

QUICK LINKS/CONTACT INFORMATION

Crisis & 24/7 Supports

[Crisis Line NS](#)

Free 24/7 support for adults who need someone to talk with

- Text NSSTRONG to 741741
- Front line workers text FRONTLINE to 741741

[Good2Talk](#)

Free 24/7 support program for university and college students

- Call 1-888-292-3698
- Text GOOD2TALKNS to 686868

Mental Health Crisis Line

24/7 crisis support and mobile response support

- Call 1-888-429-8167 or (902) 429-8167

[First Nations and Inuit Hope for Wellness Line](#)

Service is available in Cree, Ojibway, Inuktitut, English and French

- Call 1-855-242-3310

[Mi'kmaq Crisis and Referral Line NS](#)

24/7 free service and support for Mi'kmaq people in Nova Scotia

- Call 1-855-379-2099 or (902) 379-2099

[Professional Support Program Helpline](#)

24/7 helpline for residents and their partners and families, and medical students.

- Call 1-855-275-8215 or (902) 468-8215
- Email professionalsupport@doctorsns.com

Sexual Assault

[Dalhousie Student Union Survivor Support](#)

An anonymous and confidential phoneline for survivors of sexual violence available daily between 12pm and 12am

- Call or text (902) 425-1066

[Assaulted Women's Helpline](#)

24/7 telephone crisis line to women who are survivors of sexual violence

- Call 1-866-863-0511

[Transition House Association of Nova Scotia](#)

24/7 support and resources for women in Nova Scotia who are survivors of sexual violence

- Call or text 1-855-255-0220

[Victim Services Emotional Support](#)

Emotional support for survivors of sexual violence, available Monday through Friday from 8am-4pm

- Call 1-902-490-5300

Counselling

[Dalhousie Student Wellness Centre](#)

Offers same day counselling appointments

- Call (902) 494-2171

[Dalhousie Group Counselling](#)

Offers a variety of group counselling options

- Call (902) 494-2171

[Wellness Together Canada](#)

24/7 free counselling and support

- Call 1-866-585-0455 (Adults)
- Call 1-866-668-6810 (Youth)
- Text WELLNESS to 741741 (Adults)
- Text WELLNESS to 686868 (Youth)

[Doctors Nova Scotia Wellness Support Line](#)

24/7 free, confidential counselling

- Call 1-855-275-8215

Parenting Support

[Dalhousie University Children's Centre](#)

High quality, affordable childcare on campus

- Call (902) 494-7001

PHYSICAL WELLNESS

Articles Reading Materials

Links & Resources

[CanMeds Physician Health Guide](#) - A Practical Handbook for Physician Health and Well-being

[Epworth Sleepiness Scale](#) - a series of questions to measure daytime sleepiness

[Sleep Education](#) - useful tools and quizzes for sleep

[Canadian Sleep Society](#) - resources for healthier sleeping

[Dieticians of Canada](#) - a tool which provides healthier eating information based on your lifestyle. Includes tools like a BMI calculator, eTracker, recipe analyzer, and nutra-eSTEP for parents.

[Cookspiration](#) - an application developed by the Dieticians of Canada with recipes tailored to your lifestyle, while also tracking nutritional goals.

[ePhysician Health](#) - eLearning modules about nutrition, fitness, weight, and more.

[DalPlex](#) - the Dalhousie fitness facility.

MENTAL WELLNESS

Articles & Reading Materials

Pfifferling, J.H., & Gilley, K. (2000) [Overcoming compassion fatigue](#). *Family Practice Management*, 7(4), 39-39.

Feist, J.M. (2018) [Dear doctor. get well soon](#). *Mission Magazine, UT Health San Antonio*.

Cohen, J.S., Patten, S. (2002) [Well-being in residency training: a survey examining resident physician satisfaction both within and outside of residency training and mental health in Alberta](#). *BMC Med Educ*5, 21.
<https://doi.org/10.1186/1472-6920-5-21>

Dingle, F.E., & Dingle, A.D. (1999) [Self-reported depression and suicide attempts among U.S. women physicians](#). *American Journal of Psychiatry*, 156(12), 1887-1894.

Flaherty, J.A., & Richman, J.A. (1993) [Substance use and addiction among medical students, residents, and physicians](#). *Psychiatric Clinics of North America*, 16 (1) 189-197.

[The mental health benefits of being organized](#) - The McGill Tribune

Doctors in Distress | Saving the Live of Those Who Save Lives - TEDx Talks
<https://www.youtube.com/watch?v=udV0tt6SjbQ>

We Need to Talk | A Story of Loss and Hope - John Hopkins
<https://www.youtube.com/watch?v=yf3iGsn-XCQ>

Make the Difference: Preventing Medical Trainee Suicide - Mayo Clinic
<https://www.youtube.com/watch?v=I9GRxF9qEBA>

Burnout

C.M. Balch, J.A. Freischlag, T.D. Shanafelt. (2009) [Stress and burnout among surgeons](#). *Arch Surg*, 144, pp. 371-376

DeChristopher, P.J., Saint Martin, M.C., & Sweeney P.R. (2019) [A Strategy for Wellness in a Pathology Residency Program: Enhancing Chances of Success During an Epidemic of Burnout](#). *SAGE Journals Academic Pathology* 6.

