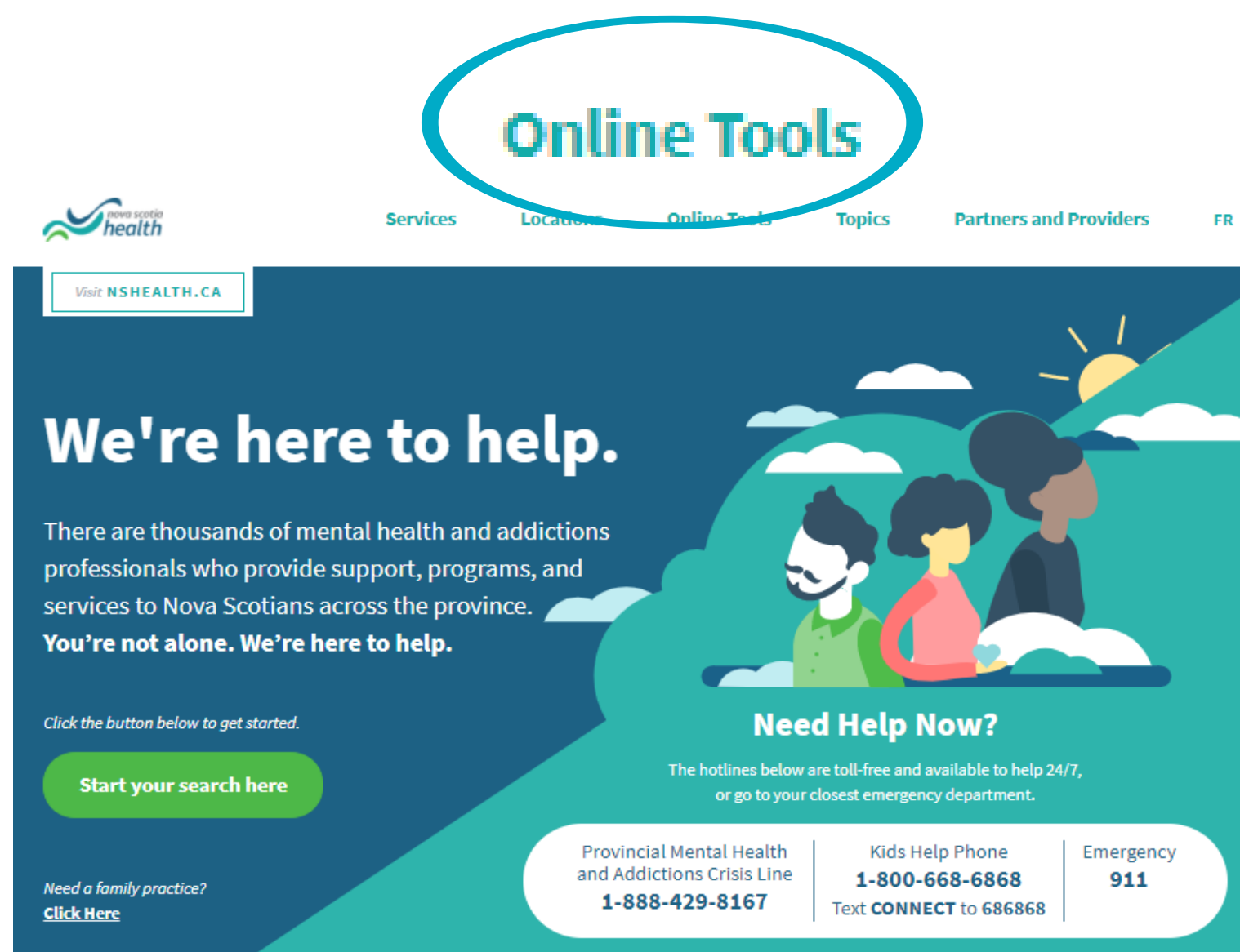


# Online Tools for Mental Health and Addiction Services at MHAhelpNS.ca



- FREE, AVAILABLE 24/7
- MILD TO MODERATE CONCERN
- NO REFERRAL NEEDED
- ANONYMOUS/ CONFIDENTIAL
- WORK AT THEIR OWN PACE

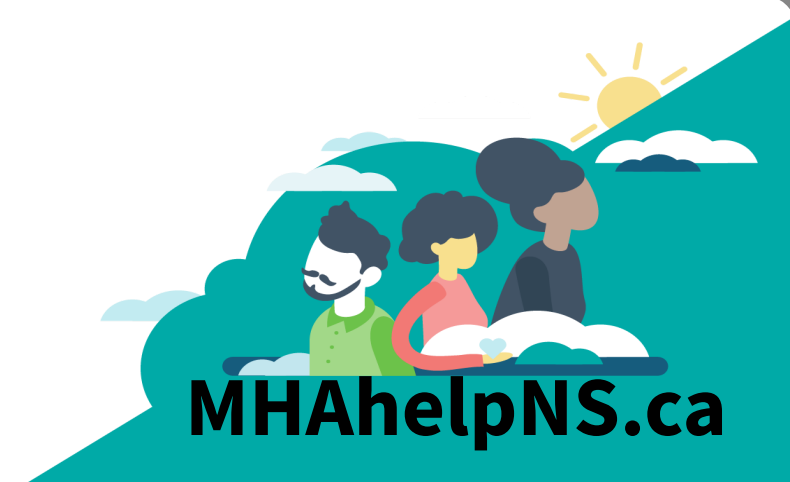
## Right Service, Right Time, Right Place

### Audience

### Topics

### Useful When:

### Format



#### General Public All Ages

- Information about common mental health and substance use conditions
- Description of NSH, MHA Services
- Link to community resources
- Seeking general information on programs for mental health and addiction concerns
- Find Local Resources
- Self-guided
- Personalized search results based on a short series of questions



#### Adults, Age 15+

- Resilience & Mental Wellness
- Engagement & Focus
- Communication & Conflict Management
- Building Mindfulness Practice
- Increase motivation, focus and resilience
- Build relationships and improve communication skills
- Learn Mindfulness
- Self guided
- Webinars
- Daily activity reminders
- Optional sign up with a friend, to share the experience



#### Adults, Age 15+

- Stress, anxiety
- Relationship problems
- Anger management
- Problem solving
- Communication
- Information on substance use
- Learn skills to manage common mental health difficulties (e.g. depression, anxiety)
- Interest in evaluating drug or alcohol use
- Self Guided
- Virtual Assistant helps tailor content
- Set goals and track progress
- Reminders and encouragement



#### Youth Age 16-29

- Sharing and peer engagement around mental health and wellness, such as anxiety, stress, depression, grief, panic, anger, etc.
- Connect with peers with lived experience
- Share common mental health concerns in a safe environment
- Seeking a creative outlet
- Moderated by licensed clinicians
- Online discussion boards with peers
- Courses, resources and self-assessment