

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

ASK A CHAPLAIN

dal.ca/askachaplain

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

CONNECT WITH OTHERS

DAL MOBILE

dal.ca/mobile

GROUP COUNSELLING

dal.ca/groupcounselling

INTERNATIONAL CENTRE

dal.ca/international

INDIGENOUS STUDENT CENTRE

dal.ca/isc

BLACK STUDENT ADVISING CENTRE

dal.ca/bsac

MULTIFAITH SERVICES

dal.ca/multifaith



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



DALHOUSIE
UNIVERSITY

STUDENT
HEALTH & WELLNESS

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