[Burnout Recovery: 11 Strategies to Help You Reset](#) - Healthline

[Burnout Symptoms and Treatment](#) - verywellmind

How to Bounce Back from Burnout in 3 Simple Steps | TEDx
<https://www.youtube.com/watch?v=OHj38et5L04>

Burnout vs. Depression: Which One Are You? | Psych2Go
<https://www.youtube.com/watch?v=bPSHOlvAlm8>

Why Doctors are Miserable | The Burnout Epidemic - Med School Insiders
<https://www.youtube.com/watch?v=kqj-fFra9P0>

Basic Scientists

Chan, C., Oey, N.E., & Tan E.K. (2020) [Mental health of scientists in the time of COVID-19](#). *Brain, Behaviour, and Immunity*, 88:956.

Bira, L., Evans, T.M., & Vanderford, N.L. (2019) [Mental health in academia: An invisible crisis](#). *Physiology News Magazine*, 115. <https://doi.org/10.36866/pn.115.32>

Flaherty, C. (2017) [Aftermath of a professor's suicide](#). *Inside Higher Ed*.

The Mental Health Crisis in Science | Harvard
<https://sitn.hms.harvard.edu/flash/2021/the-mental-health-crisis-in-science/>

Unmasking mental health issues faced by scientists: addressing the silent pain among us | Science Webinar
<https://www.sciencemag.org/custom-publishing/webinars/unmasking-mental-health-issues-faced-scientists-addressing-silent-pain>

Messias, E., *et al.* (2019) [Differences in burnout prevalence between clinical professionals and biomedical scientists in an academic medical centre: A cross-sectional survey](#). *BMJ Open* 9, (2).

Mental Health and Early Career Scientists | Canadian Blood Services
<https://www.blood.ca/en/research/our-research-stories/research-education-discovery/mental-health-early-career-scientists>

Links & Resources

[Suicide Prevention Training](#) - The Canadian Mental Health Association in conjunction with the province of Nova Scotia offer suicide prevention training

[Doctors Nova Scotia Professional Support Program](#) - this page provides confidential peer-to-peer support for doctors and their families, including a help line, counselling opportunities, resources, and more.

[Mental Health and the COVID-19 Pandemic | CAHM](#) - The Canadian Centre for Addiction and Mental Health provides resources and information on how the COVID-19 pandemic affects mental health, and provides resources and information to help.

[Nova Scotia Mental Health and Addictions](#) - this page provides resources, tools, locations, and training for mental health and addictions in Nova Scotia.

[Canadian Suicide Prevention Services](#) - resources, support, and responders for those in need.

[Wellness Together Canada](#) - a free mental health support service, including online support, counselling, self-guided courses, and more.

[Mental Health Foundation of Nova Scotia](#) - lists of mental health resources and organizations available throughout Nova Scotia.

Self Assessment Tools

[Oldenburg Burnout Inventory](#) - this is a confidential self assessment tool that asks a series of questions to help identify feelings and experiences about your work in order to help you determine if you may be vulnerable to a burnout.

[Mental Well-being Screening](#) - short self-help quiz to help users assess their mental health and wellness.

[Depression Screening](#) - short self-help quiz to help users identify symptoms of depression.

[Anxiety Disorder Screening](#) - short self-help quiz to identify symptoms of anxiety disorder.

[Work-Life Balance Quiz](#) - short quiz by the CMHA to determine balance between work and personal time.

[Mental Health Meter](#) - Canadian Mental Health Association tool for screening and calculating mental health

DALHOUSIE RESOURCES

[Good2Talk](#) - a free, confidential helpline for students across the country that users can use via call or text. This service can be used for counselling, and referrals for addiction, mental health, or wellness related issues.

- Text GOOD2TALKNS at 686868
- Call 1-833-292-3698

[TAO: Therapy Assistance Online](#) - an online mental health module library offered through HealthyMindsNS.

[Same Day Counselling](#) - counselling appointments with Dalhousie psychiatrists that open up each day at 8am every day except Sunday.

[Dalhousie Learning Disability Services](#) - Dalhousie provides screening, resources, and help for students with learning disabilities.

[Dalhousie Peer Support Program](#) - program for students that provides support for those suffering from trained members of the Dalhousie community.

[Dalhousie Group Counselling](#) - booking information and resources on group counselling sessions for mental health, eating disorders, and more available through Dalhousie.

