

# COMMUNITY MENTAL HEALTH RESOURCE GUIDE

for Halifax Regional Municipality



**VERSION 2**

**UPDATE MAY 2023**



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



**chebucto**  
family | centre

The production of this guide has been made possible through the financial support of Green Shield Canada through the Community Foundation of Nova Scotia and the work of Family Wellness at Chebucto Family Centre.

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 [info@chebuctofamilycentre.ca](mailto:info@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**.

<b>Byrony House Distress Line</b>	24-hour Distress line: 902-422-7650 (call or text)
<b>Canada Suicide Prevention Service/Crisis Service Canada</b> <ul style="list-style-type: none"> <li>• Calling available in French and English</li> <li>• Text only available in English (standard text messaging rates apply)</li> </ul>	Toll free: 1-833-456-4566 Operates 24/7  Text 45645. 5pm-1am AST  <a href="http://www.talksuicide.ca/">www.talksuicide.ca/</a>
<b>Eskasoni Crisis and Referral Centre</b> <ul style="list-style-type: none"> <li>• 24/7 crisis and support line available to members of Mi'kmaq communities via Facebook or Toll-Free telephone line</li> <li>• Services are provided in Mik'maw and English</li> </ul>	Toll-free: 1-855-379-2099 Phone: 902-379-2099  <a href="https://www.facebook.com/EskasoniCrisisSupportWorker">https://www.facebook.com/EskasoniCrisisSupportWorker</a>  <a href="http://www.eskasonimentalhealth.org/">www.eskasonimentalhealth.org/</a>
<b>First Nations and Inuit Hope for Wellness Helpline</b> <ul style="list-style-type: none"> <li>• Call or chat on their website</li> <li>• Phone and online chat available in French and English, 24/7 to all Indigenous people across Canada</li> <li>• Phone counselling available in Cree, Ojibway, and Inuktitut upon request</li> </ul>	Toll free: 1-855-242-3310 Operates 24/7  <a href="http://www.hopeforwellness.ca/">www.hopeforwellness.ca/</a>
<b>Good 2 Talk</b> <ul style="list-style-type: none"> <li>• Confidential support services for post-secondary students in Nova Scotia</li> <li>• Call 1-833-292-3698 or text GOOD2TALKNS to 686868</li> <li>• Available 24/7 in French and English</li> </ul>	Phone: 1-833-292-3698 Text 686868 Operates 24/7  <a href="http://www.good2talk.ca">www.good2talk.ca</a>
<b>Kids Help Phone</b> <ul style="list-style-type: none"> <li>• Call to reach a professional counsellor</li> <li>• Text or Facebook message to reach a trained volunteer crisis counselor</li> <li>• Both services are available 24/7 in French and English</li> </ul>	Phone: 1-800-668-6868 Text 686868 Operates 24/7  <a href="http://www.kidshelpphone.ca/">www.kidshelpphone.ca/</a>

<p><b>Missing and Murdered Indigenous Women and Girls (MMIWG) Crisis Line</b></p> <ul style="list-style-type: none"> <li>• Immediate emotional assistance for individuals in distress, impacted by the issue of Missing and Murdered Indigenous Women and Girls (MMIWG)</li> </ul>	<p>Toll-free: 1-844-413-6649 Operates 24/7</p> <p><a href="https://www.mmiwg-ffada.ca/contact/">https://www.mmiwg-ffada.ca/contact/</a></p>
<p><b>National Indian Residential School Crisis Line</b></p> <ul style="list-style-type: none"> <li>• Provides emotional support and assistance for former Indian Residential School students and their families.</li> </ul>	<p>Toll-free: 1-866-925-4419 Operates 24/7</p>
<p><b>Provincial Mental Health &amp; Addictions Crisis Line (Mobile Mental Health)- NS Health Authority</b></p> <ul style="list-style-type: none"> <li>• Provides intervention and short-term crisis management for anyone experiencing mental health crisis</li> </ul>	<p>Phone: 902-429-8167 Toll free: 1-888-429-8167 Operates 24/7</p> <p><a href="https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line">mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line</a></p>
<p><b>Trans Lifeline</b></p> <ul style="list-style-type: none"> <li>• Offering direct emotional and financial support to trans people in crisis- for the trans community, by the trans community</li> <li>• When you call, you'll speak to a trans/nonbinary peer operator</li> <li>• Full anonymity &amp; confidentiality</li> <li>• No nonconsensual active rescue (calling 911, emergency services, or law enforcement)</li> </ul>	<p>Phone: 1-877-330-6366</p> <p><a href="http://www.translifeline.org">www.translifeline.org</a></p>
<p><b>Wellness Together Canada</b></p> <ul style="list-style-type: none"> <li>• Online community of support and coaching, one-to-one counselling, self-guided courses, apps, and more</li> <li>• Call 1-866-585-0445, or text WELLNESS to 741741</li> <li>• Available in English and French, for ages 18+</li> </ul>	<p>Phone: 1-866-585-0445 Text WELLNESS to 741741 Operates 24/7</p> <p><a href="http://www.wellnesstogether.ca/en-CA">www.wellnesstogether.ca/en-CA</a></p>

