# Mental Health and Addiction Online Tools

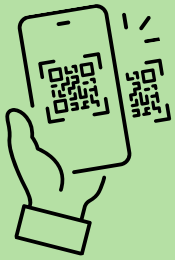
nova scotia health
Mental Health and Addictions Program

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** 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