

We are here to listen and support you.

Nova Scotia Health is here to listen and support residents in this difficult time. Mental Health and Addictions has a variety of mental health and addictions programs and services available.

- People in Nova Scotia can **text HopeNS to 393939** to subscribe for **six months of supportive text messages, free of charge**. **HopeNS** is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours stressful times might provoke. People receive a set of daily messages that offer advice and encouragement helpful in developing healthy personal coping skills and resiliency. Community members subscribe to receive ongoing supportive content. There is no cost. However, standard message rates may apply.
- Nova Scotians can continue to **self-refer to Nova Scotia Health's Mental Health and Addictions program** by calling the Intake Service (toll-free) **1-855-922-1122**, to be connected to a clinician Monday to Friday, 8:30 a.m. to 4:30 p.m., with extended hours until 8:00 p.m. on Tuesdays. The Intake Service provides triage, screening, and navigation for programs offered through Mental Health and Addictions program at Nova Scotia Health (and IWK). This line has voicemail only on evenings and weekends.
- **Access Wellness Nova Scotia** is a free single-session supportive counselling service for individuals, couples or families. Trained counsellors can help people manage stress, mild to moderate depression or anxiety, relationship issues, general mental health concerns, concerns related to alcohol and drug use, loss and more. Visit **AccessWellnessNovaScotia.ca** or call **1-833-691-2282** to make an appointment.
- The **Peer Support Telephone Service** is available to all Nova Scotians 18 and up, experiencing mild mental health and/or substance use concerns or, who are feeling isolated, alone, anxious, distressed, or need someone to talk to who will listen with empathy and without judgment. The trained Peer Supporter will provide non-urgent social and emotional support, reassurance, and encouragement to callers, as well as information regarding community services. Call toll free at **1-800-307-1686**.

The **Provincial Mental Health and Addictions Crisis Line** is available 24/7 for anyone experiencing a mental health crisis or someone concerned about them. Call (toll-free) **1-888-429-8167**.

- ◆ Nova Scotia Health’s Mental Health and Addictions program (MHAP), has **free e-Mental Health and Addictions tools** available to all Nova Scotians. These tools include:
 - Tranquility – Free support for people experiencing mild to moderate anxiety and depression. Tranquility can be completed at your own pace with the support of a coach.
 - Mindwell U - free online support that takes just five minutes a day, and can be accessed anywhere and on any device. This service is available in English and French.
 - Therapy Assistance Online (TAO) – free and private online resource that includes interactive activities and videos for people having challenges with their mental health. This service is available in English and French.
 - Gambling Support Network – online support for those experiencing gambling problems and/or harms.
 - Wellness Together Canada – mental health and substance abuse support that contains free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.
 - Togetherall – free and safe online peer-to-peer mental health community that empowers individuals to anonymously seek and provide support 24/7. It is available to all youth and young adults aged 16- 29, providing an inclusive and supportive place to connect with others with real lived experience with common mental health concerns. To sign up go to togetherall.com and use your Nova Scotia postal code to register.

- ◆ Visit Mental Health and Addiction’s program **website**, <http://MHAhelpNS.ca>, to learn more about our services, resources, and tools.