



Canadian Nursing Students' Association
Association des étudiant(e)s infirmier(ère)s du Canada
www.cnsa.ca / www.aeic.ca

Mental Health Resources

NATIONWIDE

Canadian Mental Health Association (CMHA) - National

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. Through a presence in more than 330 communities across every province and one territory, CMHA provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.

Our Vision: Mentally healthy people in a healthy society.

Our Mission: As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Phone: 416-646-5557

Url: <http://cmha.ca>

Email: info@cmha.ca

Main Website: <https://cmha.ca/>

Find Your CMHA: <https://cmha.ca/find-your-cmha>

Mental Health Resources: <https://cmha.ca/document-category/mental-health>

Hope for Wellness Help Line – Indigenous, Metis, First Nations, Inuit

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week to offer: counselling, crisis intervention. Experienced and culturally competent HelpLine counsellors can help if you: want to talk, are distressed, have strong emotional reactions, or maybe triggered by painful memories.

Call the toll-free Help Line at **1-855-242-3310** or connect to the online chat at

<https://www.hopeforwellness.ca/> **Website:**

<https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478>

National Hotlines

Canadian Mental Health Crisis Line

(888) 353-2273

Crisis Society Mental Health Line

310-6789 (no area code needed)



Canadian Nursing Students' Association
Association des étudiant(e)s infirmier(ère)s du Canada
www.cnsa.ca / www.aeic.ca

24-Hour Crisis Line

(403) 266-HELP (toll free)

Mental Health Help Line

(877) 303-2642 (toll free)

Kids Help Phone

Helpline for kids and teens; counselling, listening, referrals, info [E/F] 1-800-668-6868
<https://kidshelpphone.ca/>

National Inquiry into Missing and Murdered Indigenous Women and Girls - Emotional Assistance

Toll-free 24/7 crisis call line providing support for anyone who requires emotional assistance related to missing and murdered Indigenous women and girls [E/F]
1-844-413-6649
<https://www.rcaanc-cirnac.gc.ca/eng/1448633299414/1534526479029>

Additional Mental Health Resources

Canadian Association for Psychodynamic Therapy

Website: <https://psychodynamiccanada.org/find-a-therapist/mental-health-resources/>

E-Mental Health - Information and resources, including a directory of mental health facilities, professionals and support groups; mental health and medication information sheets; and assessment tools.

The Mood Disorders Society of Canada (MDSC) - Resources for mental health, including a directory of services, organizations and resources; mental condition information brochures; and peer and trauma support.

Mental Health Canada - Information and resources, including a directory of mental health professionals; mental health resources; articles and reports; and mental health and medication information.

Canadian Mental Health Association (CMHA) - Information and resources on mental health conditions and addictions; and services and supports, searchable by province.

The Centre for Suicide Prevention - Information and resources on suicide prevention, including workshops, webinars, articles, and toolkits



Canadian Nursing Students' Association
Association des étudiant(e)s infirmier(ère)s du Canada
www.cnsa.ca / www.aeic.ca

NOVA SCOTIA

Nova Scotia - Healthy Communities

Website: <https://novascotia.ca/dhw/healthy-communities/suicide-prevention-help.asp>

Suicide Prevention - Where To Go For Help

Call the Mental Health Crisis Line

1-888-429-8167 (toll free)

Telephone crisis support and mobile response support are offered for work, home, school, and community agencies Service is available 24 hours a day, 7 days a week.

Communities Addressing Suicide Together (CAST)

Nova Scotia Supports and Services

CAST works with communities in Nova Scotia to build and strengthen their capacity to address suicide at the local level. Website:

<https://novascotia.cmha.ca/programs-services/communities-addressing-suicide-together-cast/>

CAST helpful Links and Resources

<https://novascotia.cmha.ca/mental-health/find-help/>

Support Groups In Nova Scotia

S.O.S Nova Scotia

The S.O.S. group in Nova Scotia is a self-help group that was developed to provide individuals and families who have suffered a loss of a loved one with a critical resource.

The group meetings are scheduled every second Wednesday of each month

Website: sosnovascotia.com

Bereaved Parents of Adult Children Support Group

The Group meets third Tuesday every month

Contact: Louise Smith (902) 576-2697 louisessmith_27@hotmail.ca or Vince MacDonald (902) 462-4050 tapper@ns.sympatico.ca

The Canadian Mental Health Association (CMHA)

is a national voluntary association that exists to promote the mental health of all people. CMHA believes that everyone should have choices so that when they need to, they can reach out to family, friends, formal services, self-help groups or community-based organizations.

Website: novascotia.cmha.ca