

Mental Health Resources for People with Diabetes

If it is a medical or a mental health and addictions emergency, call 911 or go to the nearest Emergency Department right away.

To use the QR codes in this pamphlet, scan each QR code on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears).

What number do I call for help 24 hours a day, 7 days a week?

1. Mental Health Mobile Crisis Team

- The Mental Health Mobile Crisis Team (MHMCT) helps children, youth, and adults going through a mental health crisis or mental distress. The MHMCT can help you cope with:
 - › Suicidal thoughts
 - › Self-harming thoughts or behaviours
 - › Anxiety
 - › Depression
 - › Trouble coping with distress
 - › Psychotic or distorted thinking
 - › Substance use
 - › Any other mental health concern
- The MHMCT also supports families, friends, community agencies, and others to manage mental health crises through education, outreach, and consultation.
 - › Phone (toll free): **1-888-429-8167**

2. Suicide Crisis Helpline

- A trained responder will listen without judgement and offer support. They can also help you find resources that are right for you.
 - › Phone or text: 988
 - › <https://988.ca>



3. Kids Help Phone

- A mental health service for youth for counselling, information, and referrals. Kids Help Phone can also help youth get community support services.
 - › Phone (toll-free): 1-800-668-6868
 - › Text: 686868
 - › <https://kidshelpphone.ca>

4. Hope for Wellness Helpline

- Indigenous people across Canada can get culturally competent help right away, including counselling and crisis intervention.
 - › Phone (toll-free): 1-855-242-3310
 - › Chat online: www.hopeforwellness.ca

5. 811

- Talk with a registered nurse about non-urgent, health-related issues. They may:
 - › Give information and advice for how to care for yourself at home
 - › Suggest seeing your primary health care provider (family doctor or nurse practitioner)
 - › Suggest going to the nearest Emergency Department
 - › Phone: 811
 - › Text CHAT811NS to 902-700-2224
 - › Chat online: <https://811.novascotia.ca>

Who else can I talk to?

1. Peer Support Phone Service

- Nova Scotians who are 18 years old or older and have mild mental health or substance use concerns can talk directly with someone who can relate to their experience.
 - › Phone (toll-free): 1-800-307-1686
- Hours:
 - › 5 to 11 p.m., Wednesday to Friday
 - › 11 a.m. to 11 p.m., Saturday and Sunday
 - › Closed: Monday and Tuesday

2. Togetherall

- This online community offers resources including trained peers, who are available to offer support based on their lived experience 24 hours a day, 7 days a week. Togetherall is free for all Nova Scotian residents who are 16 to 29 years old.
 - › <https://togetherall.com/en-ca>

3. Trans Lifeline

- Trans Lifeline's hotline is a peer support phone service run by trans people for trans and questioning peers. You can call even if you are not in crisis or if you are not sure if you are trans.
 - › Phone (toll-free): 1-877-330-6366
 - › <https://translifeline.org>
- Hours:
 - › 2 to 10 p.m., Monday to Friday

4. National Eating Disorder Information Centre (NEDIC)

- Get information, resources, referrals, and support to deal with an eating disorder.
 - › Phone (toll-free): 1-866-633-4220
 - › Email: nedic@uhn.ca
- Hours:
 - › 11 a.m. to 7 p.m., Monday to Thursday
 - › 11 a.m. to 6 p.m., Friday
 - › 1 to 6 p.m., Saturday and Sunday
- Instant chat hours:
 - › 10 a.m. to 10 p.m., Monday to Thursday
 - › 10 a.m. to 10 p.m., Friday
 - › 1 to 6 p.m., Saturday and Sunday

How do I make an appointment with a counsellor?