## Non-Crisis Phone Lines

<p><b>211</b></p> <ul style="list-style-type: none"> <li>• Call or text 211</li> <li>• Navigational support with referrals to community resources, programs and services</li> <li>• Available in over 100 languages</li> </ul>	<p>Phone: 211 Operates 24/7</p> <p><a href="https://ns.211.ca/">ns.211.ca/</a></p>
<p><b>811- Public Health</b></p> <ul style="list-style-type: none"> <li>• General health information and advice</li> <li>• Operates 24/7</li> </ul>	<p>Phone: 811 Operates 24/7</p> <p><a href="https://811.novascotia.ca/">811.novascotia.ca/</a></p>
<p><b>All Genders Helpline</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Offered in English, with interpretation in other languages available</li> </ul>	<p>Phone: 211 Toll free: 1-855-466-4994 Operates 24/7</p>
<p><b>Avalon SANE Response Line</b></p> <ul style="list-style-type: none"> <li>• Phone response line for immediate sexual assault information and support for those who experienced a sexual assault within the last 7 days</li> <li>• serves people of all genders (including trans-identified people) and all ages</li> </ul>	<p>Phone: 902-425-0122 Operates 24/7</p> <p><a href="https://www.avaloncentre.ca/">www.avaloncentre.ca/</a></p>
<p><b>Black Youth Helpline</b></p> <ul style="list-style-type: none"> <li>• Serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.</li> <li>• Service in French and other languages available upon request</li> </ul>	<p>Phone:1-416-285-9944 Toll-free: 1-833-294-8650</p> <p><a href="mailto:info@blackyouth.ca">info@blackyouth.ca</a></p> <p><a href="https://www.blackyouth.ca/">www.blackyouth.ca/</a></p>
<p><b>Bullying Helpline</b></p> <ul style="list-style-type: none"> <li>• Nationwide support network for bullied youth</li> <li>• Available 24/7 through text, phone call, and email</li> </ul>	<p>Phone: 1-877-352-4497</p> <p><a href="mailto:Support@BullyingCanada.ca">Support@BullyingCanada.ca</a></p> <p>Operates 24/7</p> <p><a href="https://www.bullyingcanada.ca/get-help/">www.bullyingcanada.ca/get-help/</a></p>

<p><b>Men’s Help Line</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Offered in English, with interpretation in other languages available</li> </ul>	<p>Phone: 211 Toll free: 1-855-466-4994 Operates 24/7</p>
<p><b>National Eating Disorder Information Centre (NEDIC)</b></p> <ul style="list-style-type: none"> <li>• Call, email or instant chat available on their website</li> </ul>	<p>Toll-free: 1-866-633-4220 Monday-Thursday: 10am-10pm AST Friday: 10am-6pm AST Saturday &amp; Sunday: 1-6pm AST <a href="mailto:nedic@uhn.ca">nedic@uhn.ca</a> <a href="http://www.nedic.ca">www.nedic.ca</a></p>
<p><b>National Overdose Response Service</b></p> <ul style="list-style-type: none"> <li>• NORS is an overdose prevention hotline for Canadians providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs.</li> </ul>	<p>1-888-688-6677 <a href="mailto:weloveyou@nors.ca">weloveyou@nors.ca</a> <a href="http://www.nors.ca">www.nors.ca</a></p>
<p><b>Nova Scotia Peer Support Phone Line</b></p> <ul style="list-style-type: none"> <li>• The Peer Support Phone Service is a toll-free, non-crisis, province wide service, available to all Nova Scotians 18 years of age or older. It is staffed by trained peer supporters, who have personal or family-based lived experience with mental health and/or substance use challenges.</li> </ul>	<p>Toll-free: 1-800-307-1686 Wednesday-Friday: 5pm to 11pm AST Saturday and Sunday: 11am to 11pm AST Closed Mondays and Tuesdays. <a href="mailto:info@mhc-cism.com">info@mhc-cism.com</a> <a href="https://www.supportyourpeople.ca/peer-support-phone-service">https://www.supportyourpeople.ca/peer-support-phone-service</a></p>
<p><b>Postpartum Support International Helpline</b></p> <ul style="list-style-type: none"> <li>• Anyone can call or text to get basic information, support, and resources.</li> <li>• The HelpLine is not a crisis hotline.</li> <li>• You are welcome to leave a confidential message any time, and one of the HelpLine volunteers will return your call within 24 hours.</li> <li>• Provides information, encouragement, and names of resources near you.</li> <li>• Available in English and Spanish</li> </ul>	<p>Toll free: 1-800-944-4773 Text: 800-944-4773 (English) Text: 971-203-7773 (Spanish) <a href="https://www.postpartum.net/get-help/psi-helpline/">https://www.postpartum.net/get-help/psi-helpline/</a></p>

