student Health & Wellness Centre.

Online: <https://dsu.ca/healthplan>

Connect with Others:

**COVID Connections:** sign up at <https://dal.ca/mentalhealth>

**Together@Dal:** for new students <https://dal.ca/together>

**International Centre:** <https://dal.ca/international>

**Indigenous Student Centre:** <https://dal.ca/isc>

**Black Student Advising Centre:** <https://dal.ca/bsac>

Community Resources:

**Canadian Mental Health Association (CMHA) – Nova Scotia Division**
The Canadian Mental Health Association Nova Scotia Division is part of a nation-wide charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.
Online: <https://novascotia.cmha.ca/>
Phone: 902-466-6600

**Eating Disorders Nova Scotia**
Eating Disorders Nova Scotia (EDNS) is a community based organization that offers peer support for individuals with eating disorders, and for their families, friends and partners.
Online <https://eatingdisordersns.ca/>

Phone: 902-229-8436

**Schizophrenia Society of Nova Scotia**
Support for families of and people living with schizophrenia.
Online: <https://www.ssns.ca/>
Phone: 902-465-2601

Educational Resources:

<https://teenmentalhealth.org/>

This site offers educational resources about mental health. Their resources touch on mental disorders, stigma, substance use, stress, and more.

<https://bethere.org/Home>

Be There will help you learn how to recognize when someone might be struggling with their mental health and gives you 5 Golden Rules to help you support and be there for them.

<https://www.anxietycanada.com/>

Anxiety Canada offers educational resources surrounding anxiety.

Virtual Resources:

**Good 2 Talk:** confidential support services for post-secondary students in Nova Scotia

Online: <https://good2talk.ca/novascotia/>

Phone: 1-833-292-3698 or text GOOD2TALKNS to 686868

**Healthy Minds NS:**A suite of online mental health resources to complement counselling services available on campuses

Online: [**https://healthymindsns.ca/**](https://healthymindsns.ca/)

Apps

**Mindshift CBT**

This app will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

**Relax Lite**This app is a simple and intuitive app to de-stress, with access to guided breathing and meditation exercises that use calming music to promote relaxation. Available languages: English, French, Simplified Chinese.

**What's Up?**

This app’s features include common negative thinking patterns and how to overcome them, metaphors, habit tracker, and more.

**Sleep Time**

This app is a sleep cycle alarm clock that uses your phone features and an algorithm to determine your phase of sleep, and then sets off the alarm at the perfect moment.

LGBTQ2IAS+ Specific Resources

**DalOUT:** <https://www.facebook.com/dalout/>

**Pride Health NS**: <http://www.nshealth.ca/content/pridehealth>

**LGBT Youthline:** <https://www.youthline.ca/>

**2SLGBTQIA+ Health Library:** <https://library.nshealth.ca/LGBTQ/Community>

**Nova Scotia Youth Project:** <https://youthproject.ns.ca>

BIPOC Specific Resources

**Black Health Alliance:** <https://blackhealthalliance.ca/>

**Nova Scotia Brotherhood Initiative:**

Email: nsbrotherhood@cdha.nshealth.ca

Phone: 902-434-0824

**Eskasoni Mental Health Services (EMHS):**

Online: <https://www.eskasonimentalhealth.org/>

Phone: 855-379-20099

**Immigrant Services Association of NS- Wellness program:** <https://www.isans.ca/get-settled/community-wellness-services/>

Sexual Health Resources:

**Halifax Sexual Health Centre**

Website: <http://hshc.ca/>

Phone: 902-455-9656

Offers a variety of sexual health related services and resources.

**The QEII STI Clinic**

Phone:  902-473-2272 (Between Monday and Thursday from 1PM-3PM)

Provides confidential services by health care providers who specialize in assessing and managing STIs.

**Nova Scotia Women’s Choice Clinic**

Website: <http://www.nshealth.ca/abortion>

Phone Number: 1-833-352-0719 (between Monday to Friday from 8AM-3PM)

Surgical abortion and a medical abortion clinic based at the Victoria General site of the QEII Health Sciences Centre in Halifax

Substance Use Resources

**Dalhousie University Virtual Naloxone Training:**

Contact: livewell@dal.ca

**Naloxone Kit Pick-Up**:

Dalhousie’s Student Health & Wellness Centre is an official naloxone kit pick-up site for the Dalhousie community.

Phone: 902-494-2171

**CAMH Substance Use Resources Index:**

<https://novascotia.cmha.ca/resources/substance-use/>

Crisis Management Resources

\*811 For non-emergency advice and information about mental health and addictions.

**Kids Help Phone**: 1-800-668-6868 or text CONNECT to 686868

**First Nations and Inuit Hope for Wellness Help Line:** 1-855-242-3310

**Canada Drug Rehab Addiction Services Directory**: 1-877-746-1963

**National Eating Disorder Information Centre:** 1-866-633-4220

**Nova Scotia Crisis Text Line:** Text NSSTRONG to 741741

**Nova Scotia Mental Health and Addictions Intake:** 1-855-922-1122

Provincial Health Crisis Lines:

**Nova Scotia Mental Health Mobile Crisis Line:** 1-888-429-8167

**British Columbia Crisis Line**: 1-800-784-2433

**Alberta Crisis Line:** 403-266-4357

**Saskatchewan Mobile Crisis Line:** 306-757-0127

**Manitoba Suicide Prevention Line:** 1-877-435-7170

**Ontario Mental Health Crisis Line:** (Outside Ottawa) 1-866-996-0991

 **Ottawa Mental Health Crisis Line:** 613-722-6914

**Centre de Prevention du Suicide de Quebec**: 1-866-277-3553

**Newfoundland Mental Health Crisis Line:** 1-888-737-4668

**New Brunswick Chimo Crisis Line:** 1-800-667-5005

**PEI The Island Helpline:** 1-800-218-2885

**Yukon Health Crisis Line:** 403-668-9111

**Northwest Territories Help Line:** 1-800-661-0844

**Nunavut Kamatsiaqtut Help Line:** 1-800-265-3333

Community Centres:

**Laing House**
A drop-in centre for youth aged 16–29 living with a mood disorder, psychosis and/or anxiety disorder.
Online: [**lainghouse.org**](http://www.lainghouse.org/)

Phone:902-425-9018

**South House**

The South House is Halifax’s only full-time gender justice centre. They offer a resource centre, library, and free meeting space for woman-positive and anti-oppression organizing and gathering.

Online: <https://southhousehalifax.org/>

Phone: 902-494-2432