



## Free, Confidential, 24/7 Mental Health Resources for Students

This infographic is designed to help students make choices about the range of mental health services available to them.

To talk to a professional counsellor...



Call Good2Talk at 1-833-292-3698

Post-secondary student helpline that provides professional counselling and referral information in Nova Scotia.

To connect with a trained crisis responder...



Text Good2TalkNS to 686868

Canadian text-based service. Text Good2TalkNS to 686868 to be connected to a volunteer-supporter from the privacy of your phone.

To chat with a fellow student...



Access 7 Cups - <https://www.7cups.com/> (click Connect Now or Sign Up, must use SMU email)

Anonymous online peer-support chat for students who just want to talk. Students can connect to peers on their campus or from around the world.

To engage in self directed learning...



Try Therapy Assistance Online (TAO) - <https://thepath-ca.taoconnect.org> (Sign Up in Self-Help with an Institution, must use SMU email)

Online mental health library with interactive modules to help students understand and manage how they feel, think and act. They choose the modules they want to complete at their own pace.

To learn how to support others...



Engage with Kognito - <https://healthymindsns.kognito.com/> (Create an account using SMU email)

Online training simulations that teach faculty, staff and students how to recognize distress, talk to someone they may be concerned about, and make a referral to the appropriate resource, if necessary.

For more information visit <https://healthymindsns.ca/>