

## Health Care Services

As a NSCAD University student, you are insured up to certain amounts, whether you are a domestic student, an international student, or have opted out and are using a family member's plan. Check the online information for your plan for detailed information. For the Domestic Student Health Plan (Greenshield), direct your questions to the Student Union (SUNSCAD: [suadmin@nscad.ca](mailto:suadmin@nscad.ca)). For the International Student Health plan, direct questions to Colleen Ralph ([colleen.ralph@cc.international.ca](mailto:colleen.ralph@cc.international.ca)). Typically, as a domestic or international student, you may be able to claim up to \$1000 per year in private psychological counselling services.\*

### ***NSCAD Students are encouraged to access student centred health services at St. Mary's University:***

**Saint Mary's University Student Health Services (902-420-5611)**

**Room 431, 4<sup>th</sup> Floor, Student Services Building, 923 Robie Street, Halifax, NS**

SMU Student Health Services will do everything possible to keep students healthy, to be supportive and to treat illness and injuries quickly so that class absences can be kept to a minimum. Education, including knowledge of current health issues, testing and counseling are available at Student Health Services to help students reach their optimum potential. Call 902-420-5611 for an appointment. For emergencies, Jane Collins, the Nurse Manager can be reached at 471-8129. In addition, especially for students planning to stay in Halifax after graduation who would like a local physician, the Nova Scotia Government website has a list of Doctors who are accepting new patients: [needafamilypractice.nshealth.ca](http://needafamilypractice.nshealth.ca).

For students seeking mental health services, it is recommended that you see a local physician and get a referral to a local psychologist, the Early Psychosis Program (<http://earlypsychosis.medicine.dal.ca/>), or the Bayers Road Community Mental Health Clinic (<http://www.nshealth.ca/mental-health-addictions>). As well, St. Mary's University Student Health Services has access to a psychiatrist.

## PSYCHOLOGISTS

### **On-site Counselling**

NSCAD University has an on-site counsellor in the Office of Student Experience. If you require short-term, solution-focused therapy, or if you are looking for a referral to an appropriate mental health professional for longer-term support, a meeting with our counsellor is a good place to start. Appointments can be booked through the Office of Student Experience at [OSE@nscad.ca](mailto:OSE@nscad.ca). Our counsellors can make outside referrals to specialized psychologists, if needed, for which you can bill your NSCAD student health plan (but there is a co-pay portion). Another option is the Association of Psychologists of Nova Scotia's search tool: <https://apns.ca/find-a-psychologist/>

**NSCAD's Peer Support Program** typically offers one-on-one peer support in the evenings in Room G227. Peer Support is one of the most effective strategies for individuals living with mental illness who are trying to maintain their mental health in a stressful academic environment, and even for students without a diagnosis of mental illness who are encountering less than functional mental health due to the stresses of school, relationships, being away from home, etc.... The Peer Mentors have lived experience with mental illness and are current NSCAD students, putting them in an ideal place to serve as positive examples for students coping with mental health problems or having difficulty adjusting to life at NSCAD. During the COVID closure, they will be offering peer support in online groups, in Teams, facebook and Instagram.

## E-MENTAL HEALTH RESOURCES

NSCAD students also have access to a variety of e-mental health resources, including 7cups.com (<https://7cups.com/p/nscad> with password: "nscadwellness") and TAO (<https://thepath-ca.TAOconnect.org>).