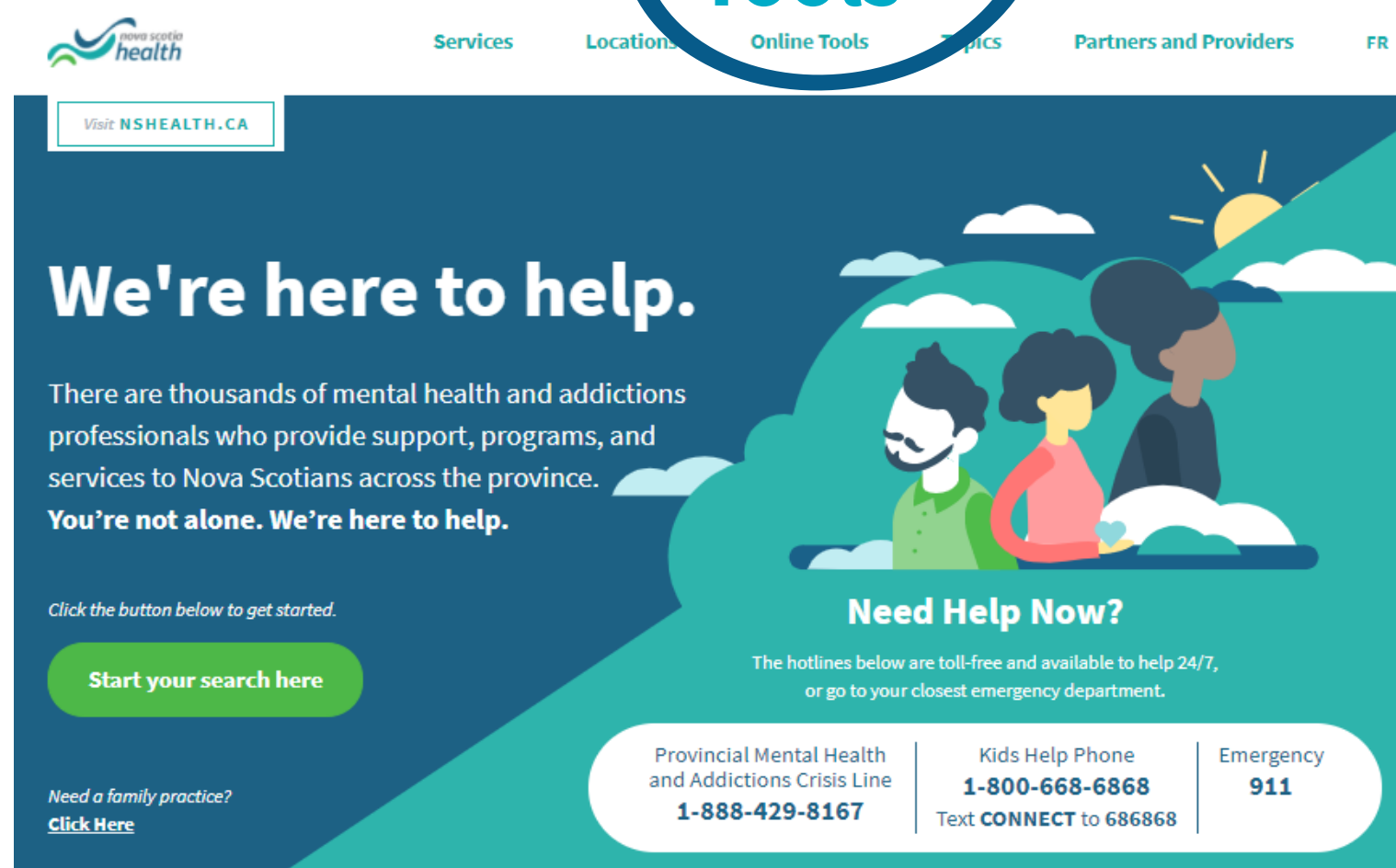
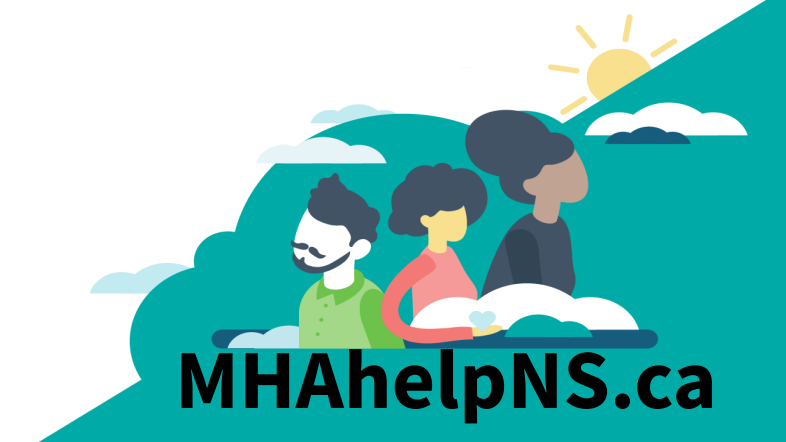





