



# Life Changes

## **Life changes – sometimes planned, sometimes unexpected.**

Whether you're starting fresh or facing challenges, it's okay to reflect and honour what was. Access grief, bereavement, trauma, and resiliency supports from Nova Scotia Health and partner organizations by following the links on this site.

Please keep in mind that it can be a normal response to feel discomfort, upset, or stress when reading about sensitive topics or reflecting on difficult past or current life experiences. Please take care and engage with the material at your own pace.

[Grief & Bereavement Resources](#)

[Trauma Resources](#)

[Resiliency Resources](#)



# Grief and Bereavement Resources

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When death or a life-altering event happens, we can experience a sense of loss for someone or something important. Our response to this loss is called grief, and it's something we all have in common. When reflecting on grief, it's important to acknowledge the following:

- A loss of any kind can be grieved
- Grief is personal, universal and natural
- There is no “wrong” way to grieve
- Grief doesn't just “stop” but can change over time
- Experiencing grief honours your loss.
- Cultural traditions and beliefs can play an important role in grieving

## **Find community-based grief supports and programs in your area:**

[Healing Pathways-Grieving Well](#) – find local and online resources to support you in your grief and wellness.

[211](#) - search for “grief support” or dial 211 (1-855-466-4994 toll-free).

[Nova Scotia Health](#) – explore grief resources, supports and available programs.

[Nova Scotia Grief Alliance](#) - a network for individuals and organizations working in grief support, offering opportunities to connect, learn, and share best practices.

[Grief Matters](#) - aims to improve how we understand and make room for grief, using creative, community-based activities.

## **Other online resources:**

[MyGrief.ca](#) – an online resource to help people move through their grief from the comfort of their own home, at their own pace.

[KidsGrief.ca](#) - can help you understand how children (ages 0 to 18) grieve and how to support them as they face a life-limiting illness, dying and death of someone important to them.

# Trauma Resources

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Trauma can be defined as anything that results from experiences that overwhelm a person's or communities' capacity to cope.

While trauma can be a common experience, people and communities can respond to trauma and healing in different ways.

Trauma can happen on the personal, family, community, systems or societal levels.

[Nova Scotia Health](#) - Offers a variety of trauma and PTSD supports.

[IWK](#) - Information on what is Trauma Informed Care with links to Your Experience Matters.

[Your Experience Matters](#) - Trauma Informed Care information and resources.

[Canadian Mental Health Association](#) - Offers various supports.



# Resources to Help You Build Resiliency

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Resilience is a person's or communities' ability to cope, adapt and recover from stress, challenges, or crises.

It is influenced by various factors such as life experiences, aspects of identity (such as age, culture, personality), individual and family coping strategies, and access to culturally meaningful community supports.

[Hope for Mental Health](#) - Offers a continuum of programs and services designed to meet the diverse needs of individuals and families. These programs provide safe, supportive environments where participants can gain essential knowledge, develop skills, and access resources to thrive.

[Mindwell U](#) - MindWell's unique, research-backed approach to mindfulness alleviates symptoms of stress, overwhelm, burnout and more while increasing the ability to experience more joy, calm, and engagement in all areas of life. This service is available in English and French.

[Roots of Hope](#) - A multi-site, community-led project, created by the Mental Health Commission of Canada, that aims to reduce the impacts of suicide within communities.


[Therapy Assistance Online \(TAO\)](#) - Free and private online resource that includes interactive activities and videos for people having challenges with their mental health. This service is available in English and French.

[Togetherall](#) - Free and safe online peer-to-peer mental health community that empowers individuals to anonymously seek and provide support 24/7. It is available to all youth and young adults, providing an inclusive and supportive place to connect with others with real lived experience with common mental health concerns. To sign up, register at [togetherall.com](https://togetherall.com) and use your Nova Scotia postal code.

[Tranquility](#) - Free support for people experiencing mild to moderate anxiety and depression. Tranquility can be completed at your own pace with the support of a coach.

[Workplace Strategies for Mental Health](#) - Resources and tools to help employees address workplace issues. Find an array of approaches for conflict, bullying, accommodation and well-being.





If you are in crisis  
or facing an  
emergency, call  
911, visit the  
nearest  
Emergency  
Department, or  
contact the  
Mental Health  
Crisis Line at:  
1-888-429-8167

