



MENTAL HEALTH & COUNSELLING SERVICES

*"It's okay to take a break and
prioritize your mental health."*

MENTAL HEALTH RESOURCES-NOVA SCOTIA

- [Dalhousie Mental Health Services](#)
- [Mental Health and Addictions](#)
- [Provincial Mental Health & Addictions Crisis Line- 1.888.429.8176](#)
- [Avalon Sexual Assault Clinic](#)

MENTAL HEALTH RESOURCES-NEW BRUNSWICK

- [UNB Saint John Student Health & Counselling Centre](#)
- [New Brunswick Medical Society](#)
- [Family Plus/Life Solutions](#)
- [Sexual Violence New Brunswick](#)

MENTAL HEALTH RESOURCES-PEI

- [Medical Society of PEI Physician Health Program](#)

CRISIS LINES

- CHIMO Help Line Inc. (Crisis Line 1-800-667-5005)
- Mobile Mental Health Crisis Services (1-888-811-3664) Or text the [**Crisis Text Line from Service Canada**](#): Text HOME to 686868
- 988 hotline for those facing mental health crisis across Canada

OTHER RESOURCES

- ***Togetherall*** - 24/7

Online [peer-to-peer mental health platform](#) for ages 16-29

- ***Anxiety Canada*** - free [MindShift C.B.T. groups](#)
- ***Good 2 Talk*** - free/confidential helpline for post-secondary students in Canada that is available 24/7. They offer confidential counseling services via phone/text and can provide information about mental health resources in the area. ***Call: 1-833-292-3698 or text GOOD2TALKNS to 686868.***
- ***The Wellbeing Lab PERMAH*** - survey which [links to their toolbox and well-being dashboard:](#)
- ***Breathing Space, Acceptance and Commitment Therapy*** - - inspired [evidence based modules](#), broken into small pieces: