

SOCIAL DISTANCING EDITION

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

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