

# MENTAL HEALTH SUPPORTS in the Maritimes

## Nova Scotia:

### Immediate & Crisis Support

- **9-8-8 Suicide Crisis Helpline**: Call or text 988 (24/7).
- **Provincial Mental Health & Addictions Crisis Line**: 902-429-8167 or 1-888-429-8167 (24/7) for urgent support.
- **Peer Support Phone Service**: 1-800-307-1686 (connects with peers with lived experience).



### General Counselling & Navigation

- **211**: Call or text 211 for referrals to local health & social services.
- **NS Health Intake**: 1-855-922-1122 to access community mental health services.
- **CMHA Nova Scotia**: Canadian Mental Health Association offers various programs and resources.
- **Strongest Families Institute**: Telephone coaching for families (referral needed).
- **Therapy Assistance Online (TAO)**: Free, anonymous online tools for NS residents.

**Reach Out NS:** <https://reachoutns.ca/get-help/>

**Couch of Hope:** <https://couchofhope.ca/>

Free mental Health counselling services in NS. Mental Health services for Nova Scotians who do not have insurance and cannot afford to pay out of pocket.

## Prince Edward Island Mental Health Services

### Key Resources for Immediate & Ongoing Support

- **Mental Health & Addictions Phone Line**: Call 1-833-553-6983 (24/7) for immediate help, answered by nurses or social workers.
- **9-8-8 Suicide Crisis Helpline**: Call or text 9-8-8 for 24/7 crisis support for anyone in Canada.

- **Open Access Counselling:** Walk-in clinics for immediate, in-person support without an appointment (check locations/hours). 902-368-4120  
[www.princeedwardisland.ca/en/information/health-pei/mental-health-and-addictions-open-access-counselling](http://www.princeedwardisland.ca/en/information/health-pei/mental-health-and-addictions-open-access-counselling)
- **Mobile Mental Health Response Service:** For crisis situations, available via the phone line (10 a.m. - 10 p.m. daily) for in-person assessment.  
toll-free: 1-833-553-6983.
- **MHA Patient Navigator:** Call 902-218-3289 or email [MHApatientnavigator@ihis.org](mailto:MHApatientnavigator@ihis.org) to find programs.

### **NB Mental Health Services**

- **Provincial Helpline:** 1-866-355-5550 (24/7 for info, support, & referrals).
- **Suicide Crisis Helpline:** Call or text 988 (24/7).
- **Hope for Wellness:** 1-855-242-3310 (Indigenous Mental Health).

### **PRIVATE COUNSELLORS:**

*\* both are long-time, active Christians*

**Margaret McDonell**

**Counsellor, MEd, RCT, CCC**

(902) 431-3916

[www.psychologytoday.com/ca/therapists/margaret-macdonell-halifax-nb/1603110](http://www.psychologytoday.com/ca/therapists/margaret-macdonell-halifax-nb/1603110)

**Stephen Doucet Campbell**

**Counsellor, MA, RCT, RP**

(782) 828-8152

[www.windmillcounsellingtherapy.ca](http://www.windmillcounsellingtherapy.ca)

\*END\*