PARENTING AND FAMILY SUPPORTS

[University Children's Centre](#) - high quality, affordable childcare at the university.

[NS Childcare Information](#) - provincial child care information for families, including finding childcare, support, and intervention services.

[Dalhousie Faculty of Graduate Studies Childcare and Parental Leave Policies](#)

[Child Care Facilities Directory](#) - searchable list of directories for child care facilities in Nova Scotia

[Doctors Nova Scotia Parental Leave Program](#) - information on the parental leave benefits for Nova Scotia doctors

FACULTY BENEFITS

Employment Type

[Regular, full, and part-time employees](#)

[Associated employees](#)

[Grant-paid employees](#)

[Post-doctoral fellows](#)

[Retirees](#)

Additional Benefits

[Employment & Family Assistance Program](#)
[Johnson Insurance - Home & Car](#)
[Medavie Blue Cross](#)

To find more information on Employee Wellness Programs and Professional Development click [here](#).

To find more information on the Dalhousie Pension Plan click [here](#).

DISCRIMINATION RESOURCES

RACIAL

Dalhousie Resources

[Dalhousie Black Faculty & Staff Caucus Resources](#)

List of employee and community resources for staff.

[Dalhousie Diversity and Inclusion Resources](#)

[Dalhousie Discrimination Policy](#)

[Black Student Advising Centre](#)

A welcoming and supportive space for Black students to seek support on campus.

- Call (902) 494-6648
- Email bsac@dal.ca

[PLANS - Promoting Leadership in Health for African Nova Scotians](#)

PLANS is a program that aims to increase the representation of African Nova Scotians in the health care professions.

- Email sarah.upshaw@dal.ca

[Indigenous Student Centre](#)

A safe and supportive space for Indigenous students to seek support on campus.

- Call (902) 494-8863
- Email isc@dal.ca

[International Centre](#)

A space for international students to seek help and support on campus.

- Call (902) 494-1566
- Email international.centre@dal.ca

Other Resources

[African Nova Scotian Affairs | City of Halifax](#)

The African Nova Scotian Affairs Integration Office provides leadership, advocacy and policy advice to the city of Halifax.

- Email ansaio@halifax.ca

[Indigenous Services | City of Halifax](#)

The Indigenous Services Office provides information, history, leadership, and advocacy advice to the city of Halifax.

- Email indigenous@halifax.ca

[Black Health Alliance](#)

BHA is a community led charity that works to improve the health and wellbeing of Black communities in Canada.

- Email info@blackhealthalliance.ca

LGBTQ2SIA+ Resources

Dalhousie Resources

[LGBTQ2SIA+ Collaborative](#)

A communication forum for those who wish to get involved in LGBTQ2SIA+ initiatives on campus and in the community.

- Email HRES@dal.ca

[LGBTQ2SIA+ Health Services](#)

Information and resources on how Dalhousie Health Services aims to make their services more inclusive.

[Dalhousie Campus All Gender Washrooms](#)

List of places on campus that have all gender washrooms.

[Queer Faculty & Staff Caucus](#)

QFSC aims to seek a positive change to ensure that LGBTQ2SIA+ members of the community feel comfortable and equal as members of the Dalhousie community.

- Email QFSC@dal.ca

Other Resources

[LGBTQ2SIA+ Resources | Halifax Pride](#)

List of resources available for LGBTQ2SIA+ persons in Halifax

[South House Halifax](#)

South House is a volunteer run gender justice centre, and is a safe space for ALL members of the community. They offer resources such as a library, resource centre, and safe meeting spaces.

- Call (902) 494-2432
- Email volunteer@southhousehalifax.ca

Disability Services

Dalhousie

[Learning Disability Services](#)

The Student Wellness Centre provides learning disability screenings with licensed psychologists.

[Dalhousie Academic Support Office | Accessibility](#)

The Academic Support Office provides resources, help, and accommodations for students with both physical and learning disabilities through creating an accessible environment.

- Call (902) 459-2994
- Email access@dal.ca

[Dalhousie Disability Advocacy Society](#)

DDAS aims to raise awareness of disabilities through conversation and promotion of information.

- Email Sam at sm841666@dal.ca

[Dalhousie Accessibility Map](#)

This map outlines the Dalhousie campus, and where ramps, parking, and washrooms are accessible.

SPIRITUAL RESOURCES

[Dalhousie Ask a Chaplain Online Service](#)

A confidential, free and anonymous online platform to ask any spirituality related questions.

[Dalhousie Multifaith Services](#)

A safe and non-threatening space to express spirituality.

- Call (902) 494-2287
- Email multifaith@dal.ca

[Dalhousie Chaplains List](#)

A list of Dalhousie Chaplains, their spirituality, and their contact information.

[Halifax Places of Worship](#)

An organized list of places of worship and spirituality centres in the HRM.