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)

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
COVID CONNECTIONS
Sign up at 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

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