

# YOUR MIND MATTERS

If you're a college or university student in Nova Scotia, there are services available for you right on campus. Browse the list below to find your school.

## **Acadia University:**

Counselling services: <http://counsel.acadiau.ca/Counsel-main.html>

Student Health Centre: <http://healthservices.acadiau.ca/Welcome-clinic.html>

## **Dalhousie University:**

Student Health & Wellness:

[https://www.dal.ca/campus\\_life/health-and-wellness.html](https://www.dal.ca/campus_life/health-and-wellness.html)

## **Kings College:**

Counselling services:

<https://ukings.ca/campus-community/student-services/health/mental/>

## **Mount St. Vincent University:**

Health and Wellness Services:

<https://www.msvu.ca/campus-life/health-wellness-services/>

Health Office:

<https://www.msvu.ca/campus-life/health-wellness-services/health-office/>

## **Nova Scotia College of Art and Design:**

Accessibility Services and Wellness:

[https://nscad.ca/student\\_life/accessibility-services-wellness/](https://nscad.ca/student_life/accessibility-services-wellness/)

## **Nova Scotia Community College:**

Wellness and Counselling Services:

<https://www.nsc.ca/services/counselling-wellness/index.asp>

## **St. Francis Xavier University:**

Counselling services: [http://www.stfx.ca/prospective/campus\\_life/health/](http://www.stfx.ca/prospective/campus_life/health/)

## **St. Marys University:**

Counselling services: <https://smu.ca/campus-life/the-counselling-centre.html>

Student Services: <https://smu.ca/academics/sobey/sobey-smu-student-services.html>

## **University College of Cape Breton:**

Counselling services: <https://www.cbu.ca/current-students/student-services/health-wellness/personal-counselling/>

Max Bell Health Centre: <https://www.cbu.ca/current-students/student-services/health-wellness/health-services-max-bell-health-centre/>

