

COMMUNITY MENTAL HEALTH RESOURCE GUIDE

for Halifax Regional Municipality



UPDATED MARCH 2022



COMMUNITY FOUNDATION
FONDATION COMMUNAUTAIRE
OF NOVA SCOTIA
DE LA NOUVELLE-ÉCOSSE



chebucto
family | centre

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In an effort to help promote Mental Health Literacy at the community level, this guide was created to support community members and services providers in raising awareness, navigating and accessing community-based mental health resources in the Halifax Regional Municipality.

This guide is ever evolving and by no means all-inclusive. It is a snapshot of a moment in time and can be used as a starting place to form your own resource toolkit.

We invite any updates for this guide to be sent to wellness@chebuctofamilycentre.ca.



Chebucto Family Centre would like to recognize that this mental health resource guide is in alignment with the potential of our mission statement:

To nurture and enhance the quality of life of families through the delivery of community based programs and services.

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Crisis Phone Lines

If you or someone you know is in danger, please call **911**.

Byrony House Distress Line	24-hour Distress line: 902-422-7650 (call or text)
Canada Suicide Prevention Service/Crisis Service Canada <ul style="list-style-type: none"> • Calling available in French and English • Text only available in English (standard text messaging rates apply) 	Toll free: 1-833-456-4566 Operates 24/7. Text 45635. 1pm-1am AST www.crisisservicescanada.ca/en/
First Nations and Inuit Hope for Wellness Helpline <ul style="list-style-type: none"> • Call or chat on their website • Phone and online chat available in French and English, 24/7 • Phone counselling available in Cree, Ojibway, and Inuktitut upon request 	Toll free: 1-855-242-3310. Operates 24/7 www.hopeforwellness.ca/
Good 2 Talk <ul style="list-style-type: none"> • Confidential support services for post-secondary students in Nova Scotia and Ontario • Call 1-833-292-3698 or text GOOD2TALKNS to 686868 • Available 24/7 in French and English 	Phone: 1-833-292-3698 Text 686868 Operates 24/7 www.good2talk.ca
Kids Help Phone <ul style="list-style-type: none"> • Call to reach a professional counsellor • Text or Facebook message to reach a trained volunteer crisis counselor • Both services are available 24/7 in French and English 	Phone: 1-800-668-6868 Text 686868 Operates 24/7 www.kidshelpphone.ca/
Provincial Mental Health & Addictions Crisis Line (Mobile Mental Health)- NS Health Authority <ul style="list-style-type: none"> • Provides intervention and short-term crisis management for anyone experiencing mental health crisis 	Phone: 902-429-8167 Toll free: 1-888-429-8167 Operates 24/7 www.mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line

<p>Trans Lifeline</p> <ul style="list-style-type: none"> • Offering direct emotional and financial support to trans people in crisis- for the trans community, by the trans community • Open 24/7 but operating at reduced capacity. Operators are guaranteed to be on call 5pm-1am EST 	<p>Phone: 1-877-330-6366 Open 24/7, operators guaranteed on call 5pm-1am EST</p> <p>www.translifeline.org</p>
<p>Wellness Together Canada</p> <ul style="list-style-type: none"> • Online community of support and coaching, one-to-one counselling, self-guided courses, apps, and more • Call 1-866-585-0445, or text WELLNESS to 741741 • Available in English and French, for ages 18+ 	<p>Phone: 1-866-585-0445 Text WELLNESS to 741741 Operates 24/7</p> <p>www.wellnesstogether.ca/en-CA</p>

Non-Crisis Phone Lines

<p>211</p> <ul style="list-style-type: none"> • Call or text 211 • Navigational support with referrals to community resources, programs and services • Available in over 100 languages 	<p>Phone: 211. Operates 24/7.</p> <p>ns.211.ca/</p>
<p>811- Public Health</p> <ul style="list-style-type: none"> • General health information and advice • Operates 24/7 	<p>Phone: 811 Operates 24/7</p> <p>811.novascotia.ca/</p>
<p>All Genders Helpline</p> <ul style="list-style-type: none"> • Free, confidential service for adults (ages 18+) of all genders, including non-binary and trans individuals, who have concerns about their well-being, safety, and/or the safety of other. People of all genders can access a variety of supports and services specific to their needs, including information, navigation, referrals, and brief intervention counseling. • Offered in English, with interpretation in other languages available 	<p>Phone: 211 Toll free: 1-855-566-4994 Operates 24/7</p>
<p>Avalon SANE Response Line</p> <ul style="list-style-type: none"> • Phone response line for immediate sexual assault information and support for those who experienced a sexual assault within the last 7 days 	<p>Phone: 902-425-0122 Operates 24/7</p> <p>www.avaloncentre.ca/</p>
<p>Bullying Helpline</p> <ul style="list-style-type: none"> • Nationwide support network for bullied youth • Available 24/7 through text, phone call, and email 	<p>Phone: 1-877-352-4497</p> <p>Support@BullyingCanada.ca Operates 24/7</p> <p>www.bullyingcanada.ca/get-help/</p>

