

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
- **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@ihs.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

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