

## Community Resources that can help

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Finding Mental Health & Addictions Support: Dial 811 to speak to a nurse

Finding Community & Social Services:  
Dial 211 ([www.ns.211.ca](http://www.ns.211.ca)) for free information and referral services to more than 3 000 services across Nova Scotia.

Community Mental Health & Addictions:  
Call 1-866-340-6700 for 19 years and older diagnosed with, or suspected to have, a moderate to severe mental disorder and/or substance abuse.

Health Care Social Worker: Call 1-902-885-3627, 1-902-384-4107, or 1-902-889-4103 for individuals coping with life changes and stress from trauma, illness, or disability.

Healthy Minds Cooperative: Call 1-902-404-3504 Ext: 201 for peer-based services to those living with mental illness. Or visit: <https://www.healthyminds.ca/>

Therapy Assistance Online: free and confidential online interactive resource for people facing mental health challenges. Visit their website for activities on a variety of topics: <https://>



### Acadia University

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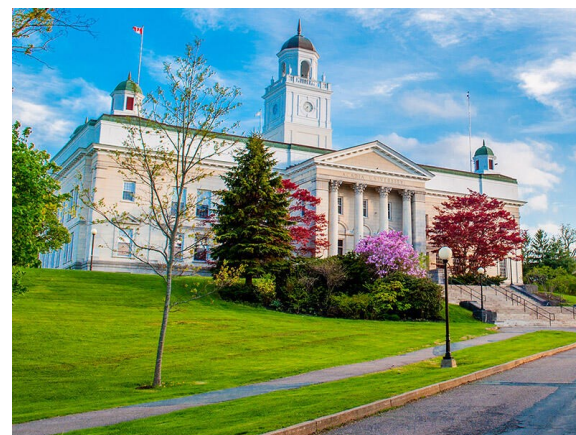
15 University Drive,  
Wolfville, Nova Scotia,  
Canada  
B4P 2R6

Switchboard: 902-542-2200  
Enrolment: 1-877-585-1121 (Toll free in North America)



## Mental Health Resources for Faculty and Staff

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## Mental Health & Wellness at Acadia University

Mental Health is essential to successfully cope with the challenges and stresses that life inevitably throws us daily. Everyone has mental health: it exists in varying degrees in everyone, similar to physical health. The varying degrees of challenges that you experience every day can influence your mental health and wellness. Acadia University takes your mental health very seriously and we understand that sometimes life overwhelms you and resources are required. You do not have to do this alone.

Nova Scotia have numerous supports available, some 24 hours a day. Reach out to someone if you feel you need help.



## Crisis Intervention

Please note if you are experiencing an immediate **Emergency**, the following resources are available immediately, 24/7:

[Go to Valley Regional Hospital](#) in Kentville

[Call 911](#)

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

[NS Mental Health Crisis Line](#): 1-888-429-8167

[Kids Help Phone \(between 5 and 20 years old\)](#): 1-800-668-6868 or TEXT "NSSTRONG" to 686868

[Crisis Services Canada](#): 1-833-456-4566 or Text: 45645

[Wellness Together Canada](#): Go to the website for immediate crisis support <https://wellnesstogether.ca/en-CA?lang=en-ca>

[Wellness Together Canada](#): Text "WELLNESS" to 741741 (18 and older) or to 686868 (17 and younger)

[National Suicide Prevention Lifeline](#): 1-800-273-8255

[Hope for Wellness Helpline](#): Help for Indigenous Peoples across Canada, Call 1-855-242-3310 (24 hours a day) or connect with a counsellor online through live chat <https://www.hopeforwellness.ca/>

[Eskasoni Mental Health Crisis Line](#): Call 902-379-2099 or toll free 1-855-379-2099

[Domestic Violence](#) information and assistance, 24/7: 1-855-225-0220 (toll free)

[Crisis Text Line](#): Text "NSSTRONG" to 741741 to connect to a Crisis Counsellor

## Ongoing Resources

[Community Mental Health & Addictions](#): 1-855-922-1122 (toll free) weekdays 8:30am to 4:00pm

[Outpatient Mental Health Services](#): 19 years and older (free for Canadian citizens): 1-855-273-7110 weekdays between 8:30 am and 4:30 pm

[Hope for Wellness](#): 1-855-242-3310 or visit <https://wellnesstogether.ca/en-CA?lang=en-ca>

[Top Phone Apps for better Mental Health](#): <https://wello.ca/2019/08/12/mental-health-apps/>

[CMHA Nova Scotia](#): 1-877-466-6606 (toll free)

[Healthy Minds Patient Navigator](#): 902-404-3504

[Strongest Families I-Can Anxiety Program](#): 1-866-470-7111 (Toll Free)

[Employee Family Assistance Program \(EFAP\)](#): Call 1-800-387-4765 or visit their website at <https://www.workhealthlife.com/Home/Navigate/4c116af6-b3ac-4b46-9699-b3656600f98c/fb1f6940-1c96-4a9b-a6a0-cf72e3ffdb28>

[MindWell-U](#) is a free 30-day mindfulness challenge that helps lower stress and improve wellbeing. It takes 5 minutes a day. Visit: <https://app.mindwellu.com/novascotia>

[Grief and Bereavement Services](#): Visit NS Health Authority at <https://www.cdha.nshealth.ca/palliative-care/grief-and-bereavement-services>

[Mental Health Foundation of Nova Scotia](#): Visit <https://www.mentalhealthns.ca/find-support>

[ABSW and HAAC](#): Support for people of African descent, call 1-855-732-1253