

Mental health resources: Nova Scotia

Name	Contact	Information	Location	Type of resource	Type of support	Target demographic	Serves adults (18+)	Serves children (0–12)	Serves youth (13–17)	Serves families	Language (s) spoken
Canadian Mental Health Association Nova Scotia	novascotia.cmha.ca	CMHA provides a list of mental health resources and education/information about mental health.	Nova Scotia	Resource hub	Wellness support	General population	Yes	Yes	Yes	Yes	English
Doctors Nova Scotia's Professional Support Program	1-855-275-8215	Provides confidential peer-to-peer support for members and their families who are dealing with personal or professional problems.	Nova Scotia	Telephone	Peer support	Healthcare providers and their families	Yes	Yes	Yes	Yes	English
Eskasoni Crisis Line	1-855-379-2099	24/7 Crisis support for members of Mi'kmaq communities.	Nova Scotia	Telephone	Crisis support	Indigenous population	Yes	—	—	—	English
Eskasoni Mental Health Services	eskasonimentalhealth.org	Provides in-person mental health services for Indigenous peoples of Eskasoni, Nova Scotia.	Nova Scotia	In-person service	Wellness support	Indigenous population	Yes	Yes	Yes	Yes	English
Healthy Minds Cooperative	healthyminds.ca	Offers free wellness programs, peer-support groups, and navigation to mental health services (in-person and online).	Nova Scotia	Online services and in-person services	Wellness support	General population	Yes	—	—	—	English
Mental Health and Addictions Services	1-855-922-1122	Clinicians available from Monday to Friday, 8:30 a.m. to 4:30 p.m.	Nova Scotia	Telephone	Wellness support and addiction support	General population	Yes	—	—	—	English
Mental Health Mobile Crisis	1-902-429-8167	24/7 provincial telephone crisis line for	Nova Scotia	Telephone	Crisis support	General population	Yes	Yes	Yes	Yes	English

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Team

children, youth, or adults who are experiencing a mental health crisis. Service is mobile for Halifax region.

MindWell-U	app.mindwellu.com/novascotia	A virtual education platform that provides people with tools and activities to reduce their stress levels.	Nova Scotia	Online service	Wellness support	General population	Yes	—	—	—	English , French
Nova Scotia Health: Mental Health and Addictions Tools	mha.nshealth.ca/en/tools	A list of free online resources for Nova Scotians.	Nova Scotia	Navigation tool	Wellness support and addiction support	General population	Yes	Yes	Yes	Yes	English , French
Nova Scotia Peer Support Line	1-800-307-1686	Available to all Nova Scotians aged 18 and older. The line is staffed by trained peer supporters who have personal or family-based lived experience with mental health and/or substance use challenges.	Nova Scotia	Telephone	Wellness support	General population	Yes	—	—	—	English
Nova Scotia Warm Line	1-833-927-6546	Staffed by "peers" who have had their own experiences of trauma.	Nova Scotia	Telephone	Wellness support	General population	Yes	—	—	—	English
NS First Responders Mental Health	firstrespondersmentalhealthns.com	Offers treatments, resources, and education on mental health for first responders in NS.	Nova Scotia	Online service	Wellness support	Health care providers, public safety personnel, and their families	Yes	Yes	Yes	Yes	English
prideHealth	902-487-0470	Provides access to mental health and	Nova Scotia	Online service	Wellness support	LGBTQ2SIA+	Yes	Yes	Yes	Yes	English , French

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		addictions providers, peer support, social groups, and workshops.									
Provincial Mental Health Crisis Line	1-888-429-8167	Provides 24/7 crisis intervention for children, youth, and adults.	Nova Scotia	Telephone	Crisis support	General population	Yes	Yes	Yes	—	English
Union of Nova Scotia Mi'kmaq Mental Wellness Team	unsm.org/dept/mental-wellness	Offers counselling, workshops, and other in-person programs.	Nova Scotia	In-person service	Wellness support	Indigenous population	Yes	Yes	Yes	Yes	English