

Nova Scotia Mental Health Services & Programs Directory

Complete Guide to Anxiety & Mental Health Support in Nova Scotia

Emergency & Crisis Support

Immediate Help (24/7)

- **Emergency Services:** 9-1-1
- **NS Mental Health Crisis Line:**
 - Halifax: 902-429-8167
 - Toll-free: 1-888-429-8167
 - Available 24/7, confidential support

Crisis Resources

- **Kids Help Phone:** 1-800-668-6868 (for youth)
 - **Good2Talk:** 1-866-925-5454 (post-secondary students)
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Free Provincial Programs

1. Tranquility Program

Who: Nova Scotians 16+ with mild to moderate anxiety/depression

What: Free internet-based Cognitive Behavioral Therapy (iCBT)

Duration: 12 weeks, 9-12 modules (30 minutes each)

Support: One-on-one virtual coaching for 26 weeks

Eligibility: GAD-7 scores 5-14 (mild to moderate)

Access: Immediate online sign-up, no referral needed

Website: tranquility.app/novascotia

Cost: Completely free to all Nova Scotians

2. MindShift CBT App

What: Scientifically proven app using Cognitive Behavioral Therapy

Features:

- Learn relaxation and mindfulness techniques
- Develop effective thinking patterns

- Active steps for anxiety management **Target:** Anxiety, depression, stress **Access:** Download from app stores **Cost:** Free

3. Mindwell U

What: Free online mindfulness program

Duration: 5 minutes daily

Access: Any device, anywhere in Nova Scotia

Focus: Basic mindfulness skills

Website: Available through Nova Scotia Health resources

Professional Services

Halifax-Based Clinics

Anxiety & Trauma Clinic of Nova Scotia

- **Location:** Halifax (serving all NS)
- **Phone:** 902-412-1557
- **Services:**
 - Clinical anxiety and trauma counseling
 - Generalized anxiety disorder treatment
 - Social anxiety therapy
 - PTSD support
 - Online anxiety symptom quiz
- **Specialties:** OCD, social phobia, trauma counseling
- **Status:** Accepting new clients

Breathe Mindfulness Centre

- **Location:** Halifax
- **Founded:** 2015
- **Services:**
 - Mindfulness-based cognitive therapy (MBCT)
 - Mindful self-compassion (MSC) training
 - Mental health counseling and assessment
 - Wellness workshops

- Trauma-informed yoga
- **Credentials:** Accredited, evidence-based therapeutic groups
- **Specialties:** First center in Atlantic Canada for MBCT/MSC

Canadian Mental Health Association - Nova Scotia Division

- **Services:** Social anxiety disorder resources and treatment referrals
 - **Focus:** Education, support, and advocacy
 - **Resources:** Mental health information and local service connections
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Nova Scotia Health Services

Community Mental Health Services

Access: Through family doctor referral or self-referral

Services:

- Mental health clinicians in First Nations communities
- Community outreach assessment and treatment teams
- Specialized services for intellectual disability + mental illness

Primary Health Care Community Health Teams

Resources Include:

- Curated mental wellness resources
 - Stress management tools
 - Sleep improvement guides
 - Self-confidence building materials
 - Time management resources
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Specialized Programs

For Indigenous Communities

- **First Nations Mental Health:** Clinicians work as part of healthcare teams in several First Nations communities
- **Services:** Assessment, diagnosis, treatment planning
- **Cultural Focus:** Indigenous-specific mental health approaches

For Youth & Students

- **Post-Secondary Support:** Programs available through universities and colleges
- **Youth-Specific Resources:** Age-appropriate anxiety and stress management

For LGBTQ2S+ Community

- **Specialized Support:** Culturally competent mental health services
 - **Resource Access:** Through Nova Scotia Health and community organizations
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Self-Help & Online Resources

Government Resources

Nova Scotia Health - HealthyNS Library

- Comprehensive mental wellness information
- Sleep hygiene guides
- Stress management techniques
- Evidence-based self-help resources

Health Canada Resources

- Stress management information
- Coping strategies
- Prevention and wellness information

Educational Resources

University-Based Programs:

