MENTAL HEALTH RESOURCES AT DAL

As a Dalhousie or King’s student, you have access to many helpful mental health resources. Learn more about these programs and resources at dal.ca/mentalhealth

BOOK AN APPOINTMENT
SAME-DAY COUNSELLING, DAILY APPOINTMENTS WITH PHYSICIANS, NURSES, & OUR SOCIAL WORKER
Online: dal.ca/studenthealth/bookonline
Phone: 902-494-2171

ONLINE/MOBILE RESOURCES
ASK A NURSE
dal.ca/askanurse
GOOD2TALK
Call: 1-833-292-3698
Text: GOOD2TALKNS to 686868
I.M. WELL APP
dal.ca/imwell
(for international students)
THE INQUIRING MIND
dal.ca/theinquiringmind
Q-LIFE
dal.ca/resilienceproject
THERAPY ASSISTANCE ONLINE (TAO)
dal.ca/tao
TRANQUILITY APP
dal.ca/tranquility
(for Graduate students)

CONNECT WITH OTHERS
DAL MOBILE
dal.ca/mobile
GROUP COUNSELLING
dal.ca/groupcounselling
INTERNATIONAL CENTRE
dal.ca/international
INDIGENOUS STUDENT CENTRE
dal.ca/isc
BLACK STUDENT ADVISING CENTRE
dal.ca/bsac
Look for other ways to virtually connect at dal.ca/studentevents

ADDITIONAL RESOURCES
DSU HEALTH PLAN
dsu.ca/healthplan
Private insurance coverage for visits to a psychologist, psychiatrist or social worker ($1000 DSU Plan, $10,000 International Plan) in addition to sessions that take place at the Student Health & Wellness Centre.
MENTAL HEALTH MOBILE CRISIS TEAM
902-429-8167