

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.healthy mindsNS.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**.