1. Nova Scotia Mental Health and Addictions Intake Line

- Call or make an appointment online for help with mental health or addiction concerns.
 - › Phone (toll-free): 1-855-922-1122
 - › <https://mha.nshealth.ca/en>
- Hours:
 - › 8:30 a.m. to 4:30 p.m., Monday, Wednesday, and Friday
 - › 8:30 a.m. to 8 p.m., Tuesday and Thursday

2. Access Wellness

- This is a free, single counselling session for individuals, couples, or families. Trained counsellors can help you manage stress, mild to moderate depression or anxiety, relationship issues, general mental health concerns, concerns related to alcohol and drug use, and more. Sessions can be over the phone, online with video, or in person. Call or book an appointment online.
 - › Phone (toll-free): 1-833-691-2282
 - › <https://accesswellnessnovascotia.ca>

3. Mental Health + Diabetes Directory

- This is a list of mental health providers who have successfully completed the Mental Health + Diabetes Training Program. Virtual (online) appointments are available.
 - › <https://directory.breakthrough1d.ca>

What resources are available online?

1. Nova Scotia Health Mental Health and Addictions Program

- Find mental health support, programs, services, locations, and online tools across Nova Scotia.
 - › <https://mha.nshealth.ca/en>

2. Canadian Mental Health Association, Nova Scotia Division

- Find programs, training, and navigation support to help you be well and stay well. These programs are free and available to all Nova Scotian residents.
 - › <https://novascotia.cmha.ca>

3. eMentalHealth.ca

- Search for mental health resources and tools across Canada and within your area.
 - › www.ementalhealth.ca

4. Nova Scotia Type 1 Group (for Adults)

- This Facebook group is for adults living with type 1 diabetes in Nova Scotia and Atlantic Canada. You can plan and post events, ask questions, and talk about living with type 1 diabetes.
 - › www.facebook.com/groups/2192596937622948



5. Well Central

- This self-directed, online program from the Canadian Mental Health Association offers free courses to help with your mental health and well-being.
 - › <https://wellcentral.ca>

6. Depression – Centre for Addiction and Mental Health

- › www.camh.ca/en/health-info/mental-illness-and-addiction-index/depression



7. Bounce Back®

- This free program from the Canadian Mental Health Association (CMHA) can help you build skills to manage low mood, mild to moderate depression, anxiety, stress, or worry. If you do not have a primary health care provider, you will need a referral from a walk-in clinic.
 - › <https://cmha.ca/bounce-back>

8. Strongest Families Institute

- Access tools and support to help yourself, your family, or your children improve their mental health.
 - › <https://strongestfamilies.com>

9. Healthyns.ca

- HealthyNS offers free online health and wellness classes and one-on-one support for Nova Scotian residents.
 - › www.nshealth.ca/primary-care-and-family-medicine/healthy-ns

10. Eating Disorders Nova Scotia

- Eating Disorders Nova Scotia offers peer support programs, virtual workshops, and skills for recovery groups. All services are available without a referral or a diagnosis, and are also open to anyone who cares for and supports someone with an eating disorder.
 - › <https://eatingdisordersns.ca>

11. prideHealth

- “prideHealth supports 2-Spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex and asexual (2SLGBTQIA+) people by improving their access to safe, coordinated, comprehensive and culturally appropriate primary health care.”
 - › www.nshealth.ca/pridehealth
 - › Email: pridehealth@nshealth.ca

What apps are available?

1. Tranquility

- This free app offers an internet-based Cognitive Behavioural Therapy (iCBT) program for Nova Scotians who are 16 years old or older, and who have mild to moderate anxiety or depression. Tranquility can help you:
 - › Better understand your emotions, thoughts, and behaviors
 - › Build skills and coping strategies through educational modules, interactive tools, and one-on-one coaching by messaging, phone, or video
 - › www.tranquility.app/novascotia

2. TAO (Therapy Assistance Online) Connect

- This free app includes tools to help you manage your mental health.
 - › www.taoconnect.org

How can I learn more about type 1 diabetes?

1. How 2 Type 1 - Diabetes Canada

- These videos cover expert advice and steps you can take to help you and others living with type 1 diabetes.
 - › www.diabetes.ca/resources/tools-resources/how-2-type-1



How can I connect with other people living with type 1 diabetes?

