

eMental Health Online Wellness Tools



MINDWELL-U

A free online 30 day challenge that takes just five minutes a day, and can be accessed anywhere and on any device.

You can also access live and recorded sessions on various mindfulness topics.

[Click here to sign up](#)



THERAPY ASSISTANCE ONLINE (TAO)

A free and private online resource available to Nova Scotians.

It includes interactive activities and videos for people having challenges with their mental health.

[Click here to sign up](#)



TOGETHERALL

A free and anonymous online peer-to-peer mental health community now available to youth and young adults in Nova Scotia!

[Click here to register,](#)
using your Nova Scotia postal code



GAMBLING SUPPORT NETWORK

Online support for those experiencing gambling problems and/or harms.

[Click here to visit their website](#)



WELLNESS TOGETHER CANADA: MENTAL HEALTH AND SUBSTANCE USE SUPPORT

Free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.

[Click here to access](#)

