

Dalhousie University & Community Support Well-Being Resources

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.

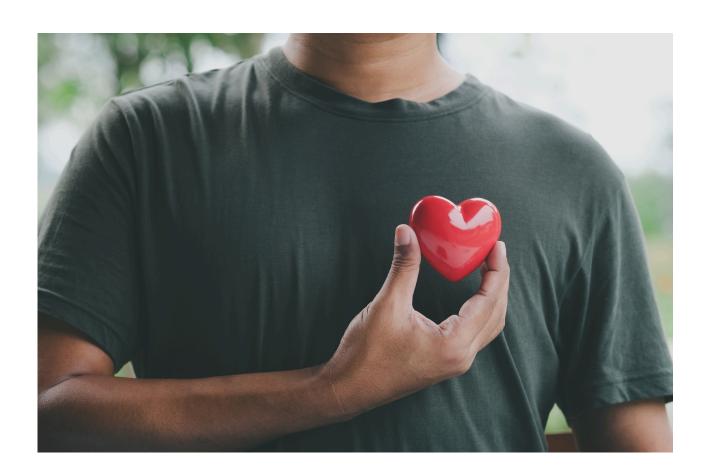




A welcoming & supportive community for Dal & Kings Students.

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 campuswide 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 <u>Suicide Crisis Helpline</u> CHIMO Help Line Inc. (Crisis Line 1-800-667-5005) Mobile Mental Health Crisis Services (1-888-811-3664) Or text the <u>Crisis Text Line from Service</u> Canada: Text **HOME** to 686868

Togetherall - 24/7 Online <u>peer-to-peer mental health</u> <u>platform</u> for ages 16-29

Anxiety Canada - free MindShift C.B.T. groups

<u>Good 2 Talk</u> - 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

ACCESSIBILITY SERVICES



ADVOCACY

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



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