



Free

Mental Health Resources

The Counselling Centre

Individual counselling, psychoeducational workshops and mental health programming. Email counselling@smu.ca or visit www.smu.ca/counselling for more information.

Peer Support

One-on-one drop-in support offered by trained upper year students available September-April yearly. Email peer.support@smu.ca.

2SLGBTQIA+ Wellness Ambassador

Trained upper year student who hosts wellness-related social activities for their community. Available September-April yearly. Email 2SLGBTQ.wellness@smu.ca.

Visit www.healthymindsNS.ca for more information about:

Togetherall

Online peer community for post secondary students to get mental health support. Available 24/7/365 and moderated by mental health professionals.

Tranquility

Internet-based Cognitive Behavioural Therapy program that includes online modules, interactive tools and one-on-one virtual coaching for individuals with mild-moderate anxiety and depression.

Good2Talk

Professional counselling, crisis support and information and referrals about mental health services available 24/7/365. **Call 1-833-292-3698 or text Good2TalkNS to 686868.**

Mental Health Mobile Crisis Team

Mental health support available 24/7/365 by calling **902-429-8167**.

988 (Suicide Crisis Helpline)

For 24/7/365 support if you are thinking about suicide or worried about someone you know **call or text 988**.