

NSCAD Mental Health First Aid Kit



Information

NSCAD Wellness
wellness.nscad.ca

Teen Mental Health and Transition Booklet
teenmentalhealth.org
teenmentalhealth.org/toolbox/transitions/

Because Your Mind Matters
becauseyourmindmatters.ca

Call 8-1-1
811.novascotia.ca

TAO
Has an online mindfulness library
thepath-ca.TAOconnect.org

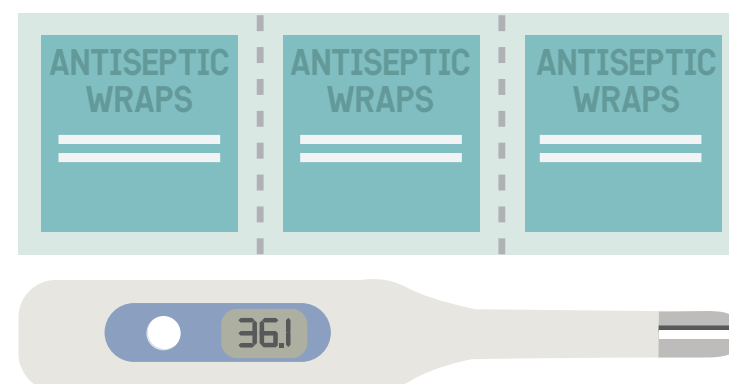
Peer Support

NSCAD Peer Mentors
peermentors@nscad.ca
Collective Tea Hour weekly,
plus daily drop-in hours
Fountain Campus room G227

7 Cups
Online peer support
www.7cups.com/p/nscad
password:nscadwellness

Residence Assistants (RAs)
Live-in student leaders
Located on each residence floor
*Applies to students in residence
at King's or SMU*

I. M. Well
Student Support Program
International students only
1-877-234-5327
imwell.ca



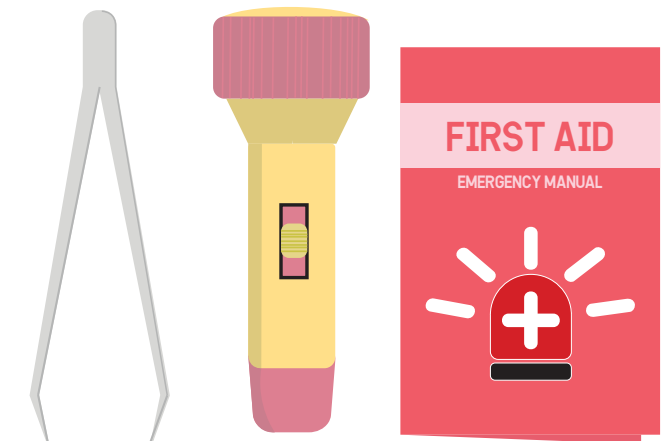
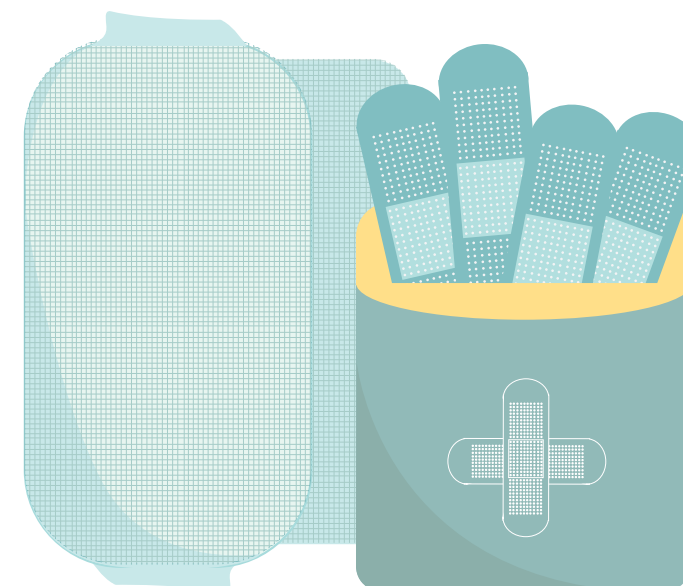
Professional Counselling

NSCAD Counselling
Call 902-494-8260 for appointments
Office of Student Experience is open
9:30 am-4 pm weekdays

Good2Talk
24/7 helpline
1-833-292-3698

TAO
Online conferencing with counsellors
thepath-ca.TAOconnect.org

Change 4 Life
Domestic students only
student.greenshield.ca



Emergency

University Security
Fountain Campus: 902-877-0764
Port Campus: 902-478-0234
Academy Campus: 902-456-7759

Mental Health Mobile Crisis Team
902-429-8167
1-888-429-8167 (toll-free)
If Crisis Team is unavailable, call 9-1-1.

Visit Emergency Department
IWK Health Centre (under 19)
QEII Health Sciences Centre
(19+ yrs)