

Truth & Reconciliation Mental Health Resources



for Indigenous Students, Staff & Faculty Members

Please note this is a non-exhaustive list of mental health resources that we have compiled. If you are aware of additional resources not included here, please contact the Educator Advisor, Amanda Wilneff via HRES@dal.ca

Crisis Lines

ALL ZONES (NOVA SCOTIA WIDE)		
Organization	Description	Contact Information
Hope for Wellness Help Line	Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced and culturally competent Helpline counsellors can help if you want to talk, are distressed, have strong emotional reactions and/or are triggered by painful memories. Phone and chat counselling is available in English and French, and on request, phone counselling is also available in Cree, Ojibway, and Inuktitut.	1 (855) 242 3310
Indian Residential Schools Crisis Line	Available 24 hours a day for anyone experiencing pain or distress because of their residential school experience.	1 (866) 925 4419

<p>Family, Friends, & Communities Impacted by MMIWG</p>	<p>Available 24/7 to navigate crisis and support. These families and supporters are volunteering their time and sharing their hearts to honour missing and murdered Indigenous women, girls, and 2SLGBTQQIA people.</p>	<p>1-844-413-6649</p>
<p>Kids Help Phone</p>	<p>Kids Help Phone is Canada's only 24/7, national support service. They offer professional counseling, information and referrals and volunteer led, text-based support to young people in both English and French. Whether by phone, text, mobile app or through their website, you can connect with them whenever and however you want.</p>	<p>Canada 1 (800) 668 6868</p>
<p>Good 2 Talk</p>	<p>Good2Talk provides free, confidential support services for post-secondary students in Ontario and Nova Scotia.</p>	<p>Phone: 1-833-292-3698 Text: 686868</p>
<p>Nova Scotia Health Mental Health and Addictions Intake Service</p>	<p>If you need help with a mental health or addiction concern, our team is here to help. Monday to Friday, 8:30 a.m. to 4:30 p.m. (Tuesdays until 8:00 p.m.) Voicemail evenings, weekends, and holidays.</p>	<p>Nova Scotia 1 (855) 922-1122</p>
<p>Provincial Mental Health and Addictions Crisis Line</p>	<p>A mental health crisis line offered 24 hours a day, 7 days a week.</p>	<p>Nova Scotia 1 (888) 429 8167</p>

On-Campus Supports

Provider	Description	Contact Information
<p>Dalhousie Indigenous Student Centre</p>	<p>Open to all Dalhousie students, the Indigenous Student Centre offers drop in spaces to study, traditional smudging indoors and access to plant medicines, support with an Elder, financial awards, and ongoing events and programming. Programs range from cultural activities to networking opportunities, educational, and information sessions to on & off campus referrals.</p>	<p>1321 Edward Street, Halifax (902) 494 3875</p>
<p>Human Rights and Equity Services (HRES)</p>	<p>Human Rights & Equity Services (HRES) provides trauma informed, survivor centered confidential advisory service to members of the Dalhousie community seeking advice & support related to human rights, discrimination, personal harassment & conflict, sexualized violence, equity & inclusion, and accommodation & accessibility.</p>	<p>Macdonald Building 4th Floor, 6300 Coburg Street, Halifax, NS B3H 4R2 PO Box 1500.</p> <p>(902) 494-6672 HRES@dal.ca</p> <p>Millbrook sub-office 52 Martin Crescent Millbrook First Nation B2N 6N7 arthur.stevens@dal.ca</p>
<p>Dalhousie's Student Health & Wellness</p>	<p>Dalhousie's health care team consists of nurses, doctors, counsellors and a social worker. Booking an appointment with the health care team is easy and convenient. Appointments are available in person, virtually through Zoom, or over telephone at the Student Health & Wellness Centre.</p> <p>Dalhousie has health centres on its Studley and Truro campuses, as well as counselling access on its Sexton campus.</p>	<p>2nd Floor LeMarchant Place 1246 LeMarchant Street Halifax, NS B3P 1K5 902-494-2171</p> <p>Health Services (Truro) Dairy Building 11 Sipu Awti</p>

