



Wellness Resources

Physician Wellness

- **Physician Wellness Portal**
Central hub with information, tools, and supports focused on physician wellbeing.
[*Physician Wellness | Information and Wellness Portal*](#)

Dalhousie Students & Residents

- **Student Health & Wellness (Dalhousie University)**
Access to primary care and mental health services. Same-day counselling sessions are available for booking Monday-Saturday.
[*Student Health and Wellness*](#)
- **Good2Talk**
24/7 telephone counselling support for post-secondary students.
[*Good 2 Talk*](#)
- **Academic Advising**
Support for students experiencing academic impacts or requiring flexibility.
[*Academic Advising*](#)
- **Dalhousie Mental Health Resources (one-pager)**
Quick-reference overview of available supports:
[*Mental Health Resources One-pager – HFX 2025 \(PDF\)*](#)

Nova Scotia Health (NSH) Employees

- **Occupational Health, Safety & Wellness**
Workplace health and wellness supports for NSH staff.
[*Occupational Health, Safety and Wellness - Home*](#) (login required)
- **Employee and Family Assistance Program (EFAP)**
Confidential support available by calling **1-800-461-5558**.
[*EFAP One-pager*](#)



- **Mental Health & Addictions Crisis Line (NSH)**
24/7 support at **1-888-429-8167**
More info: <https://mha.nshealth.ca/en>
- **LifeSpeak**
Mental health and wellbeing resources for healthcare workers and physicians.
[LifeSpeak](#) (login required)
- **Grief & Trauma Supports**
NSH Grief and Trauma Support Compass Site.
[Grief and Trauma Supports](#) (login required)

Crisis & Community Supports

- **988 – Suicide Crisis Helpline**
Free, confidential, 24/7 support by call or text for anyone experiencing emotional distress or suicidal thoughts.
- **211**
Help navigating community and social services.
- **Hope for Wellness**
Immediate mental health counselling and crisis intervention for Indigenous peoples: **1-855-242-3310**.
[Hope for Wellness](#)
- **Kids Help Phone**
24/7, free, confidential mental health support for young people: **1-800-668-6868**.
[Kid's Help Phone](#)
- **Nova Scotia Wildfire Support Line via LifeWorks (NEW)**
24/7 emotional support and referrals: **1-833-629-5805**
Available to anyone in Canada.

If you or someone you support needs help, these resources are available – you don't have to navigate it alone.