NSCAD Mental Health First Aid Kit

NSCAD Wellness

Teen Mental Health and Transition Booklet

Call 8-1-1

TAO

NSCAD Counselling

NSCAD Peer Mentors

Residence Assistants (RAs)

Applies to students in residence at King's or SMU

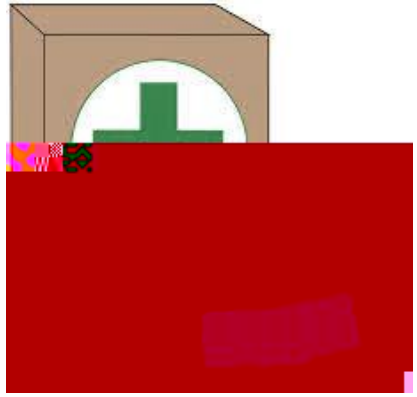
Good2Talk

Change 4 Life
Domestic students only

Wellness Together

University Security

Mental Health Mobile Crisis Team

If Crisis Team is unavailable, call 9-1-1

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