

Stronger Together



Our province has experienced an unimaginable tragedy on top of COVID-19. More than ever, it is important that we support each other.

Take care of yourself. Check on your neighbours. There is help if you need it.



To access NSHA or IWK mental health or addictions service or programs, call **1-855-922-1122**.



If you or a loved one is experiencing a mental health or addictions crisis, call the Mental Health Mobile Crisis Line (24/7), **902-429-8167** or **1-888-429-8167**, or call **911**.

24/7 phone and text support:



Kids Help Phone: Support for young people. **1-800-668-6868** or text **NSSTRONG** to **686868**

CRISIS TEXT LINE |

Crisis Text Line: Texting support for adults. Text **NSSTRONG** to **741741**

Frontline workers can text **FRONTLINE** to **741741**



Good2Talk: Post-Secondary Student Helpline. **1-833-292-3698** or text **GOOD2TALKNS** to **686868**.

Post-Secondary Student Helpline

novascotia.ca/mental-health



Take care of each other

