

BIPOC

Indigenous Health

Keknu'tmasiek Ta'n Tel Welo'ltimk - We are Learning how to be Well

Dalhousie University contact: ihim@dal.ca

Support for the academic success and graduation of Indigenous learners. [For more information click here.](#)

The Indigenous Student Centre offers a supportive environment for students to gather, meet other students, and have access to supports and services. [For more information click here.](#)

Mi'kmaw Native Friendship Centre - (902-420-1576) Their primary roles are to provide Indigenous people living in urban areas with services ranging from social programming to culture and events. [For more information please click here.](#)

Black Health (PLANS)

PLANS - Global Health Office - Dalhousie University

Supports African Nova Scotian/Black Learners in their journey to become health professionals through a variety of programs and resources.



[Black Student Advising Centre](#)

A welcoming & supportive community for Dal & Kings Students.

BIPOC Led and Anti-Racism Organizations

- [Black Lives Matter Solidarity Fund NS](#)
- [The Delmore “Buddy” Daye Learning Institute](#)
- [African Nova Scotian Decade for People of African Descent Coalition-DPAD](#)
- [Under One Sky Friendship Centre](#)



LGBTQIA2S+

[Dal 2SLGBTQ+ Advisor](#)

The 2SLGBTQ+ Advisor (Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, and any non-normative identities) supports students through 1-1 advising, group programming, and campus-wide educational events to create a student experience that is meaningful and facilitates a sense of belonging.

[Trans* Safe Spaces in the HRM](#)

List of trans-safe facilities including barbers, hairdressers, airlines, grocery stores etc.



[The Youth Project](#)

Drop-in and online groups up to age 25. Their mission is to make Nova Scotia a safer, healthier, and happier place for lesbian, gay, bisexual and transgender youth through support, education, and community development.

[South House Sexual and Gender Resource Centre](#)

South house provides resources, referrals and anti-oppressive education on issues of gender and sexual justice. Located on 1443 Seymour Street around the side entrance, accessible by ramp, underneath the Dalhousie Faculty Association.



MENTAL HEALTH & COUNSELLING SERVICES

*“It’s okay to take a break and
prioritize your mental health.”*

MENTAL HEALTH RESOURCES

[Dalhousie Mental Health Services](#)

Book an appointment for same day-day counselling, daily appointments with physicians, nurses & our social worker.

[Dalhousie Student Health and Wellness](#)

[Mental Health and Addictions](#)

[Provincial Mental Health & Addictions Crisis Line-1.888.429.8176](#)

[Avalon Sexual Assault Clinic](#)

[Mental Health Mobile Crisis Team 902-429-8167](#)

CRISIS LINES

Dial 988 [Suicide Crisis Helpline](#) 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

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



ADVOCACY

Name	Info/Link	Contact
Dal Student Accessibility Centre	<u>One-on-one advising</u>	902.494.2836
Academic Support	<u>Policy Forms & Resources</u>	<u>access@dal.ca</u>
Accessibility HRM (Halifax Regional Municipality)	<u>Programs & info accessible services</u>	311
Dal Human Rights and Equity Services	<u>Advisory services to Dal Community</u>	902.494.1920 Email: <u>VPEI@dal.ca</u>
Dal Ombudsperson	<u>free, confidential, impartial, and independent support</u>	Carla Britten 902.494.2665 <u>ombuds@dal.ca</u>



SPIRITUAL WELLNESS

[Dalhousie Spiritual Team](#)

FOOD SECURITY

Dalhousie Student Union Foodbank.

[Located on the Dalhousie Studley Campus in the SUB.](#)

[Feed Nova Scotia](#)

[Parker Street Food & Furniture Bank](#)