<p><b>Red Cross Friendly Calls</b></p> <ul style="list-style-type: none"> <li>• Available to any adult who feels they could benefit from more social interaction.</li> <li>• Call Monday-Friday between 8:30-4:30pm AST to register</li> <li>• Available in French and English, other languages can often be accommodated but cannot be guaranteed</li> </ul>	<p>Phone: 1-833-729-0144 Monday-Friday: 8:30am-4:30pm</p> <p><a href="http://www.redcross.ca/in-your-community/nova-scotia/friendly-calls">www.redcross.ca/in-your-community/nova-scotia/friendly-calls</a></p>
<p><b>Unison Benevolent Fund</b></p> <ul style="list-style-type: none"> <li>• The Unison Fund offers a toll-free number to connect Canadian music professionals with resources and support for personal and practical issues. This service is free, anonymous, confidential and available</li> <li>• Before you make the call, please register with Unison.</li> <li>• Available in English and French</li> </ul>	<p>Toll-free: 1-855-986-4766</p> <p><a href="http://www.unisonfund.ca/">www.unisonfund.ca/</a></p> <p>Operates 24/7</p>
<p><b>Veterans Affairs Canada Assistance Service</b></p> <ul style="list-style-type: none"> <li>• Provides free, short-term psychological support with a mental health professional.</li> <li>• Provides support for issues that affect your well-being, including: work-related issues; health concerns; family and marital problems; psychological difficulties; bereavement; and other problems that affect well-being.</li> <li>• Available to Canadian Armed Forces Veterans, former members of the RCMP, their families, and their caregivers.</li> </ul>	<p>Phone: 1-800-268-7708 TTY: 1-800-567-5803 (for hearing-impaired persons) Operates 24/7</p> <p><a href="http://www.veterans.gc.ca/eng/contact/talk-to-a-professional">www.veterans.gc.ca/eng/contact/talk-to-a-professional</a></p>
<p><b>Victim Support Line</b></p> <ul style="list-style-type: none"> <li>• Victims/survivors, their friends, and families can reach out through our texting service or live chat system when a trained CRCVC staff member is available to help</li> <li>• Text and online chat available in English, French, and Romanian</li> <li>• Victims/survivors of interpersonal violence and their families can call for information about the Canadian criminal justice system, for assistance in obtaining services and accessing resources, and emotional support</li> </ul>	<p>Text: 613-208-0747 Phone: 1-877-232-2610</p> <p>Monday-Friday: 9:30am-5:30pm AST</p> <p><u>Text/Chat only:</u> Monday: 6-11pm AST Wednesday, Saturday &amp; Sunday: 7-11pm AST</p> <p><a href="http://www.crcvc.ca/how-we-help/victim-support/">www.crcvc.ca/how-we-help/victim-support/</a></p>