- McGill University Student Wellness Hub (audio resources)
 - University of Illinois McKinley Health Center (relaxation exercises)
 - University of Toronto character strength resources
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Assessment & Screening Tools

Available Assessments

1. **GAD-7:** Generalized Anxiety Disorder screening
2. **Anxiety symptom quizzes:** Through local clinics

3. **Mental health assessments:** Via healthcare providers

Where to Access

- Family doctor or nurse practitioner
 - Walk-in clinics
 - Mental health clinics
 - Online through various provincial resources
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Treatment Approaches Available in NS

Evidence-Based Therapies

- **Cognitive Behavioral Therapy (CBT):** Available through Tranquility and private providers
- **Mindfulness-Based Cognitive Therapy (MBCT):** Breathe Mindfulness Centre
- **Exposure Therapy:** For anxiety disorders
- **Mindful Self-Compassion (MSC):** Specialized training available

Medication Management

- **Primary Care:** Through family doctors
 - **Psychiatric Services:** Via specialist referral
 - **Medication Types:** SSRIs, SNRIs, other anxiety medications as appropriate
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Cost Information

Free Services

- Tranquility Program
- MindShift CBT app
- Mindwell U
- Crisis lines
- Nova Scotia Health mental health services
- Community Health Team resources

Fee-for-Service

- Private counselors and psychologists
- Some specialized therapy programs

- Private psychiatric services

Insurance Coverage

- Many private insurance plans cover psychology/counseling
 - Employee assistance programs often include mental health support
 - Student health plans typically include mental health coverage
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How to Access Services

No Referral Needed

- Tranquility Program (online sign-up)
- Crisis lines
- Self-help resources
- Some community mental health services

Referral Required

- Psychiatric services
- Specialized hospital-based programs
- Some community mental health teams

Self-Referral Options

- Most private counselors
 - Community mental health (in some areas)
 - Support groups
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Geographic Coverage

Halifax Regional Municipality

- Most comprehensive services
- Multiple private providers
- Full range of specialized programs

Outside HRM

- Tranquility Program (province-wide online)

- Community mental health services
 - First Nations community services
 - Telehealth options for remote areas
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Special Populations

Students

- University/college counseling centers
- Good2Talk helpline
- Student-specific mental health programs

Seniors

- Specialized geriatric mental health services
- Community support programs
- Age-appropriate resources

Healthcare Workers & First Responders

- Specialized programs recognizing unique stressors
 - Peer support networks
 - Occupation-specific resources
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Planning Your Mental Health Care

Step 1: Assessment

- Complete GAD-7 self-assessment
- Consider severity and functional impact
- Identify specific needs and preferences

Step 2: Choose Initial Approach

- **Mild anxiety (GAD-7: 5-9):** Start with Tranquility Program + self-help
- **Moderate anxiety (GAD-7: 10-14):** Tranquility + consider professional support
- **Severe anxiety (GAD-7: 15+):** Professional assessment recommended

Step 3: Build Support Network

- Connect with appropriate services
- Maintain relationship with family doctor
- Consider peer support or group programs

Step 4: Monitor Progress

- Regular self-assessment
 - Adjust treatment as needed
 - Maintain ongoing support connections
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Quality Indicators

What to Look For

- Evidence-based treatments (CBT, MBCT, etc.)
- Licensed, qualified providers
- Clear treatment goals and timelines
- Regular progress monitoring
- Cultural competency

Red Flags

- Promises of quick fixes
 - Unqualified providers
 - Excessive costs without clear benefit
 - Lack of progress monitoring
 - Poor communication
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Additional Resources

Professional Training & Certification

- Anxiety & Trauma Clinic offers UDEMY course: "Anxiety Reduction Techniques Used in Counselling"
- Professional development opportunities in evidence-based practices

Research & Innovation

- Nova Scotia participation in mental health research
- Access to emerging treatments and approaches

- University-based research opportunities
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Last Updated: August 2025

Note: Services and contact information may change. Always verify current details when accessing services.

This directory is compiled from Nova Scotia Health, government resources, and verified local mental health organizations.