		+1 902 893 6300 or +1 902 893 6369 Halifax - Sexton Campus Room A109, A/B Building 1360 Barrington Street Halifax, NS B3H 4R2
Chaplains in the Multifaith Centre	Dalhousie Multifaith Services offers an open door to all Dalhousie and King's students, staff, and faculty — no matter what their faith, philosophy, or doubt may be. They support the spiritual wellness of students and staff and the creation of safe space on campus. They do this by providing private counseling and immediate crisis response; promoting opportunities for inter-faith dialogue and spiritual development; working cooperatively with partners on and off campus; offering programs and events designed to develop respect and understanding between and among people of diverse spiritual and religious backgrounds.	George Doyle-Bedwell, Mi'kmaw Pipe Carrier, Mi'kmaw Tradition Indigenous Student Centre 902-471-3487 georgedoylebedwell@gmail.com
Elders in Residence and Traditional Knowledge Keepers	Students, staff or faculty member can access the service of the elders at the Indigenous Student Centre, online virtually, or/and by individual appointment when required.	Students Elder Ann LaBillois Indigenous Student Centre jl668853@dal.ca Cathy Martin Director, Indigenous Community Engagement Office for Equity and Inclusion Staff/Faculty Member Elders@dal.ca

Off-Campus Supports

CENTRAL ZONE (HALIFAX AREA, EASTERN SHORE, AND WEST HANTS)		
Organization	Description	Contact Information
Every One Every Day	A project of Mi'kmaw Native Friendship Centre, Every One Every Day brings together people from different parts of the North End neighbourhood to create and learn from one another. These projects involve sharing spaces, skills, and resources. They range from batch cooking and community meals, getting outside to explore the neighbourhood, sharing cultural knowledge and traditions, as well as making, crafting, building, repairing, and much more.	2021 Brunswick Street, Suite 209, Halifax (902) 420 1576
Mi'kmaw Native Friendship Centre	The Mi'kmaw Native Friendship Centre is a nonprofit, boardgoverned organization that currently operates nine core programs. It is one of the one hundred and nineteen Friendship Centres across Canada and opened its doors in 1973. The mission for MNFC is to provide structured, social based programming for urban Aboriginal people while servicing as a focal point for the urban aboriginal community to gather for a variety of community functions and events. Some of their programs and services include but are not limited to family resource programs, employment and skills training, Jordan's Principle, community programming, Atelihai Inuit program, addictions services, Mi'kmaq language, Aboriginal academic access post- secondary, housing support, and victim support navigator.	2021 Brunswick Street, Suite 209, Halifax (902) 420 1576
EASTERN ZONE (CAPE BRETON, ANTIGONIOSH, AND GUYSBOROUGH AREA)		
Organization	Description	Contact Information

<p>Eskasoni Community Health Centre</p>	<p>The Eskasoni Health Centre provides the following health services: primary care including family physicians, a nurse practitioner, support staff, visiting specialist and a Pharmacy staffed by two full time pharmacists and two Pharmacy technicians. The following health programs and services are also available: community health nursing, maternal child health, head start, diabetic clinic, nutrition, home and community care, primary care, pharmacy services, liaison interpreter, administration, and medical transportation.</p>	<p>44 Spencer's Lane, PO Box 7745, Eskasoni (902) 379 3200</p>
<p>Eskasoni Mental Health</p>	<p>Eskasoni Mental Health Services provides a wide range of services to the Mi'kmaq people of Eskasoni, Cape Breton, Nova Scotia. The Tui'kn Residential School Survivor Team provides services to all 5 Unama'ki communities. Their mission is to provide high quality mental health and addiction services, across the lifespan, that are culturally appropriate, community based, and community led. They aim to achieve excellence in mental health and addiction service delivery by working as individuals, as a team, and as a community to create healthy people and a healthy community.</p>	<p>4555 Shore Road, Eskasoni (902) 379 2910</p>
<p>Eskasoni Mi'kmaq Crisis Line</p>	<p>A mental health crisis line offered 24 hours a day, 7 days a week.</p>	<p>Eskasoni 1 (855) 379 2099</p>
<p>Jane Paul Indigenous Women's Resource Centre</p>	<p>The Jane Paul Indigenous Women's Resource Centre is a nonprofit organization providing a variety of supports and services to Indigenous women who found themselves living in Sydney, off reserve and away from community resources, many of whom found themselves in high-risk situations experiencing violence, homelessness, poverty, addiction, mental health struggles, involvement with different agencies, disruption of family life, and/or experiencing involvement with the criminal justice system. They provide harm reduction products, programming, mental health services, life enhancing resources, cultural ceremonies and teachings, skills development, and educational and employment skills to provide a safe environment for clientele. The prevention model of the Jane Paul Indigenous Women's Resource Centre includes a Mi'kmaq traditional component to help guide and protect Indigenous women and girls.</p>	<p>440 George Street, Sydney (902) 539 5890</p>

