

NSCAD Mental Health First Aid Kit

Information

NSCAD Wellness

wellness.nscad.ca

Teen Mental Health and Transition Booklet

teenmentalhealth.org

teenmentalhealth.org/toolbox/transitions/

Call 8-1-1

811.novascotia.ca

TAO

Self-directed modules for a variety of mental health concerns such as anxiety, depression, body acceptance, and sleep problems. This is also where our counsellor conducts virtual sessions

ca.TAOconnect.org



Mental Health Support

NSCAD Counselling

Call 902-494-8260 or email OSE@sncad.ca for appointments Office of Student Experience is open 9:30 am-4 pm weekdays.

NSCAD Peer Mentors

peermentors@nscad.ca

Collective Tea Hour weekly, plus daily drop-in hours Fountain Campus room G227

Residence Assistants (RAs)

Live-in student leaders

Located on each residence floor

Applies to students in residence at King's or SMU

Good2Talk

24 / 7 helpline 1-833-292-3698 or text

'Good2talkNS' to 686868

Change 4 Life

Domestic students only

student.greenshield.ca

Wellness Together

Offers a variety of mental health resources and services including the ability to connect with a counsellor

Wellnesstogether.ca

Emergency

University Security

Fountain Campus: 902-877-0764 Port

Campus: 902-478-0234 Academy

Campus: 902-456-7759

Mental Health Mobile Crisis Team

902-429-8167

1-888-429-8167 (toll-free)

If Crisis Team is unavailable, call 9-1-1

Visit Emergency Department

IWK Health Centre (under 19) QEII

Health Sciences Centre (19+ yrs)

