



Saint Mary's University

For more information on mental health resources visit: www.healthymindsns.ca

24/7 Resource

SMU Resource

Off Campus Resource

Call 911 for urgent emergencies
(includes fire, medical and police resources)

Hospital Emergency Departments
IWK Health Centre (under 19 years)
5941 South Street, Halifax
QEII (19+ years)
1799 Robie Street, Halifax

Loyola Residence Desk
902-420-5591

University Security
Emergency 902-420-5000
Non-emergency 902-420-5577

Emergency Support

Mental Health Mobile Crisis Team
902-429-8167
1-888-429-8167 (toll free)

Wellness Together Canada
1-866-585-0445
1-888-668-6810 (youth)
wellnesstogether.ca

Good2Talk
1-833-292-3698
Text Good2TalkNS to 686868

Call 811 for non-urgent medical issues

Togetherall
www.togetherall.com

Phone & Online Support

Community Mental Health and Addiction Services
Intake Line
1-855-922-1122

Student Health Clinic
902-420-5611
student.health@smu.ca

International Student Centre
902-420-5525
international.centre@smu.ca

Sexual Violence Support Centre
902-420-5215
sexualviolence@smu.ca
www.smu.ca/svsc

Indigenous Student Advisor
indigenous.advisor@smu.ca

Black Student Advisor
blackstudent.advisor@smu.ca

The Counselling Centre
902-420-5615
counselling@smu.ca

Tranquility
www.tranquility.app/novascotia

Professional Support

SMUSA VP Advocacy
vpadvocacy.smusa@smu.ca

Mental Health Advocates
<http://smu.brightspace.com/d2i/login>

Peer Support
peer.support@smu.ca

Accessibility Wellness Ambassador
accessibility.wellness@smu.ca

Sexual Violence Prevention Initiative (SVPI) Program
svpi@smu.ca

Peer Success Coaching Program (for new students)
peercoaching@smu.ca

2SLGBTQ+ Wellness Ambassador
2SLGBTQ.wellness@smu.ca

Residence Assistants (RAs)
Live on each floor in Residence
residence.housing@smu.ca

Therapy Assistance Online (TAO)
<https://ca.taoconnect.org>

Peer Support & Self Education

Others Trained in Mental Health

Staff and faculty who have completed **The Mental Health Series (Mental Health 101, 202, 303 and International Student Mental Health)**

How to Use this Guide:

This guide has been divided into sections to help you select the best resource based on your mental health needs.

Emergency Support is for emergencies when you are in need of immediate assistance and can't wait.

Online/Phone Support includes a wide range of self-help services such as webinars, apps, self-assessments, videos and more. It also includes confidential counselling and support via telephone or text. This section is recommended for non-emergency, 24-hour support.

Professional Support includes a range of free on and off-campus resources from qualified professionals who provide mental health related services. They can also make referrals to other resources, if needed. This section is recommended for non-emergency support that is accessible during set business hours.

Peer Support + Self Education includes services provided by students and staff on campus who serve as educational resources and support persons. Some students/staff have lived experience with mental health concerns and some services are specific for certain student groups. This category also includes online self guided learning.

911 or Hospital Emergency Departments

Emergency response and care for a variety of situations, including mental health.

University Security

A 24/7 dispatch desk as well patrol officers providing security services including incident and first aid response.

811

Speak with a registered nurse for non-emergency health information and guidance.

Mental Health Mobile Crisis Team

A team of mental health professionals offering 24/7 confidential, non-judgemental crisis support over the phone or in person (if requested and availability allows).

Student Health Clinic

An on-campus medical clinic offering health care to all Saint Mary's students. Three physicians and a Registered Nurse (RN) on staff.

Loyola Residence Desk

Residence Services Officers manage the desk and patrol each residence building regularly. They can help respond to emergencies 24/7.

Good2Talk

Professional counselling, crisis support and information and referrals about mental health services available 24/7 via telephone or text.

Togetherall

Online peer community moderated by mental health professionals available 24/7 for post secondary students to get mental health support.

Wellness Together Canada

24/7 resource available, even while out of the country, including phone counselling, self assessments, videos, peer support and more.

Sexual Violence Support Centre

The Sexual Violence Advisor receives disclosures and/or reports of sexual violence from students, staff or faculty and can offer short and long-term support for various needs as a result of sexual violence. They also provide prevention education and training.

Community Mental Health and Addictions Services

Provides mental health and addictions services, including individual counselling, psychiatry access and group therapy.

International Student Centre

They help international students adjust to life in Canada through visa and study permit support, information sessions/sharing, social activities, mentorship programs, assistance with personal issues, volunteer opportunities and more.

Indigenous Student Advisor

Provides support, engagement and assistance to Indigenous students at Saint Mary's.

Therapy Assistance Online (TAO)

E-mental health resource with modules, self-guided tools, progress measures and a mindfulness library.

Mental Health Advocates

E-mental health program hosted via Brightspace which includes modules on various mental health topics. Completion of MHA is eligible for CCR hours.

Residence Assistants (RAs)

Senior student leaders who aim to promote a fun, friendly and fulfilling residence experience. RAs live on each Residence floor and help keep students informed while supporting your needs.

Wellness Ambassadors (2SLGBTQ+ and Accessibility)

Trained upper year students who host wellness-related social activities for their respective communities. Available Sept-April yearly.

The Counselling Centre

Offers a broad range of free, confidential services including individual counselling for SMU students, psychoeducational workshops and mental health training.

Tranquility

Internet-based Cognitive Behavioural Therapy program that includes online modules, interactive tools and one-on-one virtual coaching (through text messaging and/or weekly video or phone sessions) for up to 26 weeks for individuals with mild-moderate anxiety and depression.

Black Student Advisor

Provides support, engagement and assistance to Black students at Saint Mary's.

Sexual Violence Prevention Initiative (SVPI) Program

A team of students who are passionate about the education and prevention of sexual violence at SMU and beyond. They work with the Sexual Violence Advisor and are committed to raising awareness about sexual and gender-based violence; providing peer education on consent, healthy relationships, and bystander intervention and; fostering a culture of safety and respect.

Peer Support

Trained upper-year SMU students who have lived experience with mental health and understand the challenges of being a student. Confidential and open to all students. Drop-in to meet one on one or join their events and programs. Offered Sept-April yearly.

Peer Success Coaching Program

Upper year student coaches available to each new student for their first year at SMU. They aim to help guide new students through their transition to university life and academics, accessing campus resources, problem-solving, goal-setting and getting involved on campus.

SMUSA VP Advocacy

Advocates on behalf of students both on and off campus for greater rights. They represent the student voice on SMU's Board of Governors and other important committees.



**Saint Mary's
University**

Mental Health Resource Guide for SMU Students

