

THERAPY / SUPPORT RESOURCES – FREE or REDUCED COST

NOTE: These are kept as up to date as possible, so if you discover one of these is no longer accurate or operational, please let us know 😊.

- **The Halifax Brief Therapy Center** (tel: 902-422-2092) who to my knowledge have circumstances where a sliding scale fee can be arranged if necessary
- **www.Betterhelp.com** who offered therapy at reduced fees
- **Nova Scotia Health’s Mental Health and Addictions Program (MHAP)**, has free e-Mental Health tools available to all Nova Scotians . These tools include:
- **211** (text or call 211 for a FREE, confidential helpline and web service, that connects you to community and social services in Nova Scotia, in over 140 languages). Mindwell U (<https://app.mindwellu.com/novascotia/landing>)- 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)** (https://taoconnect.org/what_is_tao/ns/)– 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.
- **Wellness Together Canada** (<https://www.wellnesstogether.ca/>) – 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** (<https://togetherall.com/>)– free and safe 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.
- **Gambling Support Network** (<https://gamblingsupportnetwork.ca/>)– online support for those experiencing gambling problems and/or harms. For more online tools, and how to register, visit <https://mha.nshealth.ca/en/tools> .