



You're not alone. Support for mental health, is available.

Phone support

If you have concerns about your safety and wellbeing, or the safety of others, you can call the [Men's Helpline](#), [Women's Helpline](#) or [All Genders Helpline](#). The helplines are free, confidential and available 24 hours a day, 7 days a week. Community resource navigators will connect you with someone who can help or just listen. Call toll-free: [211](#)

For non-emergency advice and information about mental health and addictions, call [811](#).

The [988: Suicide Crisis Helpline](#) provides urgent, live, trauma-informed support by phone and text 24 hours a day, 7 days a week.

[Good2Talk Nova Scotia](#) provides support for university and college students. Call toll-free: [1-833-292-3698](#) Text GOOD2TALKNS to 686868 Text CONNECT to 686868

The [Peer Support Phone Service](#) provides a safe space to connect with peer supporters who have personal experience with mental health and substance use challenges. Call toll-free: [1-800-307-1686](#)

The Nova Scotia Provincial Mental Health and Addictions Crisis Line is available 24 hours a day, 7 days a week. If you're experiencing a mental health or addictions crisis, or are concerned about someone who is,. Call toll-free: [1-888-429-8167](#)

New Brunswick [Addiction and Mental Health Helpline](#) is available. Call the free provincial addiction and mental health helpline 1-866-355-5550

Mental Health and Addictions Systems Navigator Newfoundland: 1-877-999-7589 or (709) 752-3916
Newfoundland Provincial Lifewise Warm Line: 1-855-753-2560 or (709) 753-2560

Prince Edward Island Mental Health and Addictions Phone Line is called at [1-833-553-6983](#). Calls are answered by trained mental health professionals (a registered nurse or a social worker) 24 hours a day, seven days a week.

Labrador Grenfell Health: [Mental Health Promotion and Addiction Prevention](#) Call: 709-454-0521

[Access Wellness](#) provides a single 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. You can call the support team to book an appointment. Call toll-free: [1-833-691-2282](#) (7 days a week, 8:30 am to 11:00 pm)

If you or a family member needs help, you can self-refer to a mental health or addictions clinic, service or program through the [Nova Scotia Health Authority](#) or [IWK Health Centre](#). Call 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

[HealthyMindsNS](#) provides online mental health support for university and college students.

[MindWell-U](#) is a free 30-day mindfulness challenge that helps lower stress and improve wellbeing. It takes 5 minutes a day.

[Togetherall](#) provides free, online mental health and wellbeing support. If you're 16 or older, you can share experiences in a safe, anonymous space. Support is available 24 hours a day, 7 days a week. To join, select 'My area is registered' and enter your Nova Scotia postal code to create an account.

[Tranquility](#) provides online coaching and skill development for people dealing with mild to moderate depression and anxiety.

[Just Us](#) in New Brunswick offers barrier-free therapy and mental health programming. We don't turn any New Brunswick residents away from getting the mental health care they need.

[Bridge the gapp](#): Online mental health resources for adults and youth in Prince Edward Island

[ICAN Adult Anxiety and Depression Program](#): online and telephone-based support is designed to help you learn skills to control, face and deal with your emotions. You will learn skills to use daily, to help you overcome and deal with major life stressors.