



**(Halifax, NS) April 24, 2020** – As a country we are grieving and trying to grapple with the aftermath of this weekend’s horrific events in Nova Scotia. The pain we are collectively feeling is deep and reinforces the need to be here for each other in this dark time. To help our people the provincial government has partnered with [Kids Help Phone](#) to ensure Nova Scotians are aware of the 24/7 access immediate mental health support.

Anyone in the province can access services in the following ways:

**Young People**

- Kids Help Phone 1-800-668-6868
- Crisis Text Line powered by Kids Help Phone by texting NSSTRONG to 686868

**Post-Secondary Students**

- Good2Talk by phone 1-833-292-3638 or by texting Good2TalkNS to 686868

**Adults**

- Crisis Text Line by texting NSSTRONG to 741741

**Frontline Workers**

- Crisis Text Line by texting FRONTLINE to 741741

All services are free and confidential. For more information or resources, please visit: [Kidshelpphone.ca](http://Kidshelpphone.ca).

“Nova Scotians are hurting and it's important for us to grieve and mourn the loss of the amazing people who were taken from us. We can support each other, even at a distance, but some Nova Scotians will undoubtedly need more emotional support than a friend can offer. That is why we want to ensure every Nova Scotian knows mental health supports are in place when they need it. Kids Help Phone is an important partner in delivering immediate support to youth and adults, and I thank them for the help they will provide over the coming weeks and months. They will help keep Nova Scotia strong.”

“Our hearts are breaking for the people of Nova Scotia during this time. Tragic events are overwhelming and frightening for everyone, even more so for young people” said, Katherine Hay, President and CEO, Kids Help Phone. “I want to personally let the residents of Nova Scotia know that Kids Help Phone is here for you 24/7 to help in your time of need.”



## **KIDS HELP PHONE**

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support in English and French to young people. As the country's virtual care expert, we give millions of youth a safe, trusted space to talk over phone and online chat or through text message with Crisis Text Line powered by Kids Help Phone in any moment of crisis or need. Through our digital transformation, we envision a future where every person in Canada is able to get the support they need, when they need it most and we have most recently realized that through Crisis Text Line Canada. This innovation is fueled by courageous donors, partners, volunteers and more. Learn more at [KidsHelpPhone.ca](https://KidsHelpPhone.ca) or [@KidsHelpPhone](https://twitter.com/KidsHelpPhone).

### **For more information, please contact:**

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