

Free Resources for All Students

The Counselling Centre - counselling@smu.ca, 902-420-5615, www.smu.ca/counselling

Peer Support - One on one drop-in support offered by trained upper year students available Sept-April yearly. Email peer.support@smu.ca.

Wellness Ambassadors - Trained upper year students who host wellness-related social activities for their communities. Available Sept-April yearly.

- accessibility.wellness@smu.ca
- 2SLGBTQ.wellness@smu.ca

Healthy Minds NS - visit www.healthymindsNS.ca for more information on the following resources:

- **Therapy Assistance Online (TAO)** - Online mental health library with interactive modules.
- **Togetherall** - Online peer community for post secondary students to get mental health support. Available 24/7/365 and moderated by mental health practitioners.
- **Tranquility** - Internet-based Cognitive Behavioural Therapy program that includes online modules, interactive tools and one-on-one virtual coaching (through text messaging and/or weekly video and phone sessions) for up to 26 weeks for individuals with mild-moderate anxiety and depression.
- **Good2Talk** - professional counselling, crisis support and information and referrals about mental health services available 24/7/365. Call **1-833-292-3698** or text **Good2TalkNS** to **686868**.

Wellness Together (www.wellnesstogether.ca) - 24/7/365 resources for students enrolled in a Nova Scotia post secondary institution (even while out of the country) including:

- **Professional counselling** - 1-866-585-0445 (adults) or 1-888-668-6810 (youth)
- **Courses, apps, articles, self assessments, videos and more**

Mental Health Mobile Crisis Team - 24/7/365 telephone response for crisis support call 902-429-8167 or 1-888-429-8167.

988 (Suicide Crisis Helpline) – call or text 988 for trauma-informed and culturally affirming support if you are thinking of suicide or worried about someone you know 24/7/365. Speak with a trained responder in English or French.

Mental Health Advocates - Contains self guided modules on various mental helps topics accessed via Brightspace.