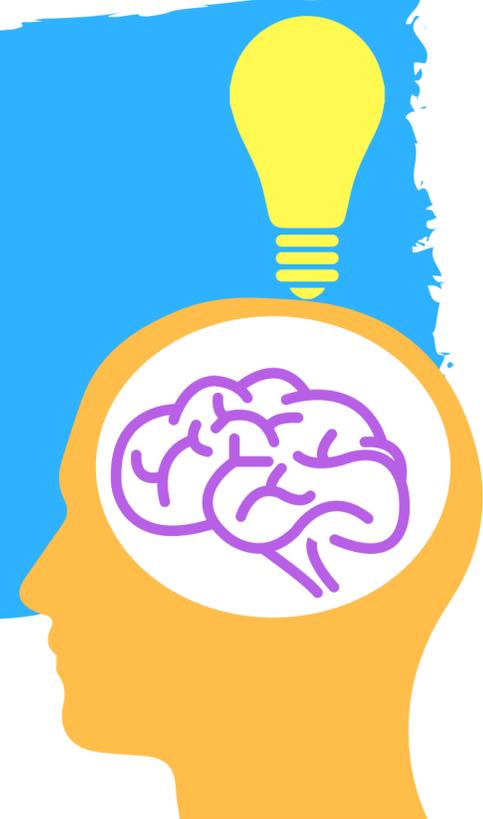


# MENTAL HEALTH! RESOURCES & INFO



## **Kids Help Phone**

<https://kidshelpphone.ca/>  
1-800-668-6868

Kids Help Phone is Canada's only national 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth.

## **Trans Lifeline**

A Crisis Hotline by and for the transgender community. <https://www.translifeline.org> - 877-565-8860

## **Laing House**

Laing House is a drop-in centre for youth aged 16 – 29 living with a mood disorder, psychosis and/or anxiety disorder. Based on peer support, members can meet friends who have gone through similar experiences and support each other as they find wellness. <http://www.lainghouse.org/>

## **211 Nova Scotia**

211 Nova Scotia is a free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year, in over 150 languages. Dial 211 on your phone to be connected or search the website at [ns.211.ca](http://ns.211.ca)

## **Mental Health Foundation of Nova Scotia**

A directory of existing organizations, resources and support:

<https://www.mentalhealthns.ca/resources/#Organizations>

## **Teen Mental Health**

Our vision is to help improve the mental health of youth by the effective translation and transfer of scientific knowledge. Our model is to use the best scientific evidence available to develop application-ready training programs, publications, tools and resources that can be applied across disciplines to enhance the understanding of adolescent mental health and mental disorders.

<http://teenmentalhealth.org/>

## **The Nova Scotia Mental Health Crisis Telephone Line**

902-429-8167 or 1-888-429-8167 (toll free).

is delivered by the Mental Health Mobile Crisis Team (MHMCT). This provincial service provides crisis intervention for children, youth and adults experiencing a mental health crisis or mental distress. The service is available 24 hours a day, seven days a week, to support callers who present with suicidal thoughts, self-harming thoughts or behaviors, overwhelming anxiety, difficulty coping with distress, psychotic or distorted thinking, depression, substance use difficulties or any other self-identified mental health concerns. Crisis is self-defined by the individual calling for support. The crisis line also supports families, friends, community agencies and others to manage mental health crisis through education, outreach and consultation.

Your notes here: