



# Free Mental Health Resources & Services

Available to Nova Scotians  
(Updated April 3, 2023)

Resource list compiled by:  
Autism Nova Scotia



**PinwheelWellness**  
SUPPORTING COMMUNITY MENTAL HEALTH



1658 Bedford Highway  
Unit 55 Bedford Place Mall



1 (782) 321-8811  
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# Crisis Services



- **Provincial Mental Health and Addictions Crisis Line (Also known as the Mobile Crisis Team in Central Zone)**- provides crisis intervention for children, youth and adults experiencing a mental health crisis or mental distress. The service is available 24/7 to support callers who present with suicidal thoughts, self-harming thoughts or behaviours, overwhelming anxiety, difficulty coping with distress, psychotic or distorted thinking, depression, substance use difficulties or any other self-identified mental health concerns.

- **Contact:** 1 (888) 429- 8167
- **Website:** <https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>



- **Kids Help Phone- Text Line-** This confidential texting chat service allow people of ALL AGES to connect with a trained, volunteer crisis responder to support at anytime about anything. The service is free accross Canada 24/7. If you identify as Indigenous, you can ask to be connected with a First Nations, Inuk or Métis crisis responder (if one's available).

- **Contact:** Text CONNECT to 686868 OR text FIRST NATIONS, INUIT or METIS to 686868
- **Website:** [https://kidshelpphone.ca/text-about-it/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=texting&utm\\_term=child%20abuse%20hotline&utm\\_content=childabuse&gclid=EAlaIQobChMI8cqe-cmu\\_QIV5m5vBB1UGQMBEAAAYASAAEgKaW\\_D\\_BwE](https://kidshelpphone.ca/text-about-it/?utm_source=google&utm_medium=cpc&utm_campaign=texting&utm_term=child%20abuse%20hotline&utm_content=childabuse&gclid=EAlaIQobChMI8cqe-cmu_QIV5m5vBB1UGQMBEAAAYASAAEgKaW_D_BwE)



- **Talk Suicide Canada-** provides nationwide, 24-hour, bilingual support to anyone who is facing suicide.

Contact: 1 (833) 456-4566

Website: <https://talksuicide.ca/>





# Crisis Services



## CRISIS TEXT LINE |

- **Crisis Text Line-** is available for adults who are going through a difficult time and need someone to text with. This service is free and available 24/7. Special support is available for frontline workers.
  - Contact: Text NSSTRONG to 741741 OR Text FRONTLINE to 741741
  - Website: <https://www.crisistextline.org/>



- **Avalon SANE Response Line-** A 24/7 telephone response line for immediate sexual assault information and support.
  - Contact: 902-425-0122



CALL  
**911**

- **911-** for emergency support in times of crisis. Or go to nearest emergency room.  
Contact: 911





# Counselling Services



- **Couch of Hope-** Non-profit counselling clinic which provides free counselling to individuals 10+ who are in financial need (not for emergencies)

- **Address:** 192 Wyse Road Dartmouth, NS B3A 1M9
- **Contact:** (902) 707-4414
- **Website:** [www.couchofhope.com](http://www.couchofhope.com)



- **Dal Community Social Work Clinic-** Supports individuals experiencing poverty through case management, advocacy counselling and system navigation.

- **Address:** 5595 Fenwick Street, Halifax NS
- **Contact:** (902) 494-2753
- **Website:** <https://www.dal.ca/faculty/health/socialwork/programs/Dalhousie-School-of-Social-Work-Community-Clinic.html>



- **Hospice Halifax-** Provides 4 free grief counselling sessions to Nova Scotia residents 16+, as well as free group bereavement counselling.

- **Address:** 618 Francklyn Street Halifax, NS B3H 3B4
- **Contact:** (902) 446-0929
- **Website:** <https://hospicehalifax.ca/programs/>



- **Access Wellness:** A free single-session supportive counselling service for individuals, couples or families to support individuals with stress, mild to moderate anxiety and depression, relationships, general mental health, drugs and alcohol-related concerns and much more

- **Address:** Many Locations (See Website) as well as virtual
- **Contact:** 1 (833) 691--2282
- **Website:** <https://go.lifeworks.com/access-wellness-nova-scotia-en>





# Counselling Services



- **Community Mental Health & Addictions-** A team of mental health and addiction professionals who provide services on an outpatient basis. The team provides assessment, diagnosis and treatment, and outreach services that can help people to manage mental illness, addictions and concurrent disorders. Treatment may include individual or group therapy.

- **Address:** Many Locations (See Website)
- **Contact:** <https://mha.nshealth.ca/en/services/adult-community-mental-health-and-addictions-services#access>



- **Avalon Sexual Assault Center-** Individual counselling in relation to sexual abuse/assault

- **Address:** 1526 Dresden Row (4th Floor), Halifax, NS
- **Contact:** (902) 422-4240
- **Website:** [www.avaloncentre.ca](http://www.avaloncentre.ca)



- **Pause Mental Health-** A mental health drop-in program where community members can access a 45 minutes counselling session on a first-come first-served basis.

