

# Mental Health and Addiction Online Tools

E-mental health and addiction tools are online resources for people who want to address their mental health and substance use issues or who are supporting others.

E-mental health and addiction tools can be helpful for people who may not have access to traditional mental health and addiction services, or for those who prefer to seek help online.

Scan the QR code or click the link to each tool to find out more and sign up!

- Free & available 24/7
- No referral needed
- Confidential and secure
- Work at your own pace
- Visit [MHAhelpNS.ca](https://mha-help.ns.ca) to learn more about all our services and find more free tools



## togetherall

- Togetherall is an online peer support platform designed to provide individuals with a safe and anonymous space to connect with others who are experiencing mental health challenges.
- The platform offers a range of tools and resources, including:
  - discussion boards on a variety of topics,
  - self-assessment tests, and
  - online courses.
- Togetherall is staffed by trained professionals who monitor the platform and provide guidance and support to users as needed.

Access Togetherall at:

<https://togetherall.com/en-ca> or scan the QR code.

*\*Use your postal code to sign up.*



## Tranquility

by Green Shield\*



- Tranquility is an internet-based cognitive behavioral therapy program designed to help individuals manage symptoms of mild to moderate anxiety and depression.
- Using evidence-based techniques, Tranquility provides users with personalized coaching support and guidance through a series of online exercises.
- The exercises include how to notice and change negative thinking patterns, how to identify and set goals, and monitor progress.
- These exercises help users develop coping skills and deal with their anxiety or depression.

Access Tranquility at:

<https://www.tranquility.app/novascotia> or scan the QR code





- Therapy Assistance Online (TAO) is an online tool kit of effective evidence-based self-help modules.
- Users have completely anonymous and free access to content that can make a difference in their lives.
- The platform also includes:
  - Assessment tools and
  - Personalized feedback to help users monitor their progress and achieve their mental health goals.

Access TAO at:  
[https://taoconnect.org/what is tao/ns/](https://taoconnect.org/what-is-tao/ns/) or scan the QR code.



- Mindwell offers a platform that provides users with access to self-help modules, mindfulness exercises, and guided meditations to help reduce stress and anxiety.
- The platform also offers live online courses and support to help integrate mindfulness into the daily lives of its users.
- Through its live course and large library of content, Mindwell uses evidence-based techniques to help users develop coping skills and improve their mental health.

Access Mindwell at  
<https://app.mindwellu.com/novascotia> or scan the QR code



- Kids Help Phone provides free, confidential, and anonymous counselling services to children, youth and young adults aged 5 to 29.
- The organization offers a variety of services including:
  - phone counselling,
  - online chat and text messaging support,
  - a community forum and
  - self-guided educational courses on a variety of youth focused topics.
- Kids Help Phone's trained counsellors provide support on a wide range of issues including mental health, relationships, bullying, and abuse. The organization also offers resources and referrals to other community services.

Access Kids Help Phone at:  
<https://kidshelpphone.ca> or scan the QR code