<p>Men’s Help Line</p> <ul style="list-style-type: none"> • Free, confidential service for adult men (over 18) and individuals who identify as men, who have concerns about their well-being, safety, and/or the safety of other. Men can access a variety of supports and services specific to their needs, including information, navigation, referrals, and brief intervention counseling. • Offered in English, with interpretation in other languages available 	<p>Phone: 211 Toll free: 1-855-466-4994 Operates 24/7</p>
<p>National Eating Disorder Information Centre (NEDIC)</p> <ul style="list-style-type: none"> • Call, email or instant chat available on their website • Available 10am-10pm Monday-Thursday, 10am-6pm Friday (AST) 	<p>Call 1-866-633-4220 10am-10pmAST Monday-Thursday 10am-6pmAST Friday</p> <p>www.nedic.ca nedic@uhn.ca</p>
<p>Red Cross Friendly Calls</p> <ul style="list-style-type: none"> • Available to anyone feeling isolated or lonely due to COVID-19 • Call Monday-Friday between 8:30-4:30pm AST to register • Available in French and English, other languages can often be accommodated but cannot be guaranteed 	<p>Phone: 1-833-729-0144 Monday-Friday 8:30am-4:30pm</p> <p>www.redcross.ca/in-your-community/nova-scotia/friendly-calls</p>
<p>Women’s Help Line</p> <ul style="list-style-type: none"> • Free, confidential service for adult women (over 18) and individuals who identify as women, who have concerns about their well-being, safety, and/or the safety of other. Women can access a variety of supports and services specific to their needs, including information, navigation, referrals, and brief intervention counseling. • Offered in English, with interpretation in other languages available 	<p>Phone: 211 Toll free: 1-855-466-4944 Available 24/7</p>

Community Programs

Addictions

<p>Alcoholics Anonymous</p> <ul style="list-style-type: none"> • Community support groups for those coping with alcohol addiction • See their website for an up-to date meeting list. 	<p>Phone: 902-461-1119 Help.AAHalifax@gmail.com www.aahalifax.org/</p>
<p>Atlantic Canada Cocaine Anonymous (ACCA)</p> <ul style="list-style-type: none"> • Community support groups for those coping with addiction to cocaine and other mind-altering substances • More information and a meeting list can be found on their website 	<p>ca.maritimes@gmail.com www.ca-maritimes.org</p>
<p>Central Nova Area Narcotics Anonymous</p> <ul style="list-style-type: none"> • Community support groups for those coping with addiction to drugs • For up to date meeting information call or see website 	<p>Phone: 902-789-8322 Toll free: 1-800-205-8402 centralnovaarea@gmail.com www.centralnovaarea.ca/index.html</p>
<p>Direction 180- program of the Mi'kmaw Native Friendship Centre</p> <ul style="list-style-type: none"> • Offers treatment and support to people who use substances • Programs and services include addiction medical assessment and follow up care, Hepatitis C care and treatment, one-on-one peer support, recovery support programs, and recreational activities • Offers support for family and friends of those struggling with opioid use 	<p>Phone: 902-420-0566 Fax: 902-420-1549 Monday-Friday 8:30am-12pm 2151 Gottingen Street Halifax NS B3K 3B www.direction1580.ca/</p>
<p>Mainline Needle Exchange- program of the Mi'kmaw Native Friendship Centre</p> <ul style="list-style-type: none"> • A health promotion organization dedicated to supporting people who use drugs through harm reduction programs • Services include: peer support, assistance with exploring and accessing detox, treatment, and methadone; assistance in navigating resources for legal, social services, employment and housing issues; needles, syringes, sterile water, cookers, matches, filters, ties, condoms, safer use kits, safe disposal of used needles; and awareness and education related to harm reduction 	<p>Office Phone: 902-423-9991 Outreach: 902-830-3853 Outreach Toll free: 1-877-904-4555 Fax: 902-423-1619 Office: Monday-Friday, 7am-7pm Outreach: Monday-Friday 12-6pm Weekends: 9am-12pm 5367 Cogswell St. Halifax NS B3J 3X5 www.mainlineneedleexchange.ca/</p>

Gender and Sexual Health

<p>AIDS Coalition of NS</p> <ul style="list-style-type: none"> • Workshops, support and programming for those living with HIV/AIDS • Information and support for those concerned about contracting HIV/AIDS 	<p>Phone: 902-425-4882 Toll free: 1-800-566-2437</p> <p>5516 Spring Garden Road, Suite 200 Halifax NS B3J 1G6 www.acns.ns.ca/</p>
<p>Avalon Sexual Assault Centre</p> <ul style="list-style-type: none"> • Counselling services for women, trans folks, and gender non-conforming individuals ages 16+ who have experienced a recent or historical sexual assault, childhood sexual abuse, and/or sexual harassment • Provides individual information sessions to non-offending parents of children who have disclosed sexual abuse and supportive partners of clients • Provides general information, prevention, intervention, and awareness groups and workshops 	<p>Phone: 902-422-4240 Fax: 902-422-4628 info@avaloncentre.ca</p> <p>Monday-Friday 8:30am-12:30pm, 1:30-4:40pm</p> <p>1526 Dresden Row, Suite 401 Halifax, Nova Scotia B3J 3K3 www.avaloncentre.ca</p>
<p>Healing Our Nations</p> <ul style="list-style-type: none"> • Offers support and education to First Nation people about HIV/AIDS and related health issues • Their goal is to help First Nations people rediscover pride, traditions and spirituality to improve child development and eliminate family violence, substance abuse, depression, and suicide 	<p>Phone: 902-492-4255 Toll free: 1-800-565-4255 healingournationsed@outlook.com</p> <p>31 Gloster Court Dartmouth NS B3B 1X9 www.hon93.ca/</p>
<p>South House Sexual and Gender Resource Centre</p> <ul style="list-style-type: none"> • Services include peer support, resource navigation and referrals, a safe space for people to organize, and workshops and educational programs. 	<p>Phone: 902-494-2432 outreach@southhousehalifax.ca</p> <p>Monday-Friday, 10am-4pm</p> <p>1443 Seymour Street Halifax NS B3H 3M6 www.southhousehalifax.org/</p>