Mawita'mk Society	Mawita'mk is a nonprofit registered charitable society. They value and support the gifts of people with disabilities and our youth. They strive to see that they receive services and supports within their cultural community.	33 Subdivision Road, Whycocomagh (902) 756 2992
Membertou Health and Wellness Home	The Membertou Wellness Home delivers programs in heart disease/hypertension, smoking cessation, healthy weight, crisis prevention/intervention, mental health, prenatal, diabetes foot care, addictions services, dental therapy, chronic disease, home and community care, and respiratory illness. All programs encourage a healthy lifestyle and are offered through monthly information sessions, groups, and one on one counselling. Programs are available to anyone in the community requesting these services.	107 Membertou Street, Membertou (902) 564 6466 ext. 2440
Mi'kmaq Family Healing Center	Mi'kmaw Family Healing Centre is one of two shelters in Nova Scotia designed to serve First Nation People. Our culturally relevant holistic programming is available to all First Nation men, women, and children who have experienced family violence. They provide protection, safety, shelter and basic life necessities to women and children, 24-hour crisis support telephone line, support and information to women, men, and children to enable them to develop and maintain a healthy and violence free lifestyle, individual and group support, outreach, referral and follow up to other social services programs, and community education in family violence intervention, treatment, and prevention.	Whycocomagh (902) 756 3440
Mi'kmaq Lodge Treatment Centre	Our goal is to enhance physical, spiritual, emotional, and social issues caused by alcohol and drug misuse. We provide our First Nations Communities with current best practices and community based culturally relevant programs which are delivered by certified addictions counsellors.	70 Gabriel Street, Eskasoni (902) 379 2267

<p>Native Alcohol and Drug Abuse Counselling Association of Nova Scotia (NADACA)</p>	<p>NADACA programming is designed to deal with all aspects of substance abuse, i.e., alcohol abuse, illicit drug abuse, prescription drug abuse, and solvent abuse. Our mandate is to provide accredited certified Indigenous addictions prevention, education, outreach, community, and in patient wellness programming to the First Nation population.</p>	<p>70 Gabriel Street, Eskasoni (902) 379 2262</p>
<p>Native Council of Nova Scotia</p>	<p>The Native Council of Nova Scotia is the self-governing authority for the large community of Mi'kmaq/Aboriginal peoples residing off reserve in Nova Scotia throughout traditional Mi'kmaq territory. Their goal is to operate and administer a strong and effective Aboriginal Peoples Representative Organization that serves, advocates, and represents the community.</p>	<p>235 Charlotte Street, Unit 1, Sydney (902) 567 1240</p>
<p>Paqtnkek Health Centre</p>	<p>Dedicated and caring staff at the Paqtnkek Health Centre supports a variety of community health promotion, education, and prevention programs. The centre provides primary health care services for adults and children, such as immunizations, home health care and prenatal instruction to anyone in need. Additional professional service personnel visit the Paqtnkek Health Centre regularly offering services such as foot care, family support, legal aid, women's supportive services, social and family support workers and a field worker from NADACA are available.</p>	<p>128 Saqamaw Road, Afton Station (902) 386 2048</p>
<p>Potlotek Health Centre</p>	<p>The Potlotek Health Centre provides the following health services: referrals, addiction services, travel assistance for medical appointments, journey to healing program, diabetes prevention worker, NADACA field counsellor, home care, once a week doctor service, foot care nurse, and case management.</p>	<p>264 Sitmuk Road, Chapel Island (902) 535 2961</p>