**Women's Help Line**

- 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

Phone: 211

Toll free: 1-855-466-4994

Available 24/7

# Community Programs

## Addictions

<p><b>Alcoholics Anonymous</b></p> <ul style="list-style-type: none"> <li>• Community support groups for those coping with alcohol addiction</li> <li>• See their website for an up-to date meeting list.</li> </ul>	<p>Phone: 902-461-1119  <a href="mailto:AAHelp.aahalifax@gmail.com">AAHelp.aahalifax@gmail.com</a>  <a href="http://www.aahalifax.org/">www.aahalifax.org/</a></p>
<p><b>Atlantic Canada Cocaine Anonymous (ACCA)</b></p> <ul style="list-style-type: none"> <li>• Community support groups for those coping with addiction to cocaine and other mind-altering substances</li> <li>• More information and a meeting list can be found on their website</li> </ul>	<p><a href="mailto:ca.maritimes@gmail.com">ca.maritimes@gmail.com</a>  <a href="http://www.ca-maritimes.org">www.ca-maritimes.org</a></p>
<p><b>Central Nova Area Narcotics Anonymous</b></p> <ul style="list-style-type: none"> <li>• Community support groups for those coping with addiction to drugs</li> <li>• For up to date meeting information call toll free number or see website</li> <li>• To talk with a member call (902) 789-8323, messages will be returned as soon as possible</li> </ul>	<p>Phone: 902-789-8323  Toll free: 1-800-205-8402  <a href="mailto:centralnovaarea@gmail.com">centralnovaarea@gmail.com</a>  <a href="http://www.centralnovaarea.ca/index.html">www.centralnovaarea.ca/index.html</a></p>
<p><b>Direction 180- program of the Mi'kmaw Native Friendship Centre</b></p> <ul style="list-style-type: none"> <li>• Offers treatment and support to people who use substances</li> <li>• 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</li> <li>• Offers support for family and friends of those struggling with opioid use</li> </ul>	<p>Phone: 902-420-0566  Fax: 902-420-1549</p> <p><u>Clinic Hours</u>  Monday-Friday: 8:30am-12pm  <u>Dispensary Hours</u>  Monday-Sunday: 8:30am-11am</p> <p>2151 Gottingen Street  Halifax NS B3K 3B  <a href="http://www.direction180.ca/">www.direction180.ca/</a></p>

<p><b>Mainline Needle Exchange- program of the Mi'kmaw Native Friendship Centre</b></p> <ul style="list-style-type: none"> <li>• A health promotion organization dedicated to supporting people who use drugs through harm reduction programs</li> <li>• 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; safer use kits, safe disposal of used needles; and awareness and education related to harm reduction</li> </ul>	<p>Office Phone: 902-423-9991  Outreach: 902-830-3853  Outreach Toll free: 1-877-904-4555  Fax: 902-423-1619</p> <p>Office: Monday-Friday: 7am-6pm  Weekends &amp; Holidays: 9am-12pm  Outreach: call for areas and times</p> <p>5367 Cogswell St. Halifax NS B3J 3X5  <a href="http://www.mainlineneedleexchange.ca/">www.mainlineneedleexchange.ca/</a></p>
<p><b>Open Door Medical Clinic</b></p> <ul style="list-style-type: none"> <li>• Provides a consultation service for all substance and process addictions</li> <li>• Accepts self-referral or referral from health professionals</li> </ul>	<p>Phone: 902-404-3877  <a href="mailto:opendoorclinicdartmouth@gmail.com">opendoorclinicdartmouth@gmail.com</a></p> <p>68 Highfield Park Drive  Dartmouth, NS  <a href="http://www.theopendoorclinic.ca/tod/index.html">www.theopendoorclinic.ca/tod/index.html</a></p>
<p><b>ReFix-Supported by Mi'kmaw Native Friendship Centre and Direction 180</b></p> <ul style="list-style-type: none"> <li>• A non-judgmental and supportive space for people to use substances under the supervision of trained people with living and lived experience.</li> </ul>	<p>Monday-Saturday: 9:30am-2:30pm</p> <p>2107 Brunswick Street Halifax NS  <a href="http://direction180.ca/our-partnerships/">direction180.ca/our-partnerships/</a></p>

## Gender and Sexual Health

<p><b>AIDS Coalition of NS</b></p> <ul style="list-style-type: none"> <li>• Workshops, support and programming for those living with HIV/AIDS</li> <li>• Information and support for those concerned about contracting HIV/AIDS</li> </ul>	<p>Phone: 902-425-4882 Toll free: 1-800-566-2437</p> <p>Monday-Friday: 10am-4pm</p> <p>5516 Spring Garden Road, Suite 200 Halifax NS B3J 1G6 <a href="http://www.acns.ns.ca/">www.acns.ns.ca/</a></p>
<p><b>Avalon Sexual Assault Centre</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Provides individual information sessions to non-offending parents of children who have disclosed sexual abuse and supportive partners of clients</li> <li>• Provides general information, prevention, intervention, and awareness groups and workshops</li> </ul>	<p>Phone: 902-422-4240 Fax: 902-422-4628 <a href="mailto:info@avaloncentre.ca">info@avaloncentre.ca</a></p> <p>Monday-Friday: 8:30am-12:30pm, 1:30-4:40pm</p> <p>1526 Dresden Row, Suite 401 Halifax, Nova Scotia B3J 3K3 <a href="http://www.avaloncentre.ca">www.avaloncentre.ca</a></p>
<p><b>Halifax Sexual Health Centre</b></p> <ul style="list-style-type: none"> <li>• Provides sex positive, pro-choice, inclusive, and non-judgmental health services and resources.</li> <li>• Services include but are not limited to: STI testing, pregnancy testing, transgender/gender-affirming care, sexual health education, and free lube/condoms.</li> <li>• Clinical services are free to with a valid health card (Quebec health card holders may have to pay upfront and then submit their receipts to their provincial health care system for reimbursement) Without a health card, fees will apply.</li> <li>• Youth-friendly, parental consent not required</li> </ul>	<p>Phone: 902-455-9656 Fax: 902-429-3853</p> <p>Halifax Sexual Health Centre 7071 Bayers Rd, Suite 302 Halifax NS B3L 2C2 <a href="http://www.hshc.ca/">www.hshc.ca/</a></p>
<p><b>Healing Our Nations</b></p> <ul style="list-style-type: none"> <li>• Offers support and education to First Nation people about HIV/AIDS and related health issues</li> <li>• 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</li> </ul>	<p>Phone: 902-492-4255 Toll free: 1-800-565-4255 <a href="mailto:healingournationsed@outlook.com">healingournationsed@outlook.com</a></p> <p>31 Gloster Court Dartmouth NS B3B 1X9 <a href="http://www.hon93.ca/">www.hon93.ca/</a></p>

