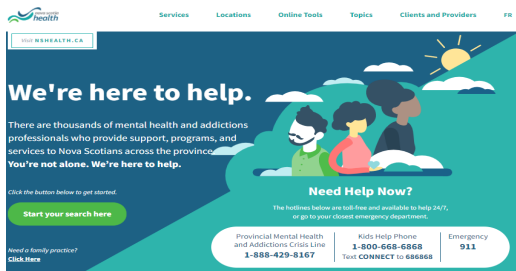







# Mental Health and Addiction Services Online Tools

Visit [MHAhelpNS.ca](https://MHAhelpNS.ca) and click on "Online Tools"



- Free, available 24/7
- \*No referral needed (for most services)
- Confidential
- Work at your own pace
- Non-crisis supports

Who is it for?	Information about	How can it help?	Format
 <p><b>All ages</b></p>	<ul style="list-style-type: none"> <li>• Common mental health and substance use conditions</li> <li>• Mental Health and Addictions Program's services</li> <li>• Community resources</li> </ul>	<ul style="list-style-type: none"> <li>• Getting information to help you find mental health and addictions programs and other resources near you.</li> </ul>	<ul style="list-style-type: none"> <li>• Self guided</li> <li>• Answer questions about yourself to get tailored search results.</li> </ul>
 <p><b>Youth and adults aged 16 years and older</b></p>	<ul style="list-style-type: none"> <li>• Support from people that have experienced mental health issues (like anxiety, stress, depression, panic, anger and more).</li> </ul>	<ul style="list-style-type: none"> <li>• Connect and share with others in a safe place.</li> </ul>	<ul style="list-style-type: none"> <li>• Monitored 24/7 by health professionals</li> <li>• Discussion boards</li> <li>• Courses, resources</li> <li>• Self-evaluation</li> <li>• Create art</li> </ul>
 <p><b>Youth and adults aged 15 years and older</b></p>	<ul style="list-style-type: none"> <li>• Stress and anxiety</li> <li>• Relationship problems</li> <li>• Managing anger</li> <li>• Communicating better</li> <li>• Substance use</li> <li>• Problem solving skills</li> </ul>	<ul style="list-style-type: none"> <li>• Learn skills to manage depression and anxiety.</li> <li>• Assess your drug and/or alcohol use.</li> </ul>	<ul style="list-style-type: none"> <li>• Virtual Assistant finds information that is right for you.</li> <li>• Set goals and track your progress.</li> <li>• Gives reminders and encouragement.</li> </ul>
 <p><b>Youth and adults aged 15 years and older</b></p>	<ul style="list-style-type: none"> <li>• Coping skills and mental wellness.</li> <li>• Information about how to engage and focus.</li> <li>• Communication and managing conflicts.</li> <li>• Building a mindfulness practice.</li> </ul>	<ul style="list-style-type: none"> <li>• Improve motivation, focus, and resilience.</li> <li>• Improve your communication skills and build better relationships.</li> <li>• Learn mindfulness.</li> </ul>	<ul style="list-style-type: none"> <li>• Educational sessions</li> <li>• Daily activity reminders</li> <li>• Sign up with a friend</li> </ul>
 <p><b>Youth and adults aged 16 years and older</b></p>	<ul style="list-style-type: none"> <li>• Therapy for mild to moderate anxiety and depression.</li> <li>• Staying motivated</li> <li>• Cognitive behavioral therapy (CBT)</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to spot negative thoughts and behaviours.</li> <li>• Lower your symptoms of anxiety and depression.</li> </ul>	<ul style="list-style-type: none"> <li>• Interactive tools and modules</li> <li>• Individual coaching</li> <li>• Skill building activities and reading</li> </ul>