



# Mental health and wellbeing

You're not alone. Support for mental health, addiction and wellbeing is available for children, youth and adults.

If this is an emergency — if you or someone you know is in danger now — call the Provincial Mental Health and Addictions Crisis Line toll-free at 1-888-429-8167 or call 911. Or go to your nearest hospital or emergency department.

This page lists resources, helplines, support groups, websites and counsellors that can help you.

If you have a mental health condition or addiction, stick with your treatment. Watch for new or worsening symptoms and ask for help and support.

You can also visit the [Nova Scotia Health Mental Health and Addictions Program](#) to find mental health and addictions professionals who provide support, programs and services.

## Helplines

### 211

Concerns about your safety and wellbeing, or the safety of others.

[Men's Helpline](#)

[Women's Helpline](#)

[All Genders Helpline](#)

24 hours a day, 7 days a week.  
Toll-free and confidential.

### 811

Non-emergency advice and information about mental health and addictions.

## **988: Suicide Crisis Helpline**

Live, trauma-informed support.

Phone or text 988

24 hours a day, 7 days a week

## **Good2Talk Nova Scotia**

Support for university and college students.

Toll-free: 1-833-292-3698

Text: GOOD2TALKNS to 686868

## **Kids Help Phone**

A national helpline for people between the ages of 5 and 20.

Toll-free: 1-800-668-6868

Text: CONNECT to 686868

24 hours a day, 7 days a week

## **Peer Support Phone Service**

Peer supporters with personal experience of mental health and substance use challenges.

Toll-free: 1-800-307-1686

## **Provincial Mental Health and Addictions Crisis Line**

Toll-free: 1-888-429-8167

24 hours a day, 7 days a week

## **Services and community resources**

### **Access Wellness**

One session of 1-to-1 counselling to help people dealing with mental health concerns (like anxiety, job loss, grief, relationship issues and substance use). Counselling sessions can be online, by phone or in person in Sydney, Halifax, Kentville or New Glasgow. Call for an appointment.

Toll-free: 1-833-691-2282

7 days a week, 8:30 am to 11:00 pm

### **Mental health and addictions services**

[Nova Scotia Health Authority](#)

[IWK Health Centre](#)

If you or a family member needs help from a mental health or addictions clinic, service or program.

Toll-free: 1-855-922-1122

Monday to Friday, 8:30 am to 4:30 pm and evening hours

Tuesday and Thursday, 4:30 pm to 8:00 pm

### **Online support**

#### **Mental health resources for first responders**

Also serves first responders' families, employers and colleagues

#### **HealthyMindsNS**

Online mental health support for university and college students.

#### **MindWell-U**

A free 30-day mindfulness challenge that helps lower stress and improve wellbeing.

## PSPNET

Free, confidential therapy for first responders and others in public safety.

## Togetherall

Free, online mental health and wellbeing support for people 16 years old or older

To join, select “My area is registered” and enter your Nova Scotia postal code to create an account.

## Tranquility

Online coaching and skill development for people dealing with mild to moderate depression and anxiety.

## mygrief.ca

Grief support