

Online Programs & Services

NSH Continuing Care

www.novascotia.ca/dhw/ccs

NSH Mental Health & Addictions

www.mha.nshealth.ca/en

Nova Scotia Health

www.nshealth.ca

Grief and bereavement services

mha.nshealth.ca/en/topics/symptoms/grief

First responders' mental health

firstrespondersmentalhealthns.com

www.pspnet.ca

MindWell-U - Free 30 day program

app.mindwellu.com/novascotia

[Tranquility - free, online mental health & wellbeing support](#)

tranquility.app/novascotia

Togetherall - free, online mental health support

togetherall.com