**South House Sexual and Gender Resource Centre**

- Services include peer support, resource navigation and referrals, a safe space for people to organize, and workshops and educational programs.

[info@southhousehalifax.ca](mailto:info@southhousehalifax.ca)

Monday-Friday: 10am-4pm

1443 Seymour Street Halifax NS  
B3H 3M6

[www.southhousehalifax.org/](http://www.southhousehalifax.org/)

## Grief

<p><b>Grief Counselling</b></p> <ul style="list-style-type: none"> <li>Free grief counselling session on select Friday evenings</li> </ul>	<p>Phone: 902-989-3217</p> <p>4408 St Margarets Bay Road Halifax NS <a href="http://estabrookcommunityhallblog.wordpress.com/free-grief-counselling/">estabrookcommunityhallblog.wordpress.com/free-grief-counselling/</a></p>
<p><b>Hospice Halifax Bereavement Support Groups – Halifax</b></p> <ul style="list-style-type: none"> <li>In person, virtual, educational, and movement-based options, open to all.</li> </ul>	<p>Phone: 902-446-0929 <a href="http://hospicehalifax.ca/programs/">hospicehalifax.ca/programs/</a></p>
<p><b>Mothers of Angels Support Group</b></p> <ul style="list-style-type: none"> <li>Offers a peer-led support group for mothers who have lost children.</li> </ul>	<p>Phone: 902-632-2539 <a href="mailto:nancyweatherhead@hotmail.ca">nancyweatherhead@hotmail.ca</a>  <a href="https://www.facebook.com/groups/mothersofangelsns">https://www.facebook.com/groups/mothersofangelsns</a></p>
<p><b>Pregnancy and Newborn Loss Support Group</b></p> <ul style="list-style-type: none"> <li>This group is for parents who have experienced a pregnancy loss or death of their newborn.</li> </ul>	<p>Phone: 902-470-7722  <a href="http://www.iwk.nshealth.ca/page/pregnancy-and-newborn-loss">www.iwk.nshealth.ca/page/pregnancy-and-newborn-loss</a></p>
<p><b>Saint Benedict Grief Group – Clayton Park</b></p> <ul style="list-style-type: none"> <li>Catholic faith is shared, all are welcome.</li> </ul>	<p>Phone: 902-443-0725 <a href="mailto:griefsupport@saintbenedict.ca">griefsupport@saintbenedict.ca</a></p>
<p><b>Silver and Gold Grief Support Group, Sackville Seniors Advisory Council – Lower Sackville</b></p>	<p>Phone: 902-865-1168 <a href="http://www.sackvilleseniors.com/programs.html">www.sackvilleseniors.com/programs.html</a></p>
<p><b>St. Clement Bereavement Group – Dartmouth</b></p> <ul style="list-style-type: none"> <li>8-week closed group that runs twice a year, starting in mid-March and in mid-September. Participants must pre-register. Non-denominational, open to all. Free to attend.</li> </ul>	<p>Phone: 902-446-9599</p>
<p><b>St. John Vianney Grief Group – Lower Sackville Holy Trinity Parish</b></p> <ul style="list-style-type: none"> <li>Non-denominational support group; everyone welcome.</li> </ul>	<p>Phone: 902-864-2778</p>
<p><b>Survivors of Suicide</b></p> <ul style="list-style-type: none"> <li>This group is open to everyone who has lost someone to the act of suicide; potential to meet one-on-one</li> <li>Run by survivors who choose to be present to others to provide hope &amp; share resources that promote healing (not counsellors)</li> </ul>	<p>Phone: 902-445-0860 or 902-826-2658 <a href="mailto:george.tomie@gmail.com">george.tomie@gmail.com</a>  <a href="http://www.sosnovascotia.com/">www.sosnovascotia.com/</a></p>

