



# GUIDE FOR GIRLS

## Mental Health

### Provincial Mental Health Crisis Line

 : <https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>

 : 1-888-429-8167

### Mindwell-U

 : [app.mindwellu.com/novascotia](http://app.mindwellu.com/novascotia)


### Nova Scotia Mental Health and Well Being

 : [novascotia.ca/mental-health-and-wellbeing](http://novascotia.ca/mental-health-and-wellbeing)

### Eating Disorders Nova Scotia


 : [eatingdisordersns.ca](http://eatingdisordersns.ca)

 : [info@eatingdisordersns.ca](mailto:info@eatingdisordersns.ca)

 : 902-229-8436

### Provincial Mental Health Crisis Line


 : <https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>


 : 1-888-429-8167

### Teen Mental Health / Mental Health Literacy

 : [www.teenmentalhealth.org](http://www.teenmentalhealth.org)

 : [mhliterate@gmail.com](mailto:mhliterate@gmail.com)

 : 4039558467

 : 1820 Richmond Rd SW calgary AB t2t 5c7


<https://www.facebook.com/MHLiteracy>


[https://twitter.com/mh\\_literacy](https://twitter.com/mh_literacy)


<https://www.instagram.com/mhliteracy/>

<https://www.youtube.com/c/MHLiteracy>

### IWK Mental Health and Addiction Services


 : [www.iwk.nshealth.ca/mental-health/overview-mental-health-and-addiction-services](http://www.iwk.nshealth.ca/mental-health/overview-mental-health-and-addiction-services)


 : 902.464.4110

 : 1.855.922.1122

### EGALE

 : [www.egale.ca](http://www.egale.ca)

 : 1 (888) 204 7777

 : 1 (416) 964-7887

 : 120 Carlton Street,  
Suite 217

Toronto, ON M5A 4K2

<https://facebook.com/egalecanada>

<https://twitter.com/egalecanada>

<https://instagram.com/egalecanada>

<https://www.youtube.com/egalecanada>





**Wellness Together Canada/Espace  
mieux-être canada**


 : <https://wellnesstogether.ca>

**Self Help Connection**

 : [www.selfhelpconnection.ca](http://www.selfhelpconnection.ca)

 : (902) 466-2011

 : 1-844-466-2011

 : 302-73 Tacoma Drive  
Dartmouth, Nova Scotia B2W 3Y6

[https://www.facebook.com/  
shapinghealthycommunities/](https://www.facebook.com/shapinghealthycommunities/)

<https://twitter.com/shconnection>

<https://www.instagram.com/selfhelpconnection>

