

# 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](https://dal.ca/mentalhealth)



## BOOK AN APPOINTMENT

**SAME-DAY COUNSELLING, DAILY APPOINTMENTS  
WITH PHYSICIANS, NURSES, & OUR SOCIAL WORKER**

Online: [dal.ca/studenthealth/bookonline](https://dal.ca/studenthealth/bookonline)  
Phone: 902-494-2171

## ONLINE/MOBILE RESOURCES

### ASK A NURSE

[dal.ca/askanurse](https://dal.ca/askanurse)

### GOOD2TALK

Call: 1-833-292-3698  
Text: GOOD2TALKNS to 686868

### I.M. WELL APP

[dal.ca/imwell](https://dal.ca/imwell)  
(for international students)

### THE INQUIRING MIND

[dal.ca/theinquiringmind](https://dal.ca/theinquiringmind)

### Q-LIFE

[dal.ca/resilienceproject](https://dal.ca/resilienceproject)

### THERAPY ASSISTANCE ONLINE (TAO)

[dal.ca/tao](https://dal.ca/tao)

### TRANQUILITY APP

[dal.ca/tranquility](https://dal.ca/tranquility)  
(for Graduate students)

## CONNECT WITH OTHERS

### DAL MOBILE

[dal.ca/mobile](https://dal.ca/mobile)

### GROUP COUNSELLING

[dal.ca/groupcounselling](https://dal.ca/groupcounselling)

### INTERNATIONAL CENTRE

[dal.ca/international](https://dal.ca/international)

### INDIGENOUS STUDENT CENTRE

[dal.ca/isc](https://dal.ca/isc)

### BLACK STUDENT ADVISING CENTRE

[dal.ca/bsac](https://dal.ca/bsac)

Look for other ways to virtually connect at [dal.ca/studentevents](https://dal.ca/studentevents)



## ADDITIONAL RESOURCES

### DSU HEALTH PLAN

[dsu.ca/healthplan](https://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