

## Mental Health and Wellness Resources

An overview of **NSCAD's Mental Health and Wellness offerings** can be found at:  
<https://nscad.ca/current-students/student-resources/mental-health-and-wellness/>

**Counselling:** All students can access private and confidential counselling support for free from NSCAD. Students do not need a referral for counselling. Students can self-book at:  
<https://nscad.janeapp.com/>

**eMental Health Tools:** Healthy Minds NS offers 4 self-help resources for students to utilize for mental health support, prevention and education. Visit <https://healthymindsns.ca/>

- **Good2Talk-** 24/7 Tele-counselling: Call 1-833-292- 3698 or text "Good2TalkNS" to 686868 for support.
- **Togetherall-** Online Peer Support
- **TAO** – Mental health library and interactive learning modules
- **Tranquility** – Internet-based CBT program for mild-moderate anxiety and depression with one-on-one virtual coaching sessions

**Stay Connected Peer Mentors:** In person, one-on-one peer support between students and trained peer mentors, plus group activities and events. Email [peermentors@nscad.ca](mailto:peermentors@nscad.ca).

**Medical Care:** Health services for NSCAD students are offered out of Saint Mary's Health Clinic. Location: **Saint Mary's University**, Fourth Floor, O'Donnell Hennessey Student Centre (403 SC). To book an appointment visit: <https://www.smu.ca/healthclinic/bookanappointment/>

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## Additional Services Offerings Through Health Plans

An overview of **NSCAD's Health Care and Insurance information** can be found at:  
<https://nscad.ca/student-experience/academic-resources/mental-health-and-wellness/health-coverage-care/>

**Mental Health Benefits for Domestic Students with Green Shield Health Plan:**  
<https://www.greenshield.ca/en-ca/student-centre/nscad-university-sun>

- Psychologist, Social Worker/Counsellor, Master of Social Work or Psychotherapist: \$100 per visit up to \$1,000 per benefit year combined maximum, including \$300 per benefit year for MindBeacon Therapist Guided Program.

- **MindBeacon:** Digital Therapy- <http://info.mindbeacon.com/gsc-benefit>
- **InkBlot** Therapy: 5 free sessions of online therapy, plus advisory services including legal, financial, career, health and life transitions. <https://inkblottherapy.com/nshn>
- **Maple:** 4 free visits of virtual healthcare. <getmaple.ca/greenshield>

### **Mental Health Benefits for International Students with VIP Health Plan:**

<https://www.studentvip.ca/>

<https://studentvip.ca/download.aspx?id=aa85390d-ec8d-444a-838f-6c1122d0b0f3>

- Visits to a psychologist or psychiatrist- 100% covered up to \$10,000; Visits to a social worker – 100% covered up to \$500; Hospitalization due to a mental health illness or concern such as anxiety, depression, bipolar, schizophrenia or other- 100% covered up to \$60,00 (lifetime maximum)
- **I.M.Well** – free counselling with over 240+ languages available for interpretation. For students and their family members in need of support with mental health, relationships, legal advice, addiction, nutrition support, and more.
- **I.M.Well App** – Self-help app with live chat, interactive tools, goal setting and more. [https://www.studentvip.ca/frmPage.aspx?school\\_page\\_id=cb4c0608-54f2-4f85-bc02-b04e3a7da9f5](https://www.studentvip.ca/frmPage.aspx?school_page_id=cb4c0608-54f2-4f85-bc02-b04e3a7da9f5)