



Nova Scotia eMental Health Guide

January 2026

Need Help Now?

These hotlines are toll-free and available to help 24/7, or go to your closest emergency department.

Provincial Mental Health
and Addictions Crisis Line

1-888-429-8167

Kids Help Phone

1-800-668-6868

Text CONNECT
to 686868

Emergency

911

Helpline

211

Welcome to the eMental Health Pocket Guide!

This booklet can help guide you to free resources with your smartphone or computer.





How to Scan a QR Code

1. Open the CAMERA app on your smartphone

2. Hold your phone above the QR code you wish to scan. Centre the QR code in your camera lens.

3. A link will pop up on your smartphone screen. Select the link and it will take you to the website associated with that QR code!

Mental & Health Foundation of Nova Scotia

The eMental Health Pocket Guide is produced by GEO Nova Scotia with support from the Mental Health Foundation of Nova Scotia.



Mindwell

A platform that provides users with access to self help modules, mindfulness exercises, guided meditations & more.



www.mindwellu.com

Togetherall

An online peer support platform designed to provide individuals with a safe and anonymous space to connect with others who are experiencing mental health challenges.



www.togetherall.com

Tranquility

An internet-based cognitive behavioural therapy (CBT) program designed to help individuals manage symptoms of mild to moderate anxiety and depression.



www.tranquility.app

Smart Recovery

A platform for individuals struggling with addiction where users can find resources to aid in their recovery.



www.smartrecovery.com

Kids Help Phone

Kids Help Phone provides free, confidential, and anonymous counseling services to children, youth, and young adults aged 5 to 29.



www.kidshelpphone.ca

BounceBack

A free program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.



www.cmha.ca/bounce-back

Eating Disorders Peer Support

A safe, pro-recovery space for people to connect, learn, and grow. No diagnosis or referral needed. Peer support is accessible from any smart phone, tablet or computer with internet access.



www.eatingdisordersns.ca

Mental Health 101

This series of free online tutorials is a starting point for learning about mental health. Gain a greater understanding of the mental health concern(s) you are interested in.



www.camh.ca/health-info/mental-health-101

MyGrief.ca

An online resource to help people move through their grief at their own pace. It can help you understand your grief and approach some of the questions that may arise.



www.mygrief.ca

If you need help with a mental health and addictions concern, NS Mental Health and Intake Services is there to help.

Real people
Monday - Friday
8:30am to
4:30pm
(Tuesdays &
Thursdays until
8pm)
Voicemail
evening and
weekends



1-855-922-1122

Power Over Pain Portal

Learning to cope with pain is challenging, but you are not alone on this journey: there is hope. Designed for adults (ages 18+) and pain professionals across Canada.



www.poweroverpain.ca

More resources



A free, private and secure app that helps women who have experienced abuse from a current or past partner. www.ihealapp.ca/en/resources



Pride Health



Supports 2SLGBTQIA+ people by improving their access to safe, coordinated, comprehensive and culturally appropriate primary health care. www.nshealth.ca/clinics-programs-and-services/pridehealth

Hope for Wellness Helpline



1-855-242-3310 A helpline that is available 24/7 to all Indigenous people across Canada. www.hopeforwellness.ca

Black Youth Helpline



1-833-294-8650 The Black Youth Helpline serves all youth and specifically responds to the need for a Black youth specific service. <https://blackyouth.ca/>

About GEO Nova Scotia

GEO Nova Scotia (Getting Everyone Online) is a non-profit organization founded in 2022 to coordinate a growing network of partners, working together to ensure everyone have what they need to access the internet.

In collaboration with partners in the public, private, and community sectors, GEO Nova Scotia is transforming lives through Digital Inclusion. Learn more at

www.geonovascotia.ca

