

Mental Health Resources at Dal

Strategies to Help Manage Emotions

A drop-in group that discusses coping skills to enhance psychological well-being.
Wednesdays 4-5:30pm
LeMarchant Place, Room 2304

Healing Space: Drop-in Support for Eating Disorders

A drop-in group that supports self-defined change and resolving underlying feelings in a safe setting.
Tuesdays 5-6:30pm
LeMarchant Place, Room 2304

Strategies to Manage Exam Anxiety

90-minute workshop to learn strategies to help manage exam anxiety.
Sessions available on November 17, December 4, January 11, February 12, March 15, & April 8

Registration for Groups & Workshops:

https://www.dal.ca/campus_life/health-and-wellness/my-health/mental-health/group-counselling.html

Peer support: Stay Connected

On-campus peer support workers who provide free, non-judgmental, confidential, and safe mental health support to students.

Monday-Thursday 4-6pm in SUB room B22
Fridays 1-3pm in Melda Murray Student Centre

https://www.dal.ca/campus_life/health-and-wellness/my-health/peer-support.html?gad_source=1&gclid=CjwKCAjwkNOpBhBEEiwAb3MvvQtkvtNXJReUqZgHdtHFwejfpbLhCBbjtRALzuqmipQokgwFb5KjDxoC40gQAvD BwE

Same-Day Counselling at the Student Health & Wellness Centre

30-50-minute session to screen and assess your situation, discuss your options, suggest strategies for coping with immediate issues, and create a wellness plan

https://www.dal.ca/campus_life/health-and-wellness/my-health/mental-health/same-day-counselling.html