



Online Mental Health Support



Healthy Minds NS

Tranquility

offers a 26-week internet-based cognitive behavioral therapy program for mild-moderate anxiety and depression. It includes online modules, interactive tools, and virtual coaching through text or weekly video/phone sessions.

togetherall



is a safe and anonymous, online peer community for your mental health, freely available 24/7 to all youth and young adults aged 16+, and post-secondary students in Nova Scotia. In addition to the support community, there are a wide range of courses, resources and articles available.



provides free, confidential support for Nova Scotia post-secondary students, offering professional counseling, volunteer crisis support, and information 24/7. Call 1-833-292-3698 for professional counseling or text GOOD2TALKNS to 686868 to reach a trained volunteer crisis responder. Support is available for any issue, big or small.

9-8-8

If you, or someone you love is thinking about suicide, call 988 for suicide prevention support.

Connect. Share. Feel Better.

To learn more about HealthyMindsNS e-mental health tools and services visit HealthyMindsNS.ca