<p style="text-align: center;">Tajikeimkij</p>	<p>Tajikeimik is the new and developing health and wellness organization being created to lead health transformation for Mi'kmaq communities in Nova Scotia. The health transformation process will build on, grow, and evolve the health and wellness services and programs used by Mi'kmaq people in Nova Scotia, with a focus on high quality, culturally safe and holistic approaches. The Chiefs and Health Directors from the 13 First Nations in Nova Scotia have long been working in their communities, and with Mi'kmaw organizations, to address gaps in health services and improve wellness.</p>	<p>90 San'tele'sew Anti, Suite 305, Membertou 1 (844) 381 7779</p>
<p style="text-align: center;">Theresa Cremo Memorial Health Centre</p>	<p>The Theresa Cremo Memorial Health Centre provides the following services: home and community care, dietitian services, clinical therapists, addiction services, public health, primary care, palliative care, and lab services.</p>	<p>93 Reservation Road, Whycocomagh (902) 756 2156</p>
<p style="text-align: center;">Tiana Fusco Counselling Services</p>	<p>Tiana provides private and confidential in person and virtual counselling services to adults through Nova Scotia.</p>	<p>174 Archimedes Street, New Glasgow (902) 754 4632</p>
<p style="text-align: center;">Union of Nova Scotia Mi'kmaq</p>	<p>The Union of Nova Scotia Mi'kmaq offers several health- related services and programs aimed at creating and maintaining a healthy and vibrant Mi'kmaq nation, such as: Jordan's Principle, mental wellness services, Aboriginal diabetes initiative, dietitian services, home and community care, and Mi'kmaq cancer care strategy.</p>	<p>90 San'tele'sew Awti, Suite 201, Membertou (902) 539 4107</p>
<p style="text-align: center;">Union of Nova Scotia Mi'kmaq Mental Wellness Team</p>	<p>The Union of Nova Scotia Mi'kmaq Mental Wellness Team provides case management and service navigation for First Nations persons of all ages seeking mental wellness services. They work in collaboration with relevant community and provincial organizations to facilitate access to existing mental health services, and we hope to create improved linkages between existing services and community organizations. This team works in each of the five Unama'ki (Cape Breton) communities, and Paqtnkek (Antigonish County).</p>	<p>90 San'tele'sew Awti, Suite 201, Membertou (902) 539 4107 ext. 209</p>

Wagmatcook Health Centre	The Wagmatcook Health Centre provides the following services: primary care, community health nurse, social worker, dietician, and mental health and addictions services.	75 Humes Rear W Loop, Wagmatcook (902) 295 2755
NORTHERN ZONE (COLCHESTER EAST HANTS, CUMBERLAND, AND PICTOU AREAS)		
Organization	Description	Contact Information
Eagles Nest Recovery House	Their goal is to enhance physical, spiritual, emotional, and social issues caused by alcohol and drug misuse. They provide our First Nations Communities with current best practices and community based culturally relevant programs which are delivered by certified addictions counselors.	Eagles Nest Avenue, Sipekne'katik (902) 758 4277 44
Millbrook Family Healing Centre	Truro Millbrook Family Healing Centre is one of two shelters in Nova Scotia designed to serve First Nation People. Our culturally relevant holistic programming is available to all First Nation men, women, and children who have experienced family violence. They provide protection, safety, shelter and basic life necessities to women and children, 24-hour crisis support telephone line, support and information to women, men and children to enable them to develop and maintain a healthy and violence free lifestyle, individual and group support for women, men and children, outreach services to women, men, and children, referral and follow up to other social services programs, and community education in family violence intervention, treatment, and prevention.	(902) 893 2987
Millbrook Health Centre	The Millbrook Health Centre provides health services to Millbrook Band members, First Nations people who reside at Millbrook First nation and community members. Services provided include primary health care, nursing services, dental services, and mental health counselling, as well as some addiction services and social support.	Willow Street, Truro (902) 895 9468 812
Nova Scotia Native Women's Association	Develops and delivers programs promoting equal opportunity for Indigenous women, 2SLGBTQQIA+ people, and their families.	Willow Street, Truro (902) 893 7402 835

