



## Your guide to Dal's mental health resources

Whether you're stressing over exams and assignments or need some support for your anxiety or anything else, Dal has you covered.

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Need someone to talk to? Looking for someone to lean on? Maybe you just need to talk with a friend, go to a group workshop, or hang out with a puppy. Here are some of the resources at Dal that can provide support.

### All campuses

#### Health professionals

**In Halifax:** The [Dal Student Health & Wellness Centre](#) team includes **counsellors** that can help you develop strategies for coping with personal or learning disability issues and set you up with a wellness plan. If you would like to have an appointment with a counsellor, you can [book one online](#) or

stop by the Centre for a [walk-in counselling appointment](#). The Centre also offers [drop-in group counselling sessions](#), including: self-care skills, anxiety, and eating disorder support.

**In Truro:** The team at [Student Health Services](#) offers counselling on a number of topics including stress management, self-esteem, nutrition, and overall wellness. They can also make referrals to appropriate mental health resources in the area. Drop in or call **902-893-6369** to make an appointment.

## Residence assistants (RAs)

Not only are Dal's RAs more than happy to provide students with advice and referrals to on-campus services, they're also **trained in suicide intervention, sexual assault response, and peer support**. Don't be afraid to reach out to your RA if your mental health isn't where it needs to be !

## Ask a nurse

If you have a question about sex, drinking, stress or your general health, you can anonymously and confidentially go online and [ask a Nurse!](#) If you're too shy or too busy to visit the clinic, this is a great way to **ask questions and receive answers online**.

## Ask a Chaplain

If you have a question about your faith or spirituality, you can also go online to anonymously and confidentially [ask a Chaplain](#) at the Multifaith Centre.

## Dalhousie Medical Campus Response Team (DMCRT)

Not quite ready to talk to someone in person? The DMCRT Mental Health Division offers an [anonymous email service](#), 'Let's Talk,' to help you access the necessary services for your mental health. They also host **therapy dog sessions** on the Halifax campuses where you can interact with trained therapy dogs and DMCRT volunteers to get a break from the stress of school.

## Good2Talk

Good2Talk is a free, confidential helpline for post-secondary students. By calling Good2Talk, you can receive information and referrals about services and supports for mental health, addictions and well-being on and off campus, or speak anonymously with a professional counsellor. You can reach Good2Talk by phoning **1-833-292-3698** and it is available **24/7/365**.

## Online self-help

The [Q-Life](#) project is an online course that will help **build your resilience and help you prepare for everyday challenges and stress**. You work through an e-workbook, watch videos, and get real-time feedback and advice from mental and physical health professionals. It's free, and you can register anytime at [dal.ca/resilienceproject](http://dal.ca/resilienceproject).

**If you're an international student**, you also have access to the [I.M. Well mobile app](#). It acts as a **student assistance program**, can be accessed 24/7, and is offered in **180 languages**. It gives you access to professionals who can provide or connect you with the support you need for issues including: anxiety, depression, discrimination, finances, family stress, and legal issues.

## Your friends

If you're having difficulties with life, mental health, or anything else, don't be afraid to reach out to someone close to you. It's the first step to dealing with the difficulties you may be experiencing. Support can come in many forms, but **sometimes the best support is the support of a friend**. So don't forget to look out for your friends as well.

## Human Rights & Equity advisors

Do you have questions about personal harassment? Sexual harassment, violence or assault? Discrimination? Reach out to one of the advisors at [Human Rights & Equity Services](#).

## Halifax campuses

### Career counselling

If you're feeling stressed about what you're going to do once you finish university, or how your education is going to help you start a career, you can make an appointment with a [career counsellor](#). They can help you learn more about possible career paths, educational and career goals, and strategies to cope with personal issues that affect your future. Call **902-494-3537** for an appointment.

### On-campus social worker

The Student Health & Wellness team at Dalhousie includes our on-campus social worker, Hazel Ling. She helps support students through challenges such as stress, relationship issues, mental health, and practical issues like housing,

finances, and food. You can [make an appointment online](#), by emailing [social.worker@dal.ca](mailto:social.worker@dal.ca), or phoning the Student Health & Wellness Centre at **902-494-2171**.

## Multifaith Services

[Multifaith Services](#) in the **Student Union Building (SUB)** provides a safe and inclusive space for students who may be experiencing difficulties with studies, work, relationships, or sexual orientation. There are currently 14 chaplains representing many religions, faiths, and traditions. Chaplains provide confidential support and counselling on personal and spiritual matters.

## Peers on campus

Dal's [Stay Connected Mental Health Project](#) has two on-campus peer support workers who have received 16 hours of training in order to provide non-judgmental, confidential, and safe mental health support for free. They're available to chat **Monday to Thursday, noon–2pm** in the DSU Wellness Room in the lower level of the SUB. They understand. They've been there, too.

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[Self-isolation self-improvement](#)
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- **HEALTH & WELLNESS** 3 min.  
[How to use the Student Support module](#)

### ARTICLE TAGS

- **HEALTH & WELLNESS**
- **MENTAL HEALTH**

### ABOUT DAL STUDENT LIFE

Look around you. The halls you walk, the classrooms you use, the lessons you learn, the places you eat, the events you attend, the groups you join, the place you call home, and the friends you make—this is all part of student life. Dal Student Life is dedicated to sharing the stories you're living—those experiences of what it's like to be a student at Dal. Our content is created for students, by students, and we know everyone has a story to tell.

Email us to find out how you can involved with the Dal Student Life Street Team, to let us know what you want to see on these pages, and to share a story of your own.

[studentlife@dal.ca](mailto:studentlife@dal.ca)

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#### RESOURCES

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