Housing

<p>Adsum for Women & Children</p> <ul style="list-style-type: none"> Adsum for Women & Children has emergency shelter, short and long term housing, programs and services for women, families, youth and gender-diverse persons. 	<p>Phone: 902-423-5049 Fax: 902-423-9336 adsum@adsumforwomen.org</p> <p>2421 Brunswick St Halifax, NS B3K 2Z4 www.adsumforwomen.org/</p>
<p>Alice House</p> <ul style="list-style-type: none"> Alice House provides opportunities for women and their children to create a life free from intimate partner violence by offering safe housing, counselling, support services, and programming. 	<p>Phone: 902-466-8459 Fax: 902-466-9808 livesafe@alicehouse.ca</p> <p>www.alicehouse.ca/</p>
<p>Byrony House</p> <ul style="list-style-type: none"> Provides transitional supports and services for women, with or without children, affected by intimate partner abuse 24-hour Distress line: 902-422-7650 (call or text) 	<p>Phone: 902-429-9002</p> <p>programs@bryonyhouse.ca</p> <p>www.bryonyhouse.ca/</p>
<p>Halifax Housing Help- Metro Non-Profit Housing Association</p> <ul style="list-style-type: none"> A housing support and trustee service, offering case management to individuals experiencing barriers to finding and sustaining appropriate housing. 	<p>www.mnpha.wordpress.com/programs-services/halifax-housing-help/</p> <p>Halifax: Phone: 902- 423-3829 and 902-423-8475 2444 Brunswick Street Halifax NS</p> <p>Dartmouth: Phone: 902-466-3483 info@dartmouthhousinghelp.ca 260 Wyse Rd, Unit 101, Dartmouth, NS.</p>
<p>The Housing Hub - program of Shelter Nova Scotia</p> <ul style="list-style-type: none"> Housing support, diversion and community resources, access to basic services 	<p>Phone: 902-431-7848</p> <p>5506 Cunard St., Suite 101 www.shelternovascotia.com/</p>
<p>Navigator Street Outreach</p> <ul style="list-style-type: none"> Employment and Housing Support Navigation- support navigating various systems, advocates for specific services including: addictions services, mental health supports, Income Assistance, legal/justice 	<p>Phone: 902-209-6516 eric@downtownhalifax.ca</p> <p>www.navigatorstreetoutreach.ca/</p>

Legal Justice

Coverdale <ul style="list-style-type: none">• Offers emotional and informational support for women going through the court process and educational programs promoting self -knowledge and empowerment	Phone: 902-422-6417 admin@coverdale.ca 6169 Quinpool Rd Suite 211B www.coverdale.ca/
Elizabeth Fry of Mainland NS <ul style="list-style-type: none">• Provides support to criminalized women through programs covering topics such as relapse prevention, employment and education, healthy relationships, etc.	Phone: 902-454-5041 programs@efrymns.ca 85 Queen Street Dartmouth, NS B2Y 1G7 www.efrymns.ca/
John Howard Society of Nova Scotia, Halifax Region <ul style="list-style-type: none">• Services include Anger Management and Emotional Intelligence and Healthy Relationships programs, Record suspension applications, educational workshops, and community workplace programs	Phone: 902-429-6429 Fax: 902-406-7619 jhsns@jhsns.ca 541 Sackville Dr. Suite 1, Lower Sackville NS B3C 1S2 www.ns.johnhoward.ca/

