

# 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](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)

### Q-LIFE

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

### THERAPY ASSISTANCE ONLINE (TAO)

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

## FURRY RESOURCES

### VIRTUAL PUPPY POWER HOUR

Thursdays 3-4pm AST  
Brightspace Collaborate



## CONNECT WITH OTHERS

### COVID CONNECTIONS

Sign up at [dal.ca/mentalhealth](https://dal.ca/mentalhealth)

### INDIGENOUS STUDENT CENTRE VIRTUAL LOUNGE

Thursdays 12-2pm AST  
Facebook: Dalhousie's Indigenous Student Centre

### INTERNATIONAL CENTRE CHAT

Monday-Friday 12-3pm AST  
Brightspace Collaborate

### QUARANTINE & COFFEE

Wednesdays 1:30-3pm AST  
Brightspace Collaborate

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