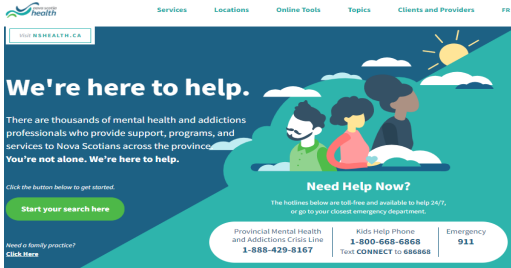







Mental Health and Addiction Services Online Tools

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