Practical Support

<p>Atlantic Contemplative Centre</p> <ul style="list-style-type: none"> Open mindfulness groups; offered 3 times a week on Zoom 	<p>Phone: 902-431-9954 director@accns.ca</p> <p>6009 Inglis Street Halifax NS B3H 1K9 www.contemplativecentre.ca/</p>
<p>Canadian Mental Health Association- Halifax/Dartmouth Branch</p> <ul style="list-style-type: none"> Programs include Mental Health Community Coffee, informal social support, workshops, and social clubs. 	<p>Phone: 902-455-5445 cmahal@ns.aliantzinc.ca</p> <p>Monday-Thursday, 10am-4:30pm</p> <p>2020 Gottingen St. Suite 100 Halifax NS B3K 3A9 www.cmhalifaxdartmouth.ca/</p>
<p>Canadian Mental Health Association- Nova Scotia Division</p> <ul style="list-style-type: none"> Providing mental health education, resources and community-based supports and services. Offers peer support, various programs and training, see website for up to date information 	<p>Toll-free: 1-877-466-6606 education02@novascotia.cmha.ca</p> <p>3-644 Portland Street, Suite 201 Dartmouth NS B2W 6C4</p> <p>www.novascotia.cmha.ca/</p>
<p>Caregivers Nova Scotia</p> <ul style="list-style-type: none"> programs, support groups, advocacy, and services all geared toward the unique needs of friends and family giving care 	<p>Toll free: 1-877-488-7390 info@caregiversns.org</p> <p>www.caregiversns.org/</p>
<p>Chebucto Connections</p> <ul style="list-style-type: none"> A neighborhood hub in Spryfield where residents can get connected to information and services in their community. Programs include Pathways to Education, Elevate Employment, Community Food Market and resource navigation. 	<p>Phone: 902-477-0964 Fax: 902-477-8984</p> <p>info@chebuctoconnections.ca</p> <p>Monday-Friday, 9am-4:30pm</p> <p>531 Herring Cove Rd. Halifax NS, B3R 1X3 www.chebuctoconnections.ca/</p>
<p>Community Mental Health Resource Database for IBPOC People in the HRM</p> <ul style="list-style-type: none"> Database was made to highlight a range of local services, programs and IBPOC mental health workers for IBPOC residents of Kjiipuktuk/HRM Regularly updated as information is collected 	<p>info@khyber.ca https://docs.google.com/document/d/14LcPUySI783Fau3CoVWGGV22vdyyi15svUTTYsZ2TBw/edit?fbclid=IwAR31P_tLW3RA34xbvkCvrKwhwS4PgyKnsID064voTGbdDTt1cmckwTSOFIO</p>

<p>Eating Disorders Nova Scotia</p> <ul style="list-style-type: none"> • Offers free peer support and family and friends peer support • Counselling and nutrition counselling (\$) 	<p>Phone: 902-229-8436 info@eatingdisordersns.ca www.eatingdisordersns.ca/</p>
<p>Family SOS</p> <ul style="list-style-type: none"> • Family SOS offers free comprehensive programs that will benefit all family members • Programs include positive parenting groups, in-home support services, essential food packages, and friendly phone calls for seniors. 	<p>info@familysos.ca www.familysos.ca/</p> <p>Head Office Phone: 902-455-5515 5450 Cornwallis St Halifax NS B3K 1A9</p> <p>Spryfield Program Space Phone: 902-446-3020 4 Cranberry Ct Halifax NS B3R 2E5</p>
<p>Halifax Association for Community Living</p> <ul style="list-style-type: none"> • Peer support groups for people who have a developmental disability or have a loved one with a developmental disability • Groups offered include: Self-Advocate Support Group, Parent Support Group, and Sibling Support Group 	<p>Phone: 902-463-4752 halifaxcommunityliving@gmail.com www.halifaxacl.com/</p>
<p>Healthy Mind Cooperative</p> <ul style="list-style-type: none"> • Offers free, confidential navigation services that helps guide persons living with mental health challenges or disorders (including addiction), and/or their families, to connect with the appropriate support services within their community. • Wellness Programs including Mindful Monday, Lunch ‘n Learn, Men’s Mental Health Peer Support Group, Wellness Workshops, Peer Connect and Writer’s Group. • Register through their online calendar at healthyminds.ca 	<p>Phone: 902-404-3504 Toll free: 1-855-901-6463 wellness@healthyminds.ca</p> <p>45 Alderney Drive Suite 200, Dartmouth NS B2Y 2N6 www.healthyminds.ca/</p>

<p>Mi'kmaw Native Friendship Centre</p> <ul style="list-style-type: none"> • Offers a diverse and integrated selection of programs and services that are responsive to the physical, emotional, spiritual and cultural needs of Aboriginal peoples in and urban environment. Has an open door policy with all of our programs making our services available to all people. • Programs include but are not limited to, supporting employment, education, health, housing justice, and seniors. 	<p>Phone: 902-420-1576 Fax: 902-423-6130</p> <p>2021 Brunswick Street Halifax, Nova Scotia B3K 2Y5 www.mymnfc.com/</p>
<p>Mobile Outreach Street Halifax (MOSH)</p> <ul style="list-style-type: none"> • MOSH provides accessible primary health care services to people who are homeless, insecurely housed, street involved and underserved in our community. • Call or text MOSH Nurse Line Monday-Friday 9am-7pm 	<p>Phone: 902-429-5290 Fax: 902-422-0859 Nurse Line: 902-802-3332</p> <p>2131 Gottingen Street, 5th Floor, Halifax, NS B3K 5Z7 www.moshhalifax.ca/</p>
<p>Reachability</p> <ul style="list-style-type: none"> • Provides supportive and accessible programs that build capacity for inclusion and equalize the playing field for people facing barriers • Programs address topics such as employment support, anger management, goal setting, etc. 	<p>Phone: 902-429-5878 Toll-free: 1-866-429-5878 info@reachability.org Monday-Friday, 8am-4pm</p> <p>3845 Joseph Howe Drive, Suite 201 Halifax, Nova Scotia B3L 4H9 www.reachability.org/</p>
<p>Red Bear Healing Home</p> <ul style="list-style-type: none"> • Assists people build their capacity by providing public education, inspiration, referrals, support, resources, friendly listening, peer support and free voice mail for people who are economically and socially disadvantaged in Nova Scotia. 	<p>Phone: 902-488-4744 info@redbearhealinghome.com www.myredbear.com/</p>
<p>Self-Help Connection</p> <ul style="list-style-type: none"> • Wellness Recovery Action Plan (WRAP)- peer support with recovery education and action planning • Call for information on current Self-Help groups 	<p>Phone: 902-466-2011 Toll free: 1-844-466-2011</p> <p>Monday-Friday, 8:30am-4:30pm</p> <p>73 Tacoma Drive, Suite 302, Dartmouth NS B2W 3Y6 www.selfhelpconnection.ca/</p>

