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

**FURRY RESOURCES**

VIRTUAL PUPPY POWER HOUR
Thursdays 3-4pm AST
Brightspace Collaborate

**CONNECT WITH OTHERS**

DAL MOBILE
dal.ca/mobile

TOGETHER@DAL
For new students
dal.ca/together

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

dal.ca/mentalhealth