<p><b>Water Bugs and Dragon Flies Bereaved Parent Support Group – Dartmouth</b></p> <ul style="list-style-type: none"> <li>• Support group for those affected by child loss of any kind, from infants to adults</li> </ul>	<p>Phone: 902-462-4050  <a href="mailto:vincemacdonald210@gmail.com">vincemacdonald210@gmail.com</a></p>
<p><b>Widowed in Self-Help (WISH) – Halifax</b></p> <ul style="list-style-type: none"> <li>• For people who have lost a life partner; open to all genders and orientations.</li> <li>• Register by calling and putting your name on the email list.</li> </ul>	<p>Phone: 902-700-7803 ext. 3370  Toll-free:  1-844-333-3692 ext. 3370</p>

## Housing

<p><b>Adsum for Women &amp; Children</b></p> <ul style="list-style-type: none"> <li>Adsum for Women &amp; Children has emergency shelter, short and long term housing, programs and services for women, families, youth and gender-diverse persons.</li> </ul>	<p>Phone: 902-423-5049            Emergency Shelter: 902-432-4443  <a href="mailto:adsum@adsumforwomen.org">adsum@adsumforwomen.org</a></p> <p>2421 Brunswick St            Halifax, NS B3K 2Z4  <a href="http://www.adsumforwomen.org/">www.adsumforwomen.org/</a></p>
<p><b>Alice House</b></p> <ul style="list-style-type: none"> <li>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.</li> </ul>	<p>Phone: 902-466-8459  <a href="mailto:livesafe@alicehouse.ca">livesafe@alicehouse.ca</a></p> <p><a href="http://www.alicehouse.ca/">www.alicehouse.ca/</a></p>
<p><b>Barry House- <i>program of Shelter Nova Scotia</i></b></p> <ul style="list-style-type: none"> <li>Emergency shelter serving individuals 16 years and older who identify as female or are gender diverse.</li> </ul>	<p>Phone: 902-422-8324</p> <p><a href="http://www.shelternovascotia.com/shelter-services">www.shelternovascotia.com/shelter-services</a></p>
<p><b>Byrony House</b></p> <ul style="list-style-type: none"> <li>Provides transitional supports and services for women, with or without children, affected by intimate partner abuse</li> </ul>	<p>Phone: 902-423-7183            24-hour Distress line: 902-422-7650 (call or text)  <a href="mailto:staff@bryonyhouse.ca">staff@bryonyhouse.ca</a></p> <p><a href="http://www.bryonyhouse.ca/">www.bryonyhouse.ca/</a></p>
<p><b>Halifax Housing Help- <i>Metro Non-Profit Housing Association</i></b></p> <ul style="list-style-type: none"> <li>A housing support and trustee service, offering case management to individuals experiencing barriers to finding and sustaining appropriate housing.</li> </ul>	<p><b>Halifax:</b>            Phone:902-423-3829 and 902-423-8475            2444 Brunswick Street Halifax NS</p> <p><b>Dartmouth:</b>            Phone: 902-466-3483  <a href="mailto:info@dartmouthhousinghelp.ca">info@dartmouthhousinghelp.ca</a>            260 Wyse Rd, Unit 101, Dartmouth, NS</p> <p><a href="http://www.mnpha.wordpress.com/programs-services/halifax-housing-help/">www.mnpha.wordpress.com/programs-services/halifax-housing-help/</a></p>
<p><b>The Housing Hub - <i>program of Shelter Nova Scotia</i></b></p> <ul style="list-style-type: none"> <li>Housing support, diversion and community resources, access to basic services</li> </ul>	<p>Phone: 902-431-7848  <a href="mailto:snhousinghub@shelternovascotia.com">snhousinghub@shelternovascotia.com</a></p> <p>5506 Cunard St., Suite 101  <a href="http://www.shelternovascotia.com/">www.shelternovascotia.com/</a></p>