<p>Schizophrenia Society of Nova Scotia</p> <ul style="list-style-type: none"> • Offers one to one Peer Support and on-line peer support groups for families supporting a loved one living with a mental illness and anyone affected or living with any mental health concerns 	<p>Phone: 902-465-2601 contact@ssns.ca</p> <p>5571 Cunard St Halifax, NS B3K 1C5 www.ssns.ca/</p>
<p>Stepping Stone Association</p> <p>Community Drop-In</p> <ul style="list-style-type: none"> • Located at 9 Ferguson Road in Dartmouth, open 9:30am-1pm Monday to Friday • Safe and confidential environment for current and former sex workers to seek support and services <p>Active Bodies, Active Lives Program</p> <ul style="list-style-type: none"> • Access to physical activity, self-defense and survival awareness, and opportunities for obtaining the techniques, skills and knowledge to safely engage in physical activities <p>Street Outreach Program</p> <ul style="list-style-type: none"> • Beyond meeting immediate needs, the outreach teams provide peer support, referrals to in-house staff, as well as other support organizations 	<p>Outreach: 902-448-3733 Phone: 902-420-0103 Fax: 902-422-9665</p> <p>9 Ferguson Road Dartmouth NS B3A 4J8</p> <p>www.steppingstonens.ca/</p>
<p>Upstairs Kitchen Club</p> <ul style="list-style-type: none"> • Weekly open format depression/anxiety peer support group and information • Open to adults (18+), friends, family and support people welcome 	<p>Phone: 902-471-1422 jmalone@eastlink.ca</p>
<p>Veith House</p> <ul style="list-style-type: none"> • An inclusive neighbourhood hub that provides equitable and relevant services and opportunities, to foster a healthier more vibrant community • Call to inquire about current programs • Social Work services may include crisis management, case management, advocacy, resource navigation, short term counselling, referrals, and client support 	<p>Phone: 902-453-4320 Fax: 902-453-3633 info@veithhouse.ns.ca</p> <p>Monday-Friday, 8:30am-4:30pm</p> <p>3115 Veith St, Halifax Nova Scotia B3K 3G9 www.veithhouse.com/</p>
<p>YWCA</p> <ul style="list-style-type: none"> • Offers a continuum of critical services and programs that build economic security, promotes wellness, and creates opportunities for women, girls, and their families. • Programs include, but are not limited to: New to Canada programs, the December 6th fund, employment skills, and supportive housing 	<p>Phone: 902-423-6162</p> <p>358 Herring Cove Rd. Halifax, NS www.ywcahalifax.com/</p>

Resource Centres

<p>Bayers Westwood Family Support Resource Centre</p> <ul style="list-style-type: none"> Offers prenatal and infant programs, children's programs, programs for caregivers, food security assistance, family support and provision of resources. 	<p>Phone: 902-454-9444 Fax: 902-454-0008 info@bayerswestwoodfrc.com</p> <p>Monday-Friday. 9am-4pm</p> <p>3499 McAlpine Avenue Halifax NS B3L 3X9</p>
<p>Chebucto Family Centre</p> <ul style="list-style-type: none"> Offer a variety of programs and services on a changing basis, see monthly calendar for current programs on their website Family Wellness Program- connects families with relevant information and resources related to the health and wellness of the whole family unit 	<p>Phone: 902-479-3031, ext. 302 Fax: 902-492-4547 info@chebuctofamilycentre.ca</p> <p>Monday 9am-12pm, Tuesday-Friday 9am-4pm</p> <p>3 Sylvania Ave Halifax NS B3R 1J7 www.chebuctofamilycentre.ca/</p>
<p>East Preston Family Resource Centre</p> <ul style="list-style-type: none"> Programs include: coffee and chat, budgeting workshops, youth drop in Call for current programs being offered 	<p>Phone: 902-462-7266 Fax: 902-444-3527 info@eastprestodaycare.ca</p> <p>Monday-Friday. 9am-5pm</p> <p>1900 Highway 7 East Preston NS B2Z 1M2 www.eastprestodaycare.ca/resource-centre/</p>
<p>Fairview Resource Centre</p> <ul style="list-style-type: none"> Weekly coffee drop-in, recreation, fitness, health and wellness programs, support groups Crisis intervention, advocacy and referrals, on-site social workers Check monthly calendar to see what is currently being offered 	<p>Phone: 902-443-9569 Toll-free: 1-866-637-4699 Fax: 902-431-2000 info@frcns.com</p> <p>Monday-Thursday, 8:30am-4:30pm Friday, 8:30am-4pm</p> <p>6 Titus Street Halifax NS B3N 2Y7 www.frcns.com/</p>

