

Good2Talk Nova Scotia:

Good2Talk is a **free**, confidential helpline providing professional counselling and information and referrals for mental health, addictions, and well-being to post-secondary students in Nova Scotia, 24/7/365.



1.833.292.3698
Nova Scotia

Post-Secondary Student Helpline

Crisis Text Line:

Crisis Text Line Powered by Kid's Help Phone is a Canadian **text-based volunteer-support service** available 24/7/365.

Just Text:

Good2TalkNS

To 686868

to be connected to a volunteer-supporter from the privacy of your phone.

Website: Kidshelpphone.ca/text

Togetherall:

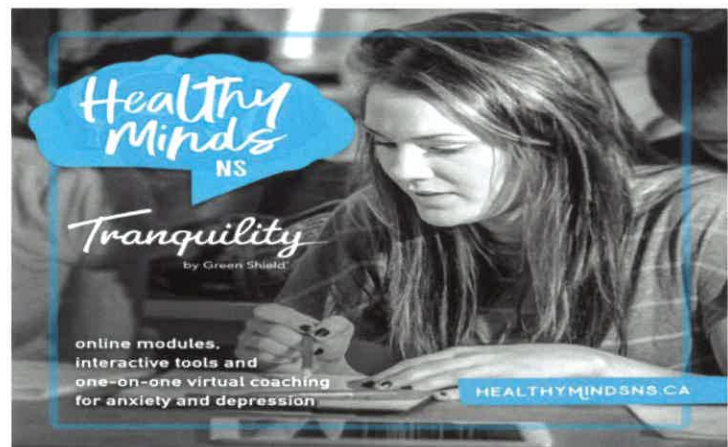
Togetherall's online peer-to-peer community is clinically moderated by registered mental health practitioners and offers students a safe and anonymous place to express their thoughts, concerns, and triumphs 24/7.

16+

Join for free at:

togetherall.com

Togetherall is now **FREE** and for **ALL** youth and young adults 16-29 in Nova Scotia!



ON CAMPUS (and Helpline) RESOURCES FOR STUDENTS

Counselling Centre: counselling@acadiau.ca or 902-585-1246

- Book an appointment via email: counselling@acadiau.ca

Student Health Services: studenthealth@acadiau.ca or 902-585-1238

Coordinator, Campus Health Promotion:

Peer Support:

- Pride: pride@acadiau.ca
- Women's Centre: womens.centre@acadiau.ca
- Mental Health Initiative: mhi@acadiau.ca

Sexualized Violence Response & Education Coordinator: svrec@acadiau.ca or 902-585-1182

Chaplain and Dean of the Manning Memorial Chapel:

The Reverend Marjorie Lewis, PhD: marjorie.lewis@acadiau.ca or 902-585-1203

Accessible Learning Services: accessible.learning@acadiau.ca or 902-585-1823

Student Advisor: Adam Detienne: adam.detienne@acadiau.ca or 902-585-1453

Indigenous Student Resource Centre : indigenous@acadiau.ca

Indigenous Student Advisor: Darlene Copeland: darlene.copeland@acadiau.ca

International Students (Wong Centre): international@acadiau.ca or 902-585-1690

Equity office: equity@acadiau.ca or 902-585-1298

Coordinator, African Descent Student Opportunity and Success: Dotun Olutoke:
dotun.olutoke@acadiau.ca

Coordinator, Residence Education: Brent LeGrow: brent.legrow@acadiau.ca or 902-585-1415

Cooperative Education and Career Services: career.services@acadiau.ca

Sexual Health Resource Centre: shrc.asu@acadiau.ca

For Staff & Faculty: HealthyMinds NS resources: <https://healthymindsns.ca/video-resources/>

Mental Health Crisis Line: 1-888-429-8167

First Nations and Inuit Hope for Wellness Helpline: 1-855-242-3310

Trans Lifeline: 1-877-330-6366

The Trevor Project for 2SLGBTQIA+: 1-866-488-7386

I.M. WELL App or 1-833-398-9040