<p><b>Metro Turning Point Centre- <i>program of Shelter Nova Scotia</i></b></p> <ul style="list-style-type: none"> <li>• Metro Turning Point is a shelter for men experiencing homelessness. Offers support services from a guest centered approach.</li> <li>• A Supportive Housing Program is available on site, and men residing in the shelter can self-refer.</li> <li>• A trusteeship program is also operated from Metro Turning Point which provides financial support services and money management to men and women living in the HRM.</li> </ul>	<p>Phone: 902-420-3282</p> <p>2170 Barrington Street Halifax NS</p> <p><a href="http://www.nechc.com/what-we-do/housing-first/metro-turning-point-centre/">www.nechc.com/what-we-do/housing-first/metro-turning-point-centre/</a></p>
<p><b>Navigator Street Outreach</b></p> <ul style="list-style-type: none"> <li>• Employment and Housing Support</li> <li>• Navigation- support navigating various systems, advocates for specific services including: addictions services, mental health supports, Income Assistance, legal/justice</li> </ul>	<p>Phone: 902-209-6517</p> <p><a href="mailto:eric@downtownhalifax.ca">eric@downtownhalifax.ca</a></p> <p><a href="http://www.downtownhalifax.ca/downtown-halifax-navigator-outreach-program">www.downtownhalifax.ca/downtown-halifax-navigator-outreach-program</a></p>
<p><b>Nisa Homes</b></p> <ul style="list-style-type: none"> <li>• Nisa Homes is a safe haven and support service for women and their children who are experiencing domestic violence, poverty, homelessness or seeking asylum.</li> <li>• Services at Nisa Homes include financial assistance and immigration support to help with basic necessities.</li> <li>• Catered to immigrant, refugee, and non-status women</li> </ul>	<p>Phone: 1-888-456-8043, ext. 409</p> <p><a href="mailto:halifax@nisahomes.com">halifax@nisahomes.com</a></p> <p><a href="http://www.nisahomes.com/">www.nisahomes.com/</a></p>
<p><b>Out of the Cold</b></p> <ul style="list-style-type: none"> <li>• Provides permanent dignified, supported housing for individuals (16+) of all genders who experience a variety of barriers to housing.</li> <li>• Provides support connecting unhoused or precariously housed folks to housing resources. You do not need to be a resident of Out of the Cold to access resources.</li> <li>• Provides free showers without time limit, including towels and personal care items. See website for current hours.</li> <li>• Staffed 24/7</li> </ul>	<p><b>Halifax:</b> 5580 Cogswell St. Phone: 902-830-4821</p> <p><b>Dartmouth:</b> 7 Church St. Phone: 902-789-9438</p> <p>Mailing Address: PO Box 36180 5675 Spring Garden Road Halifax Nova Scotia B3J 1G0</p> <p><a href="http://www.outofthecold-hfx.ca/">www.outofthecold-hfx.ca/</a></p>

<p><b>Shelter Nova Scotia</b></p> <ul style="list-style-type: none"> <li>• Shelter Nova Scotia supports people in times of crisis. We offer help through emergency shelters, supported and community housing, and community outreach programs.</li> </ul>	<p>Phone: 902-406-3631</p> <p>205 - 3770 Kempt Rd. Halifax, NS</p> <p><a href="http://www.shelternovascotia.com/">www.shelternovascotia.com/</a></p>
<p><b>Welcome Housing</b></p> <ul style="list-style-type: none"> <li>• Housing Support Workers help people find and keep their housing.</li> <li>• Welcome Housing Trusteeship Program helps clients who struggle to pay their bills in full and on time, or who have lost their housing because of late payment in the past.</li> </ul>	<p><u>Office Location:</u> Phone: 902-423-5479 2330 Gottingen Street Halifax, NS</p> <p><u>Trustee Office:</u> Phone: 902-466-3483 260 Wyse Road suite 101 Dartmouth, NS</p> <p><a href="http://www.welcomehousing.ca/">www.welcomehousing.ca/</a></p>