Online Tools for Mental Health and Addiction Services at MHAhelpNS.ca



- FREE, AVAILABLE 24/7
- MILD TO MODERATE CONCERN
- NO REFERRAL NEEDED
- ANONYMOUS/ CONFIDENTIAL
- WORK AT THEIR OWN PACE

Right Service, Right Time, Right Place

	 MHAhelpNS.ca	 MINDWELL+U	 TAO Therapy Assistance Online	 togetherall
Audience	General Public All Ages	Adults, Age 15+	Adults, Age 15+	Youth Age 16-29
Topics	<ul style="list-style-type: none"> • Information about common mental health and substance use conditions • Description of NSH, MHA Services • Link to community resources 	<ul style="list-style-type: none"> • Resilience & Mental Wellness • Engagement & Focus • Communication & Conflict Management • Building Mindfulness Practice 	<ul style="list-style-type: none"> • Stress, anxiety • Relationship problems • Anger management • Problem solving • Communication • Information on substance use 	<ul style="list-style-type: none"> • Sharing and peer engagement around mental health and wellness, such as anxiety, stress, depression, grief, panic, anger, etc.
Useful When:	<ul style="list-style-type: none"> • Seeking general information on programs for mental health and addiction concerns • Find Local Resources 	<ul style="list-style-type: none"> • Increase motivation, focus and resilience • Build relationships and improve communication skills • Learn Mindfulness 	<ul style="list-style-type: none"> • Learn skills to manage common mental health difficulties (e.g. depression, anxiety) • Interest in evaluating drug or alcohol use 	<ul style="list-style-type: none"> • Connect with peers with lived experience • Share common mental health concerns in a safe environment • Seeking a creative outlet
Format	<ul style="list-style-type: none"> • Self-guided • Personalized search results based on a short series of questions 	<ul style="list-style-type: none"> • Self guided • Webinars • Daily activity reminders • Optional sign up with a friend, to share the experience 	<ul style="list-style-type: none"> • Self Guided • Virtual Assistant helps tailor content • Set goals and track progress • Reminders and encouragement 	<ul style="list-style-type: none"> • Moderated by licensed clinicians • Online discussion boards with peers • Courses, resources and self-assessment

Additional Supports and Contacts



Help Line

Live Chat at ns.211.ca
Text 211

- Seeking information about community and social services in your community or across the province.
- Experiencing unmet social or human needs, and want to connect with organizations able to meet those needs. Community Resource Navigators will refer people to the resources, programs and services needed most.
- Free and confidential. Available 24/7 in over 100 languages.



Mental Health and Addictions Intake Service
1-855-922-1122

- Provides Triage, Screening, and Navigation for Mental Health and Addiction Programs offered through Nova Scotia Health.
- No referral needed to call.
- Trained clinicians help determine what services and supports best meet the caller's needs, whether provided by Mental Health and Addictions or another community provider.
- The call may take 30 minutes. Caller may be asked for their Health Card Number.
- Available Monday-Friday, 8:30am to 4:30pm. Confidential voicemail is available evenings, weekends, and holidays.

Kids Help Phone 

1-800-668-6868

Text CONNECT to
686868

- Needing one-to-one support for your mental health and well-being, as a young person.
- Available through phone, text, and online.
- Offers professional counselling, information and referrals by trained volunteers.
- Available in English and French.
- Free and confidential. Available 24/7.



Provincial Mental Health and Addictions Crisis Line
1-888-429-8167

- Needing support to manage a mental health or addictions crisis.
- Seeking timely phone crisis support and a safe space to talk.
- Trained clinicians ask questions to develop a plan to manage the crisis, or connect the callers to the right services to address their needs.
- Calls take up to 30 minutes.
- Available 24/7 to all ages across Nova Scotia.
- Free and confidential.



Emergency
Fire-Police-Ambulance

- When your health, safety, or safety of others is immediately at risk and you need help right away.
- The operator will connect you to the fire, police or ambulance services you need.
- No charge to call from any phone, including pay phones, and cell phones without a cellular plan.

Non-Urgent

Urgent

Crisis

Emergency