



FREE MENTAL HEALTH SUPPORTS IN HALIFAX AND ONLINE

Whether you're a CCFSC speaker, attendee, organizer, or supporter, it's okay to feel impacted by what's discussed. This guide lists free mental health and wellness supports available in Halifax and online. You are not alone, and reaching out is a sign of strength.

If you are in crisis or need immediate help

- **911:** Emergency services
- **211:** All genders/Men's/Women's helpline; HRM Crisis Assistance and Response Team (CARE Team)
- **Provincial Mental Health Mobile Crisis Team: 1-888-429-8167 (24/7)**
- **Suicide Crisis Helpline (Canada): Call/Text 988 (24/7)**
- **QEII Halifax Infirmary (Adults): 902-473-2700 (Main Switchboard)**
- **IWK Health Centre Emergency (Youth ≤19): 902-470-8888**

Free & Confidential Phone/Text Supports

- **811 Healthline (NS):** Non-emergency health & mental-health info, (24/7)
- **Kids Help Phone: 1-800-668-6868 | text CONNECT to 686868 (24/7)**
- **Good2Talk (post-secondary): 1-833-292-3698 | text GOOD2TALKNS to 686868 (24/7)**
- **Hope for Wellness (All Indigenous people): 1-855-242-3310 (24/7 phone/chat)**
- **Eskasoni Mental Health Services (Indigenous): 1-855-379-2099**
- **Black Community Support Line (Association of Black Social Workers): 1-855-732-1253**
- **Trans Lifeline (peer support for trans & gender-diverse people): 1-877-330-6366**

Free Local & Online Supports

- **PAUSE Mental Health Program** (free counselling from North End Community Health Centre): **1-800-598-5270**
- **NS Mental Health & Addictions – Central Intake:** **1-855-922-1122** (public services)
- **Phoenix Centre for Youth (≤24):** **902-422-3105**
- **Laing House (16–29):** Peer support | **902-425-9018**
- **Mi'kmaw Native Friendship Centre:** **902-420-1576**
- **YMCA Centre for Immigrant Programs:** Newcomer Crisis Prevention, Intervention and Integration **902-457-9622**
- **Sexual Assault Nurse Examiner (SANE) Halifax:** **902-425-0122** (24/7)
- **Avalon Sexual Assault Centre:** Free therapy program | **902-817-3821**
- **Togetherall Nova Scotia:** Free 24/7 online peer community (NS residents 16+)
- **Tranquility Nova Scotia:** Free online CBT tools for anxiety/depression (NS residents 16+)

Self-guided Wellness Resources

- **Well Central** (free virtual courses): <https://wellcentral.ca/>
- **MINDWELL** (accessible on any device): <https://app.mindwellu.com/novascotia>
- **MyGrief.ca** (Canadian Virtual Hospice)

These services are here for you, whether you need someone to talk to, a quiet moment to reflect, or help navigating difficult emotions.

Verified Nov 2025. Hours and availability can change; consider calling ahead for details. For more information, please contact 311.