<p>Halifax & Region Military Family Resource Centre</p> <ul style="list-style-type: none"> • Programs and services customized to meet the changing needs of military families. Including: deployment services, Francophone services, employment & education, mental health & well-being, welcome, and veteran family programs. 	<p>Toll free: 1-888-753-8827 info@hrmfrc.onmicrosoft.com Monday-Friday, 7am- www.halifaxmfrc.ca/ Halifax: Phone: 902-427-7788 WP106. Windsor Park 6393 Homefire Cres Halifax, NS B3K 5X5</p> <p>Shearwater: 902-720-1885 Building 14. Shearwater 30 Provider Road Shearwater, NS B0J 3A0</p>
<p>LEA Place Women’s Resource Centre</p> <ul style="list-style-type: none"> • Services include: support counselling and crisis intervention, advocacy and accompaniment; and information and referrals. • Delivers services and program for women and girls living in more isolated rural areas • Program areas include: life skills; sexual violence prevention and intervention; healthy relationships; economic and self-sufficiency; etc. 	<p>Main Phone: 902-885-2668 Support Worker's Direct Line: 902-885-5286 Fax: 902-885-2629</p> <p>Monday-Friday, 9am-4:30pm</p> <p>22709 Highway #7 PO Box 245 Sheet Harbour, NS B0J 3B0 www.leaplace.com/</p>
<p>Mulgrave Park Caring & Learning Centre</p> <ul style="list-style-type: none"> • Offers programs for parents and families, children and youth, and the community • See events calendar on their website for up to date information 	<p>Phone: 902-453-5089 information@mulgravepark.ca</p> <p>Monday-Friday 9am-4:30pm</p> <p>57 Jarvis Ln Halifax NS B3K 2J2 www.mulgravepark.ca/</p>
<p>Musquodoboit Valley Family Resource Centre</p> <ul style="list-style-type: none"> • Provides programs and services to the community to enhance and support families in health and life long learning. • Programs offered for children, youth seniors, and all ages. 	<p>Phone: 902-384-2794 Fax: 902-384-2921 mvfrc1@gmail.com</p> <p>12280 Highway 224, Suite #2 Middle Musquodoboit NS B0N 1X0 www.musquodoboitvalleyfamilyresourcecentre.vpweb.ca/</p>

<p>North End Parent Resource Centre</p> <ul style="list-style-type: none"> • Programs for parents, children, and families • See Facebook for up to date calendar and events 	<p>Phone: 902-492-0133 parentresource@hotmail.com</p> <p>5475 Uniacke Street Halifax, NS B3K 5V5</p>
<p>The North Grove</p> <ul style="list-style-type: none"> • Offers programs, resources, and activities that promote healthy child, parent and family development. • An up to date calendar of current programming can be found on their website. 	<p>Phone: 902-464-8234 ext. 0 info@thenorthgrove.ca</p> <p>6 Primrose Street, Unit 115 Dartmouth NS B3A 4C5 www.thenorthgrove.ca/</p>

Youth Centered

<p>Laing House</p> <ul style="list-style-type: none"> • Peer support; education, employment and housing support; new/physical activities; developing healthy coping strategies; etc. • Available to those ages 16-29 with diagnosed mood disorder, psychosis, and/or anxiety disorder. 	<p>Phone: 902-425-9018 Fax: 902-422-6943 info@lainghouse.org</p> <p>1225 Barrington Street Halifax, NS B3J 1Y2 www.lainghouse.org/</p>
<p>LOVE Nova Scotia</p> <ul style="list-style-type: none"> • Supports youth to thrive through programs and healthy relationships that build emotional intelligence and help overcome the challenges they face • Programs include creative expression, group discussion, social and emotional learning, leadership development opportunities, and one-on-one, 24/7 support. 	<p>Phone: 902-429-6616 info@lovenovascotia.ca</p> <p>2171 Gottingen Street, Suite 205 Halifax, Nova Scotia B3K 3B5 www.lovenovascotia.ca/</p>
<p>Phoenix Youth Youth Outreach</p> <ul style="list-style-type: none"> • Offers support to youth ages 16-24 and their families in a community setting, Phoenix can meet youth where they are <p>Phoenix Youth and Community Centre</p> <ul style="list-style-type: none"> • Works with the community to provide relevant and meaningful programs for community member ages 12+, their families, and other residents. Focuses on leadership, arts and recreation, employment, education, and skill building. 	<p>www.phoenixyouth.ca/</p> <p>General Inquires: Phone: 902-422-3105 phoenix@phoenixyouth.ca Monday-Friday, 8:30am-4:30pm 5880 Spring Garden Rd, Suite 200 Halifax NS</p> <p>Youth Outreach Phone: 902-818-5737 Toll Free: 1-877-332-3331 outreach@phoenixyouth.ca Monday-Friday, 9am-5pm 122-123 Jarvis Lane Halifax NS</p> <p>Phoenix Youth and Community Centre Phone: 902-877-0276 or 901-444-3401 pycc@phoenixyouth.ca 9am-5pm, with occasional evenings Mulgrave Park, 123 & 133 Jarvis Lane Halifax</p>

