

Provincial Victim Services

Provincial Victims Services continues to provide supports to survivors and their families as the Mass Casualty Commission takes place.

You can contact us by phone:

Call 1-800-565-7912 (toll-free) Monday to Friday, 8:30 a.m. to 4:30 p.m. or

Email: vicservices-cent@novascotia.ca

Mental Health and Addictions Program free e-Mental health and addictions supports 24/7

- [Mindwell U](#) - free online support that takes just five minutes a day, and can be accessed anywhere and on any device. This service is available in English and French.
- [Therapy Assistance Online \(TAO\)](#) - free and private online resource that includes interactive activities and videos for people having challenges with their mental health. This service is available in English and French.
- [Gambling Support Network](#) - online support for those experiencing gambling problems and/or harms.
- [Wellness Together Canada](#) - mental health and substance abuse support that contains free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.
- [Togetherall](#) -online peer-to-peer mental health community that empowers individuals to anonymously seek and provide support 24/7. It is available to all youth and young adults aged 16-29, providing an inclusive and supportive place to connect with others with real lived experience with common mental health concerns. To sign up go to togetherall.com and use your Nova Scotia postal code to register.

To learn more about Nova Scotia Health's Mental Health and Addictions Program and our online services at: MHAhelpNS.ca

Mental Health and Addictions Intake Service

1-855-922-1122 (toll-free)

Monday to Friday, 8:30 a.m. to 4:30 p.m.

We can link you with Community Mental Health and Addictions clinics, Recovery Support Services, or Opioid Replacement and Treatment Programs as well as refer you to other appropriate resources in their communities.

Provincial Mental Health and Addictions Crisis Line 24/7

1-888-429-8167 (toll-free)

Available 24/7 for individuals or someone who is concerned about them.

Kids Helpline

Call: 1-800-668-6868, available 24/7 or

Text: CONNECT to 686868

We are here to help.