

Phone Contacts

Provincial Mental Health and Addictions Crisis Line

Call 24/7

902-429-8167 or 1-888-429-8167

Suicide Crisis Helpline

Call or text 24/7
988

Domestic Abuse Line

Call 24/7
1-855-225-0220

Kids Help Phone

Call or text 24/7
1-800-668-6868

Peer Support Phone Service

Non-crisis, 18+
1-800-307-1686

NSH Continuing Care

1-800-225-7225

Men's / Women's or All Genders Helpline

Call 24/7
211

**Non-emergency
advice on mental
health & addictions**

811

**Good2Talk Nova Scotia
Support for post-secondary
students**

1-833-292-3698
or text 686868

**Access Wellness
single session of 1-to-1
counselling**

1-833-691-2282

**Self-refer to a mental health
or addictions clinic**

1-855-922-1122