<p>Phoenix Youth & Family Therapy</p> <ul style="list-style-type: none"> • Offers therapy to youth ages 12-24 and their families • Take referrals directly from youth and their families <p>Phoenix Centre for Youth</p> <ul style="list-style-type: none"> • Services include: housing support, advocacy, crisis intervention, counseling, parenting support, referral to community and internal resources, health services, financial advocacy, food, clothing, shower and laundry facilities, and computer and phone access. <ul style="list-style-type: none"> ○ Youth can make in-person appointments by email or phone 	<p>Phoenix Youth & Family Therapy Phone: 902-444-3400 therapy@phoenixyouth.ca Monday-Friday, 9am-5pm 5547 Young St Halifax NS</p> <p>Phoenix Centre for Youth Phone: 902-420-0676 Toll free: 1-888-620-0676 pcf@phoenixyouth.ca Monday, Wednesday, Thursday, 9:30am-1pm, 2-5pm Tuesday & Friday, 2-5pm 6035 Coburg Rd Halifax NS</p>
<p>Youth Project</p> <ul style="list-style-type: none"> • Services include drop-in, hang out groups, education, referral services and supportive counseling for youth (ages 25 and under) around issues of sexual orientation and gender identity • Support groups for parents and families of transgendered youth may be offered 	<p>Phone: 902-429-5429 carmel@youthproject.ns.ca</p> <p>2281 Brunswick St. Halifax NS B3K 2Y9 www.youthproject.ns.ca/</p>

Nova Scotia Health Authority

<p>Community Mental Health & Addictions</p> <ul style="list-style-type: none"> If you or a family member needs help, you can self-refer to a mental health or addictions clinic, service or program through the Nova Scotia Health Authority or IWK Health Centre. 	<p>1-855-922-1122 8:30am-4:30pm Monday-Friday</p> <p>www.mha.nshealth.ca/en</p>
<p>IWK Mental Health and Addictions Program</p> <ul style="list-style-type: none"> Support for children and teens facing mental health and addiction problems Intake and navigation services through the central referral line 	<p>Central referral line: 902-464-4110 Toll free: 1-855-922-1122</p> <p>www.iwk.nshealth.ca/COVID-19/mental-health-addictions</p>
<p>Mental Wellness: Virtual Programs</p> <ul style="list-style-type: none"> Cover topics such as Exploring Emotions, Self-Compassion, Time Management and Wellbeing, etc. Delivered through Zoom for Healthcare; iPad borrowing available 	<p>www.library.nshealth.ca/HealthyLiving/RegisterForPrograms</p>
<p>Pride Health</p> <ul style="list-style-type: none"> Connect to 2SLGBYQ+ resources Provides support via phone or at a community location chosen by you 	<p>Phone: 902-487-0470 pridehealth@nshealth.ca</p> <p>www.nshealth.ca/content/pridehealth</p>
<p>Reproductive Mental Health Services</p> <ul style="list-style-type: none"> an interdisciplinary team of clinicians who work collaboratively to provide specialized outpatient mental health services to women who are pregnant/postpartum and are currently experiencing moderate to severe psychiatric symptoms with significant impairment related to perinatal issues Referrals must be from the patient's family physician, obstetrician, midwife, nurse practitioner or an attending physician to provide coordinated care. 	<p>Phone: 902-470-8098 Fax: 902-470-6760</p> <p>Mailing Address: IWK Health Centre PO Box 9700 Halifax NS B3K 6R8</p> <p>www.iwk.nshealth.ca/mental-health/reproductive-mental-health-rmh-services</p>
<p>Your Way To Wellness</p> <ul style="list-style-type: none"> chronic disease self-management program that helps people with chronic conditions (and their caregivers) overcome daily challenges, take action and live a healthy life runs for 6 weeks, 2.5-hour sessions on Zoom once a week self-refer by calling or emailing 	<p>Phone: 1-888-672-3444 yw2w@nshealth.ca</p> <p>www.nshealth.ca/content/your-way-wellness</p>

Nova Scotia Health Authority- Adult Community Mental Health and Addictions Teams

<p>Bayers Road Centre</p> <ul style="list-style-type: none"> • Women’s Wellness program <ul style="list-style-type: none"> ○ Referral from addictions program clinician needed ○ 2-week, intensive daily program • Adult Addiction Day Treatment program <ul style="list-style-type: none"> ○ 2-week intensive daily program ○ Referral from addictions program clinician needed • Adult Community Mental Health and Addictions Services 	<p>7071 Bayers Road, Halifax NS</p>
<p>Cobequid Community Health Centre-</p> <ul style="list-style-type: none"> • Connections <ul style="list-style-type: none"> ○ Recovery focused program providing supports and opportunities for adults living with mental illness who also experience substantial functional challenges in their day-to-day life • Adult Community Mental Health and Addiction Services 	<p>40 Freer Lane, Lower Sackville NS</p>
<p>Cole Harbour Place</p> <ul style="list-style-type: none"> • Adult Community Mental Health and Addictions Services 	<p>51 Forest Hills Parkway, Dartmouth NS</p>
<p>Dartmouth Community Mental Health and Addictions</p> <ul style="list-style-type: none"> • Connections <ul style="list-style-type: none"> ○ Recovery focused program providing supports and opportunities for adults living with mental illness who also experience substantial functional challenges in their day-to-day life • Adult Community Mental Health and Addiction Services 	<p>842 Portland Street, Dartmouth NS</p>
<p>Spryfield Community Wellness Centre</p> <ul style="list-style-type: none"> • Adult Community Mental Health and Addictions Services 	<p>16 Dentith Road, Halifax NS</p>