Pictou Landing Health Centre	Provides health services to Pictou Landing First Nation community members including mental health counselling.	19 Maple Street, Trenton (902) 752 0085
Sipekne'katik Health Centre	The Sipekne'katik Health Centre has many programs available for its community to benefit from, including adult primary health care services, prenatal classes and services, parent programming, maternal child health services, public health protection, mental health, and addictions services	601 Church Street, Indian Brook (902) 758 2063
Tajikeimkij	Tajikeimkij is the new and developing health and wellness organization being created to lead health transformation for Mi'kmaq communities in Nova Scotia. The health transformation process will build on, grow, and evolve the health and wellness services and programs used by Mi'kmaq people in Nova Scotia, with a focus on high quality, culturally safe and holistic approaches. The Chiefs and Health Directors from the 13 First Nations in Nova Scotia have long been working in their communities, and with Mi'kmaw organizations, to address gaps in health services and improve wellness.	4 Stanley Johnson Street, Millbrook 1 (844) 381 7779
The Confederacy of Mainland Mi'kmaq	The CMM is a Tribal Council incorporated in 1986 as a notfor-profit organization under the Societies Act of Nova Scotia. They offer a variety of health and social services such as the Aboriginal Diabetes Initiative, Fetal Alcohol Spectrum Disorder Program, First Nations Health Services Program, Health and Social Services, Jordan's Principle, Mental Wellness, and Resolution Health Support Program. To provide mental health and wellness services to 7 of the member communities including the following: helping clients navigate the provincial and federal mental health systems, offering emotional support to clients, professional letters of support to gain access to services, individualize client care plans and providing mental health workshops for Community.	57 Martin Crescent, Truro (902) 895 6385
Tiana Fusco Counselling Services	Tiana provides private and confidential in person and virtual counselling services to adults through Nova Scotia.	174 Archimedes Street, New Glasgow (902) 754 4632
WESTERN ZONE (ANNAPOLIS VALLEY, SOUTH SHORE, AND SOUTHWEST)		

Organization	Description	Contact Information
Acadia First Nation Community Health Centre	Acadia First Nations Health mission is to provide health programs and services to assist communities and its members to achieve physical, mental, emotional, and spiritual health through health promotion, traditional teachings, education, disease prevention activities, partnerships, and health services.	24 Reserve, Yarmouth (902) 742 4337
Annapolis Valley First Nation Health Centre	The Annapolis Valley First Nation Health Centre is made up of a Community Health Nurse, NADACA Prevention Counselor, Community Based Water Monitor and a Receptionist.	640 Ratchford Road, Cambridge (902) 538 1444
Glooscap First Nation Health and Healing Centre	Programs offered include Aboriginal Head Start, home and community care, Brighter Futures, health promotion, Community Health Promotion and Injury/Illness Prevention, Building Health Communities and Mental Health Management, Canadian Prenatal Program, Aboriginal Diabetes Initiative, Maternal Child Health, Mi'kmaq Physical Activity Leadership Program.	157 Smith Road, Hantsport (902) 684 0165

Private Counsellors

Name	Description	Contact Information
Alsusuti Aboriginal Crisis & Counselling Services	Alsusuti Aboriginal Crisis & Counselling Services offers mental health support and counseling services to aboriginals by aboriginals.	1-844-694-1382
Circle Works Counselling	Fyre Jean, who manages this service, is a Holistic, Strength-Oriented, Trauma-Informed therapist.	902-889-7469

Book Resources

Name	Description
"Embers: One Ojibway's Meditations" by Richard Wagamese	Richard Wagamese shares a collection of meditations and reflections that can provide comfort and guidance for Indigenous readers seeking mental peace.
"Healing Traditions: The Mental Health of Aboriginal Peoples in Canada" edited by Laurence J. Kirmayer and Gail Guthrie Valaskakis	This book explores Indigenous healing traditions and their role in promoting mental health.
"From Bear Rock Mountain: The Life and Times of a Dene Residential School Survivor" by Antoine Mountain	Antoine Mountain's memoir provides a personal perspective on the impacts of the residential school system on mental health and resilience.

