If you are attending university in Halifax, find support by calling:

**Dalhousie**

Counselling Services 902-494-2081

Health Services 902-494-2171

Security 902-494-4109 **(24/7)**

[www.dal.ca/counselling](http://www.dal.ca/counselling) or [www.dal.ca/healthservices](http://www.dal.ca/healthservices)

**King’s College**

Dal Counselling 902-494-2081

Dal Health 902-494-2171

Dean of Students Office 902-422-1271, ext. 131

Residence Don on-duty 902-422-1271, ext. 132

(ask for Don on duty)

[www.ukings.ca/counselling-and-mental-health-support](http://www.ukings.ca/counselling-and-mental-health-support)

**Mount Saint Vincent University**

Counselling Services 902-457-6567

Health Services 902-457-6354

Security 902-457-6111 **(24/7)**

[www.msvu.ca/counsellingservices](http://www.msvu.ca/counsellingservices) or [www.msvu.ca/healthservices](http://www.msvu.ca/healthservices)

**NSCAD University**

Counselling Services 902-494-8130

SMU Health Services 902-420-5611

[www.nscad.ca/wellness](http://www.nscad.ca/wellness)

**Saint Mary’s University**

Counselling Centre 902-420-5615

Student Health 902-420-5611

Residence Desk 902-420-5591 **(24/7)**

[www.smu.ca/mentalhealth](http://www.smu.ca/mentalhealth)

***Look for Mental Health Peer Support on all campuses***

**\*\*\*Contact Mental Health Mobile Crisis Team at 902-429-8167 for urgent intervention**