- **When:** Tuesday & Thursday 5-8PM 2131 Gottingen St (rear entrance). Wednesday 2-8PM designated rotating locations in HRM (call for details).
- **Address:** 2131 Gottingen St (rear entrance)
- **Contact:** 1 (800) 598-5270
- **Website:** [www.nechc.com](http://www.nechc.com)





# Counselling Services



- **Wellness Together Canada**- Free single session therapy. Our partners provide free support over the phone, to help you through problems big and small. When you call you'll be connected with a professional counsellor who will listen non-judgmentally to whatever's on your mind.
  - **Contact:** 1-866-5850445
  - **Website:** <https://www.wellnesstogether.ca/en-CA>





# Call/ Text/Chat Lines

**Note: Kids Help Phone services are for ALL ages- not just kids.**



- **Kids Help Phone Counsellor Online Chat-** This live chat service allows people of all ages to connect with a professional counsellor in real time (English & French) daily from 7pm-12am ET.

- **Contact/Website:** <https://kidshelpphone.ca/live-chat-counselling/>



- **Kids Help Phone- Text Line-** This confidential texting chat service allow people of all ages to connect with a trained, volunteer crisis responder to support at anytime about anything. The service is free accross Canada 24/7. If you identify as Indigenous, you can ask to be connected with a First Nations, Inuk or Métis crisis responder (if one's available).

- **Contact:** Text CONNECT to 686868 OR text FIRST NATIONS, INUIT or METIS to 686868

- **Website:** [https://kidshelpphone.ca/text-about-it/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=texting&utm\\_term=child%20abuse%20hotline&utm\\_content=childabuse&gclid=EAlaIQobChMI8cqecmu\\_QIV5m5vBB1UGQMBEAAAYASAAEgKaW\\_D\\_BwE](https://kidshelpphone.ca/text-about-it/?utm_source=google&utm_medium=cpc&utm_campaign=texting&utm_term=child%20abuse%20hotline&utm_content=childabuse&gclid=EAlaIQobChMI8cqecmu_QIV5m5vBB1UGQMBEAAAYASAAEgKaW_D_BwE)



- **Kids Help Phone Professional Counsellor Call Line-** This phone service allows people of all ages to connect with a professional counsellor ( English & French) 24/7. Phone services are also offered in Ukrainian, Russian, Pashto, Dari, Mandarin, and Arabic with the support of trained interpreters.

- **Contact:** 1-(800) 668-6868


- **Website:** <https://kidshelpphone.ca/call/>

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# Call/ Text/Chat Lines

The logo for MHinnovations, featuring the letters 'MH' in a bold, sans-serif font, followed by 'innovations' in a smaller, lowercase font. The 'i' in 'innovations' is stylized with a small figure of a person jumping or running.

- **Provincial Peer Support Line**- toll-free, non-crisis, available to all Nova Scotians 18 years of age or older.
  - **Contact:** 1-(800)-307-1686
  - **Website:** <https://www.supportyourpeople.com/peer-support-phone-service>

The logo for talk suicide CANADA, featuring the words 'talk suicide' in a bold, lowercase font, with 'CANADA' in a smaller, uppercase font below it. The logo is set against a yellow circular background.

- **Talk Suicide Canada**- provides nationwide, 24-hour, bilingual support to anyone who is facing suicide.
  - **Contact:** 1 (833) 456-4566
  - **Website:** <https://talksuicide.ca/>

The logo for nova scotia health Mental Health and Addictions Program, featuring the words 'nova scotia health' in a bold, lowercase font, with 'Mental Health and Addictions Program' in a smaller, uppercase font below it. The logo is set against a blue and green wave-like background.

- **Provincial Mental Health and Addictions Crisis Line (Also known as the Mobile Crisis Team in Central Zone)**- provides crisis intervention for children, youth and adults experiencing a mental health crisis or mental distress. The service is available 24/7 to support callers who present with suicidal thoughts, self-harming thoughts or behaviours, overwhelming anxiety, difficulty coping with distress, psychotic or distorted thinking, depression, substance use difficulties or any other self-identified mental health concerns.
  - **Contact:** 1 (888) 429- 8167
  - **Website:** <https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>

The logo for GOOD 2 TALK, featuring the words 'GOOD 2 TALK' in a bold, uppercase font, with '2' as a numeral. The logo is set against a green speech bubble background.