1. D-camps Camp Lion Maxwell

- Lake William – Barss Corner, Nova Scotia
- This camp is open to children living with type 1 diabetes who are 7 to 12 years old.

› www.diabetes.ca/summer-camps/camp-lion-maxwell



- Kejimikujik National Park – Caledonia, Nova Scotia
- This camp is open to youth living with type 1 diabetes who are 13 to 15 years old. There is also a Leadership Development Program for youth who are 15 to 16 years old.

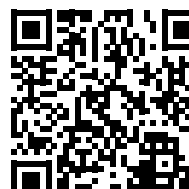
› <https://www.diabetes.ca/camp/summer-camps/camp-morton>



3. Camp Angus Family Camp

- Brigadoon Village – Aylesford Lake, Nova Scotia
- The Family Camp Program offers support and a sense of community to families who have a child living with type 1 diabetes.

› [https://www.diabetes.ca/camp/family-camps-\(2\)/camp-angus](https://www.diabetes.ca/camp/family-camps-(2)/camp-angus)



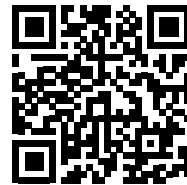
4. Breakthrough T1D® peer support

- Trained volunteers provide one-on-one support to adults who are affected by type 1 diabetes (T1D).
- The Breakthrough T1D® Connection series is a virtual meetup for adults living with T1D and parents living with or affected by T1D. It is held on the 4th Wednesday of each month.
- The Breakthrough T1D® Type 1 Diabetes Facebook Support Group is a group where people living with or affected by T1D can connect with others affected by the disease. Trained volunteers are available to answer non-medical questions.

› <https://breakthrough1d.ca/community-support/talk-t1d>

5. The Beyond Type 1 Community

- This online community is dedicated to changing what it means to live with type 1 diabetes. Connect with other people who understand.
 - › <https://community.beyondtype1.org>



6. T1D Huddle

- This program aims to improve the emotional health and daily lives of people living with type 1 diabetes. There are monthly group sessions for people who are 18 years old or older.
- T1D Huddle NextGen holds events for children and youth who are 5 to 18 years old, and their parents.
 - › <https://t1dhuddle.com>

7. Community activities

- Breakthrough T1D® lists local events supporting adults and families living with type 1 diabetes.
 - › <https://breakthrought1d.ca/community-support/community-activities>

8. Breakthrough T1D® Ambassador Program for Youth and Adults

- Ambassadors help raise awareness of T1D and join others from across the country to help raise funds to try to find a cure. The program is open to people who are 4 years old or older.
 - › <https://breakthrought1d.ca/get-involved/breakthrough-t1d-ambassador-program>



9. I Challenge Diabetes

- The program's mission is "to connect, empower and support people living with diabetes through mentorship and challenging programs".
- Activities include events and workshops, adventures, sports and adventure camps, and youth retreats.
 - › <https://ichallengediabetes.org>

10. Beyond Type 1

- “Through platforms, programs, resources, and grants, we are uniting the global diabetes community and providing solutions to improve lives.”
 - › <https://beyondtype1.org>

11. Type1Better

- This Canadian-based program includes:
 - › **BETTER Registry:** A voluntary registry of people living with type 1 diabetes or latent autoimmune diabetes in adults (LADA), or who have a child living with type 1 diabetes in Canada
 - › **Support:** A bilingual online self-training platform called to help adults and youth self-manage their type 1 diabetes
 - › **CREATE-1:** A biobank (a storage facility that collects and manages biological samples) that shares detailed data and samples with researchers to promote and speed up research
 - › **Research:** The goal of the research is to help educate and support people living with type 1 diabetes
 - › <https://type1better.com/en>

Where can I find podcasts about type 1 diabetes?

