

# MENTAL HEALTH RESOURCES for Students

Compiled by the Dalhousie Science Society

## Self-guided support

Dalhousie students have access to a wide variety of self-guided mental health resources available online.

**Q-life** An online course intended to develop resilience (typically \$500, but free for Dalhousie students).

Made for students in NS, they offer **free, confidential counselling 24/7**  
Call 1-833-292-3698 or text **Good 2Talk** GOOD2TALKNS to 686868

**Therapy Assistance Online** Online resources in the form of interactive educational **modules to help students manage their own well-being**  
ca.taoconnect.org

Offers a **suite of online mental health resources** free to post-secondary university students.  
healthyminds.ns.ca **Healthy Minds NS**

**Together All** An online **anonymous peer support program**, in addition to other online tools.  
togetherall.com

A **free and confidential text-based support service for anyone in crisis**, available 24/7. Text "NS" to 686868 to speak to a trained crisis responder. **Crisis Text Line**

## Dalhousie Student Health & Wellness Centre

**Confidential mental health services for all Dalhousie students** in-person on campus, virtually or by phone Mon-Sat.

**Provided by** physicians, nurses, social workers, counsellors (referrals to see psychologists and psychiatrists)

**Located at** 1246 LeMarchant Place, 2nd floor or at [dal.ca/studenthealth](http://dal.ca/studenthealth)

### To book an appointment at Dal Student Health & Wellness Centre

Visit [dal.ca/studenthealth/bookonline](http://dal.ca/studenthealth/bookonline) or call **1-902-494-2171** during operating hours

## Student groups

There are many **student-led societies that aid in supporting the mental health of the Dalhousie community**. They offer support to students, but if you are also passionate about mental health you can join as a member. Their Instagram IDs are below.

**Dal Medical Campus Response Team**  
@dalmcrt

**Dalhousie Peer Support**  
@dal\_peer\_support

**Dal Jack.org Chapter**  
@jack.org\_dal

**Ninety Percent Society**  
@90percentsociety

## Dalhousie Peer Support

Dalhousie has two on-campus peer support workers on Studley Campus who provide free, non-judgmental, confidential, and safe mental health support to students. Available **every Tuesday and Thursday from 4-6PM in the SUB Wellness Room (B22)**

## Can I access mental health services if I am an international student or studying abroad?

Yes, these services are available to all Dalhousie students, and many services can be accessed online or by phone. At the Dal Wellness Centre, you can request interpreter services.

**I.M. Well App** is a confidential help-line (phone, email, and live chat) for anxiety, stress, addiction and personal counselling. Available 24/7 and in 180 languages.

## Are there any resources made specifically for Indigenous Students?

**Hope for Wellness Help Line** is available 24/7 to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services.

Support available in English and French and, by request, in Cree, Ojibway, and Inuktitut. Call 1-855-242-3310 or connect to the online Hope for Wellness chat.

## Does DSU Health Plan provide mental health coverage?

DSU Health & Dental Plan provides **100% Coverage, \$1,000 combined per benefit year** for:

- Psychologist
- Social Worker (MSW)
- Psychotherapist
- Clinical Counsellors

See [www.studentvip.ca](http://www.studentvip.ca) for further information and conditions

Note: Psycho-Educational Assessments & other assessments are not eligible for coverage.

# FREQUENTLY ASKED QUESTIONS

## Who do I contact if I need to speak to someone immediately?

As a Dalhousie Student, you can book a **same day appointment with councillors from Student Health & Wellness** within office hours.

Outside of these hours, you can contact:

- The **Crisis Text Line** to speak to a trained crisis responder. Text "NS" to 686868.
- **Good2Talk**, available 24/7 by phone. Call 1-833-292-3698 or text "GOOD2TALKNS" to 686868.

## What are mental health resources offered outside of University?

**Provincial Mental Health and Addictions Crisis Line** (1-888-429-8167) available 24/7

**211** - confidential 24/7 helpline if you have concerns about your wellbeing or safety of others

**811** - call to get information about mental health and addictions

**Nova Scotia Health Authority or IWK** - Self-refer to a mental health or addictions clinic, service or program. Call -855-922-1122 (Mon-Fri 8:30am-4:30 pm, Tue 4:30-8:00pm)

**Peer Support Phone Service** (1-800-307-1686) connect with peer supporters who have personal experience with mental health/substance use challenges

**MindWell-U app** - free 30-day mindfulness challenge to lower stress and improve wellbeing

**Tranquility app** - skill development for people with mild-moderate depression and anxiety