Counselling

<p>Alsusuti Aboriginal Crisis & Counselling Services</p> <ul style="list-style-type: none"> • Indigenous counsellors offering culturally appropriate mental health counselling services to First Nations and Indigenous people in Nova Scotia. • Services are covered by NIHB and IRS for all eligible status First Nations peoples (other programs may be available to non-status Indigenous persons) and are normally provided in your home (on and off reserve), your local Health Centre or in a safe space chosen by you such as at school or Friendship Centre. 	<p>Phone: 844- 694-1382 Fax: 902-543-2044</p> <p>Monday-Friday, 8:30am-4:30pm</p> <p>www.alsusuti.com/</p>
<p>Pause: Mental Health Walk-In Clinic- North End Community Health Centre</p> <ul style="list-style-type: none"> • 45-minute counselling sessions on a first come, first serve basis • Call anytime to leave a message to make an appointment • Available to everyone, no health card needed 	<p>1-800-598-5270</p> <p>Tuesdays & Thursdays, 5-8pm</p> <p>www.nchc.com/services/mental-health-services/</p>
<p>Healing Opportunities for People Everywhere (HOPE)- by ML Family Counselling</p> <ul style="list-style-type: none"> • Free therapy with Registered Counselling Therapists and Social Workers for individuals ages 10+ and couples 	<p>Phone: 902-707-4414 (call or text) intake@coucheofhope.com</p> <p>192 Wyse Rd Dartmouth NS B3A 1M9 www.couchofhope.com/</p>

<p>New Start Counselling</p> <ul style="list-style-type: none"> • A self-referral agency for those who have used or are using abuse and/or violence in intimate partner relationship. *There is a fee for service, but no-one is turned away if they are unable to pay. • Services include individual counselling, counselling for partners of those involved in New Start, and group counselling • Free counselling for men who have experienced sexual assault 	<p>Phone: 902-423-4675 Fax: 902-431-3033 info@newstartcounselling.ca</p> <p>45 Alderney Drive, Suite 900 Dartmouth NS B2Y 2N6</p> <p>www.newstartcounselling.ca/</p>
<p>The People’s Counselling Clinic</p> <ul style="list-style-type: none"> • Low-barrier clinical services; no waitlist or cancellation policy. • Most services are free. • Services include individual therapy, semi-structured groups focused on men’s wellness, and services for people who have experiences commercial or other forms of sexual exploitation 	<p>Phone: 902-832-1593 thepeoplescounsellingclinic@gmail.com</p> <p>200-5435 Portland Place, Halifax NS B3K 1A2 www.thepeoplescounsellingclinic.ca/</p>

Websites/Online

<p>Anxiety Canada</p> <ul style="list-style-type: none"> • Free online, self-help, and evidence-based resources on anxiety • Includes an online directory and online courses 	<p>www.anxietycanada.com/</p>
<p>ICAN (Conquer Anxiety and Nervousness) -Led by Strongest Families Institute</p> <ul style="list-style-type: none"> • This private, confidential program is best suited for people looking for help with anxiety and depression. Participants will learn valuable life-skills proven to help overcome anxiety through e-learning, videos, and weekly telephone coaching 	<p>www.login.strongestfamilies.com/signup/ican/page/1/</p>
<p>The Lifeline Canada App</p> <ul style="list-style-type: none"> • Suicide Prevention and Awareness app that offers access to guidance to support those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. • Included direct access to chat, text, and email crisis help, self-management tools, e-counselling, mental health apps, etc. • Available for free download from the App Store or Google Play • Available in French and English 	<p>www.thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app/</p>
<p>MindWellU</p> <ul style="list-style-type: none"> • A free, five-minute daily online challenge which can be accessed anywhere and on any device. Learn the basics of mindfulness-in-action while developing skills that enable you to become calmer, present and more focused in any given moment. • Available in French and English 	<p>www.app.mindwellu.com/novascotia</p>
<p>NS First Responders' Mental Health</p> <ul style="list-style-type: none"> • This website contains tools and resources for First Responders, employers, and families, however all Nova Scotians who work in stressful and demanding workplaces may also find these resources helpful. 	<p>www.firstrespondersmentalhealthns.com/</p>

<p>Therapy Assistance Online (TAO)</p> <ul style="list-style-type: none"> • Online library of engaging, interactive programs to learn life skills and to help you bounce back from disappointments or stumbling blocks in life. As you watch videos and engage with our interactive components, you'll gain the knowledge, self-awareness, and skills you need to achieve your goals. • English and French versions available. 	<p>www.taoconnect.org/what is tao/ns/</p>
<p>Togetherall</p> <ul style="list-style-type: none"> • A safe, anonymous online community where people can share what's troubling them and allows people to get support, take control and feel better. • Free to all youth and young adults ages 16-29 in Nova Scotia. 	<p>www.togetherall.com/en-ca/</p>
<p>Wellness Together Canada</p> <ul style="list-style-type: none"> • Online community of support and coaching, one-to-one counselling, self-guided courses, apps, and more • Available in English and French 	<p>www.wellnesstogether.ca/en-CA</p>