1. LiveFree with T1D

- Learn how to manage stress related to your type 1 diabetes.
 - › <https://podcasts.apple.com/us/podcast/livefree-with-t1d/id1530846038>



2. JuiceBox Podcast

- This free podcast has new episodes daily.
 - › www.juiceboxpodcast.com

3. T1D Huddle

- This podcast offers a support system for people with T1D.
 - › <https://t1dhuddle.com/huddles.html>

4. Diabetics Doing Things

- This podcast shares stories about people who are living with diabetes.
 - › <https://diabeticsdoingthings.com/podcast>

5. Keeping It 100 Radio: Uncensored Diabetes Conversations

- This podcast focuses on conversations around managing diabetes.
 - › <https://podcasts.apple.com/ca/podcast/keeping-it-100-radio-uncensored-diabetes-conversations/id1587401235>



6. Reclaim Your Rise with Lauren Bongiorno

- This podcast offers “real conversations to help you rise above the challenges of T1D and reclaim the life you deserve.”
 - › www.riselyhealth.com/reclaim-your-rise-podcast

7. Diabetes Connections with Stacey Simms

- Stacey’s son was diagnosed with type 1 diabetes in 2006.
 - › <https://diabetes-connections.com>

8. Diabetech – Diabetes Tech & News Podcast

- This podcast talks about new diabetes technology and research.
 - › www.diabetech.info/diabetech-podcast

How can I connect with other people living with Type 2 diabetes?

1. The Beyond Type 2 Community

- This is an online space for people with type 2 diabetes to share their story, connect with each other, and find resources that range from managing diabetes daily to mental health.
 - › <https://community.beyondtype2.org>

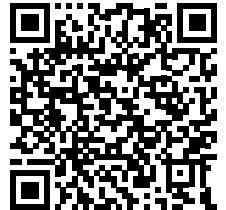
Where can I find podcasts and videos about Type 2 diabetes?

1. Diabetes Connections Type 2 podcast

- › <https://diabetes-connections.com/diabetesconnectionstype2>

2. How 2 Type 2 videos — Diabetes Canada

- These videos can help you manage type 2 diabetes in your current lifestyle, including advice from experts and different ways for you to stay healthy.
 - › www.youtube.com/playlist?list=PLz218ICsOY9rsyiNqGUvpMekRQhEL3G5G



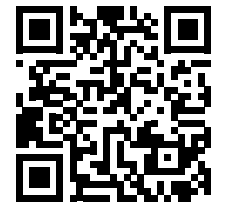
What resources are available to help me cope emotionally with diabetes?

1. Screen Yourself for Diabetes Distress

- › <https://behavioraldiabetes.org/scales-and-measures>

2. Mental Health and T1D (Type 1 diabetes) video

- This video from Breakthrough T1D® gives information about diabetes and mental health for people living with diabetes, and their loved ones and support persons.
 - › www.youtube.com/watch?v=DtZ7BWZthnE



3. Coping Well with Diabetes

- This Nova Scotia Health video can help adults learn how to self-manage their Type 2 diabetes.
 - › https://vimeo.com/650385234?embedded=true&source=video_title&owner=38294578



4. Behavioral Diabetes Institute (BDI)

- BDI helps people with diabetes to better identify, understand, and manage the emotional aspects of living with diabetes.
 - › <https://behavioraldiabetes.org/diabetes-resources>

5. Overcoming Low Blood Sugar Fear with Diabetes

- Learn how to manage your low blood sugar (hypoglycemia) fear.
 - › <https://beyondtype1.org/how-to-overcome-low-blood-sugar-fear>

What resources are available for my loved ones and support persons?

1. Caregivers – Canadian Mental Health Association, Nova Scotia Division

- › <https://novascotia.cmha.ca/caregivers>

2. Caregiving – Mental Health Commission of Canada

- › <https://mentalhealthcommission.ca/what-we-do/caregiving>

3. Mental Health + Diabetes Training Course

- This online training program about diabetes is for mental health providers, but may also help for people who want to learn more about diabetes and mental health. The program is currently free.
 - › <https://learn.breakthrought1d.ca>

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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