Video/Audio Resources

Name	Description	Website
Indigenous Mental Health (Video)	Learn how culture and spirituality affect the mental health of Aboriginal and Torres Strait Islander people.	https://www.youtube.com/watch?v=t2bHrykf_Cw
Healing Through Story: Unpacking Indigenous Resiliency And Hope (Video)	The importance of family and community in overcoming traumatic experience.	https://www.youtube.com/watch?v=GDVwebiriAo
"Muffins for Granny" (Documentary)	This documentary offers a moving exploration of the experiences of survivors of the Canadian residential school system and the intergenerational trauma they faced.	https://www.youtube.com/watch?v=xPZyPk9nq8
Unreserved (CBC Radio Show)	This radio show discusses various topics relevant to Indigenous communities, including mental health, cultural revitalization, and resilience.	https://www.cbc.ca/listen/live-radio/1-105-unreserved
Mental Health in Indigenous Communities (YouTube Playlist by CAMH)	The Centre for Addiction and Mental Health (CAMH) has a playlist of videos that address mental health in Indigenous communities, featuring discussions and interviews with experts.	https://www.nll.com/news/nll-features-mental-health-in-indigenous-communities/
"We Matter" (Online Video Series)	The "We Matter" campaign features videos created by Indigenous youth to address mental health challenges and provide messages of hope and support.	https://www.youtube.com/@wemattercampaign6394/about
Painting the Path of Indigenous Resilience (Video)	As an artist, Lisa invokes the Indigenous tradition of image making to disseminate knowledge through generations. For thousands of years, images were used to impart knowledge of tradition, law and ceremony.	https://www.youtube.com/watch?v=GX_TIFeVxGk

	Visual communication continues to play an important role in Indigenous cultures. Lisa utilizes this artistic medium to understand and assert Indigenous worldviews, which promotes individual and community learning. Lisa reflects upon her personal experience of cultural displacement by confronting the Indian Residential School System, and the Sixties Scoop. She shares her story of healing through cultural reclamation.	
<u>On Call: Building an Indigenous Mental Health System of Care: Why Culture Matters (Video)</u>	Mental wellness in Indigenous communities.	https://www.youtube.com/watch?v=u6D9O4o52Vg

Publications And Toolkits

Name	Description
<u>Celebrating The Circle Of Life- Coming Back To Balance And Harmony</u>	A guide to emotional health in pregnancy and early motherhood for Aboriginal women and their families.
<u>Understanding Indigenous Canadian Traditional Health And Healing</u>	This qualitative research study is situated within an Indigenous research methodology. The goal of the research was to develop an in-depth understanding of traditional healing from the perspectives of practitioners of traditional healing.
<u>First Nations Mental Wellness Continuum Framework</u>	Developed in partnership with First Nations, the First Nations Mental Wellness Continuum Framework (the Framework) presents a shared vision for the future of First Nations mental wellness programs and services and practical steps towards achieving that vision.
<u>Indigenous Mental Health: Canadian Native Counsellors' Narratives</u>	Using a narrative methodology, five Indigenous counsellors described their perceptions, beliefs and experiences regarding mental health and healing from an Indigenous perspective.

<p><u>The Mental Health Of Aboriginal Peoples: Transformations Of Identity And Community</u></p>	<p>This paper reviews some recent research on the mental health of the First Nations, Inuit, and Métis of Canada. It summarizes the evidence for the social origins of mental health problems and illustrates the ongoing responses of individuals and communities to the legacy of colonization.</p>
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Specific Resources For Indigenous Youth

Name	Description
<p><u>Indigenous Story Studio</u></p>	<p>The Indigenous Story Studio website has illustrations, posters, videos and comic books on health and social issues for Aboriginal youth. Our mandate is the non-profit promotion of health, literacy & wellness through the production of visual resources for youth.</p>
<p><u>Honouring Life Network</u></p>	<p>Developed to combat suicide among Indigenous youth that targets both Indigenous youth and suicide prevention workers in First Nations, Inuit and Métis communities.</p>
<p><u>Network for Aboriginal Mental Health Research</u></p>	<p>This database provides information about existing mental health promotion, prevention and intervention programs and models for Indigenous peoples in Canada.</p>
<p><u>Urban Native Youth Association (UNYA)</u></p>	<p>UNYA has developed health, parenting, LGBT, and education resources for Native youth, in addition to external links to resources for youth and their families. Resources can be viewed online or pdf copies are available for download. Youth oriented videos are also available.</p>
<p><u>On the Turn</u></p>	<p>On the Turn is about a young woman that learns how to play poker at school. Peer pressure gets the best of her and she learns what it feels like to hurt someone she loves.</p>
<p><u>Just A Story</u> Steven Keewatin Sanderson</p>	<p>In this comic book, Wendy doesn't have any friends her age and feels overwhelmed at school. Her little brother is more social but he's quick to lose his temper and get into fights. Something is clearly bothering them both. Good thing they're open to getting help and breaking down the stigma of mental health.</p>