- **Good2TalkNS- Call Line**-Professional counsellors and trained volunteer crisis responders available 24/7 to support NS and Ontario, post-secondary students.
  - **Contact:** 1.833.292.3698 OR TEXT "GOOD2TALKNS" to 686868
  - **Website:** <https://good2talk.ca/novascotia/>

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# Call/ Text/Chat Lines

Hope for Wellness  
Helpline

- **First Nations and Inuit Hope for Wellness Help Line**- is available 24/7 to all Indigenous people across Canada.
  - **Contact:** 1-855-242-3310
  - **Website:** [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

CRISIS TEXT LINE |

- **Crisis Text Line**- is available for adults who are going through a difficult time and need someone to text with. This service is free and available 24/7. Special support is available for frontline workers.
  - **Contact:** Text NSSTRONG to 741741 OR Text FRONTLINE to 741741
  - **Website:** <https://www.crisistextline.org/>

211

- **All Gender's Helpline**- A free, confidential service for adults of all genders (18+) who have concerns about their well-being, safety, and/or the safety of others. People of all genders can access a variety of supports and services specific to their needs, including information, navigation, referrals, and brief intervention counselling.
  - **Please note:** The All Genders Helpline is not a crisis line.
  - **Contact:** 1-855-466-4994
  - **Website:** <https://ns.211.ca/services/emotional-support-helplines/all-genders-helpline/>



- **Avalon SANE Response Line**- A 24/7 telephone response line for immediate sexual assault information and support.
  - **Contact:** 902-425-0122





# Call/ Text/Chat Lines



- **Men's Helpline-** A free, confidential service for adult men (18+) who have concerns about their well-being, safety, and/or the safety of others. Men can access a variety of supports and services specific to their needs, including information, navigation, referrals, and brief intervention counselling.

- **Please note:** The Men's Helpline is not a crisis line.
- **Contact:** 1-855-466-4994
- **Website:** <https://ns.211.ca/services/emotional-support-helplines/mens-helpline/>



- **Women's Helpline-** A free, confidential service for adult women (18+) who have concerns about their well-being, safety, and/or the safety of others. Women, and individuals who identify as women, can access a variety of supports and services specific to their needs, including information, navigation, referrals, and brief intervention counselling.

- **Please note:** The Women's Helpline is not a crisis line.
- **Contact:** 1-855-466-4994
- **Website:** <https://ns.211.ca/services/emotional-support-helplines/womens-helpline/>



- **NS Mental Health & Addictions Peer Support Line-** a free phone support with people who have experienced similar mental health and /or addiction challenges.

- **Contact:** 1-800-307-1686
- **Website:** <https://www.supportyourpeople.com/peer-support-phone-service>





# Support Groups/ Coaching



- **The Grateful Wardrobe (Support Groups and Funding Application)**-Is a non-profit organization in Halifax that runs a thrift store to provide funds to pay for or subsidize counselling costs for people. They aim to provide help to those in help and a safe space to heal. They currently run several mental health and addiction support groups.
  - **Address:** 1595 Dresden Row, Halifax, NS B3J 2K4
  - **Contact:** thegratefulwardrobe@gmail.com OR (902)406-2499
  - **Website:** <https://www.thegratefulwardrobe.ca/>



- **CMHA's BounceBack Program-** a free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.
  - **Address:** Online
  - **Contact:** bounceback@cmha.ca OR 1-855-873-0013
  - **Website:** <https://bounceback.cmha.ca/>



- **Hospice Halifax-** Offer free bereavement education groups and support groups to individuals 16+ in NS that have experienced a death of a significant person.
  - **Address:** 618 Francklyn Street Halifax, NS B3H 3B4
  - **Contact:** (902) 446-0929
  - **Website:** <https://hospicehalifax.ca/programs/>





# Wellness Websites/Apps



- **Wellness Together Canada**- a website created to respond to the rise in mental health and substance use concerns since the COVID-19 pandemic. The services are available Canada-wide to provide 24/7 counselling services.
  - **Contact:** 1-866-5650445
  - **Website:** <https://www.wellnesstogether.ca/en-CA>



- **Togetherall**- a safe, online community where people support each other anonymously to improve mental health and wellbeing. Millions of people across Canada have free access through organizations, colleges and universities. Togetherall is free to all Nova Scotia residents aged 16+.
  - **Contact/Website:** <https://togetherall.com/en-ca/>



- **Therapy Assistance Online**- a suite of online tools that is designed to provide you with a tool kit of effective evidence-based resources to help you bounce back from life's disappointments or stumbling blocks. NS residents have completely anonymous, free access, 24/7/365. It's like navigating on your favorite movie app...just with content that can make a difference in how you think, feel and function!
  - **Contact/Website:** [https://taoconnect.org/what\\_is\\_tao/ns/](https://taoconnect.org/what_is_tao/ns/)





# Wellness Websites/Apps



- **Mindwell-U**- offers simple and effective tools to: decrease stress, minimize burnout, improve focus and perform and feel your best. The website is a free 30-day mindfulness challenge that helps lower stress and improve wellbeing. The challenges only take 5 minutes per day and are free to all NS residents.

- **Contact/Website:**

<https://app.mindwellu.com/novascotia/landing>



- **PSPNET**- a free, confidential therapy program for first responders and others in the public safety field

- **Contact/Website:** <https://www.pspnet.ca/>



- **HealthyMinds NS**- Is a suite of online mental health resources, available free to post-secondary students, to complement the mental health supports and services available on campuses. HealthyMindsNS was created to make sure students have access to mental health supports whenever they need them, to strengthen students' knowledge of mental health issues, and to provide a wider array of resources, particularly for students experiencing mild to moderate symptoms.

- **Contact/Website:** <https://healthymindsns.ca/>