## Legal Justice

<p><b>Coverdale</b></p> <ul style="list-style-type: none"> <li>Offers emotional and informational support for women going through the court process and educational programs promoting self-knowledge and empowerment</li> </ul>	<p>Phone: 902-422-6417  <a href="mailto:admin@coverdale.ca">admin@coverdale.ca</a></p> <p>6169 Quinpool Rd Suite 203  <a href="http://www.coverdale.ca/">www.coverdale.ca/</a></p>
<p><b>Dalhousie Legal Aid</b></p> <ul style="list-style-type: none"> <li>Provides legal aid services for persons who would not otherwise be able to obtain legal advice for assistance.</li> </ul>	<p>Phone: 902-423-8105  <a href="mailto:legalaid@dal.ca">legalaid@dal.ca</a></p> <p>5746 Russell Street  Halifax, NS B3K 0H8  <a href="http://www.dal.ca/faculty/law/dlas/about-dalhousie-legal-aid.html">www.dal.ca/faculty/law/dlas/about-dalhousie-legal-aid.html</a></p>
<p><b>Elizabeth Fry of Mainland NS</b></p> <ul style="list-style-type: none"> <li>Provides support to criminalized women through programs covering topics such as relapse prevention, employment and education, healthy relationships, etc.</li> </ul>	<p>Phone: 902-454-5041</p> <p>85 Queen Street Dartmouth, NS  B2Y 1G7  <a href="http://www.efrymns.ca/">www.efrymns.ca/</a></p>
<p><b>Halifax Refugee Clinic</b></p> <ul style="list-style-type: none"> <li>Provides education, legal and settlement services to refugee claimants who are unable to afford a private lawyer.</li> </ul>	<p>Phone: 902-422-6736  <a href="mailto:halifaxrefugeeclinic@gmail.com">halifaxrefugeeclinic@gmail.com</a></p> <p>5538 Macara Street Halifax, NS</p> <p>P.O. Box 9657 RPO CSC  Halifax, NS, B3K 5S4  <a href="http://www.halifaxrefugeeclinic.org/">www.halifaxrefugeeclinic.org/</a></p>
<p><b>John Howard Society of Nova Scotia, Halifax Region</b></p> <ul style="list-style-type: none"> <li>Services include Anger Management and Emotional Intelligence and Healthy Relationships programs, Record suspension applications, educational workshops, and community workplace programs</li> </ul>	<p>Toll-Free: 1-877-409-6429  Phone: 902-429-6429  <a href="mailto:hro@jhsns.ca">hro@jhsns.ca</a></p> <p>541 Sackville Dr. Suite 1, Lower  Sackville NS B3C 1S2  <a href="http://www.ns.johnhoward.ca/">www.ns.johnhoward.ca/</a></p>
<p><b>NS Legal Aid</b></p> <ul style="list-style-type: none"> <li>Offers many free legal services to help adults and youth facing a range of legal issues. May be able to help with criminal law, family law and many areas of social justice and civil law.</li> <li>Although some services are based on financial need, some services available to all Nova Scotians.</li> </ul>	<p><a href="http://www.nslegalaid.ca/">www.nslegalaid.ca/</a></p>

<p><b>Provincial Victim Services Program- <i>program of Nova Scotia Department of Justice</i></b></p> <ul style="list-style-type: none"> <li>• If you are a victim of crime, or the spouse or relative of a victim, the program can provide information, support and assistance as your case moves through the criminal justice system.</li> <li>• Dartmouth office serves Halifax, Dartmouth and Halifax County</li> </ul>	<p><b>Head Office</b>  Phone: 902-424-3309  Fax: 902-424-2056  Toll Free: 1-888-470-0773</p> <p>P. O. Box 7  Halifax, N.S.  B3J 1T0</p> <p><b>Dartmouth</b>  Phone: 902-424-3307  Toll Free: 1-833-424-3307</p> <p>277 Pleasant Street, 3rd Floor  Dartmouth, Nova Scotia B2Y 4B7</p> <p><a href="http://www.novascotia.ca/just/victim_Services/programs.asp#PVSP">www.novascotia.ca/just/victim_Services/programs.asp#PVSP</a></p>
<p><b>Victim Services- <i>program of Halifax Regional Police</i></b></p> <ul style="list-style-type: none"> <li>• Victim Services specializes in supporting victims of domestic violence, sexualized violence, and serious crimes.</li> <li>• Service users have access to: emotional support; domestic violence emergency response system alarms; safety planning; and referrals.</li> <li>• The Victim Services Unit is comprised of civilian employees and volunteers who work with police officers during these difficult times to get you the support that you need.</li> </ul>	<p>Phone: 902-490-5300  Text: 902-497-4709  Monday-Friday: 8:30am-4:30pm</p> <p><a href="http://www.halifax.ca/fire-police/police/programs-services/victim-services-halifax">www.halifax.ca/fire-police/police/programs-services/victim-services-halifax</a></p>
<p><b>7<sup>th</sup> Step Society</b></p> <ul style="list-style-type: none"> <li>• Offer a peer support group designed to help support the recidivist offender successfully transition out of institutions and into society at large.</li> <li>• Offers a program designed to help prepare inmates for change while they are in institutions and have time to devote to realistic thinking and introspection.</li> </ul>	<p><a href="mailto:info@7step.ca">info@7step.ca</a></p> <p><a href="http://www.7thstepns.com/">www.7thstepns.com/</a></p>

## Practical Support

<p><b>Atlantic Contemplative Centre</b></p> <ul style="list-style-type: none"> <li>• Open mindfulness groups; offered 3 times a week on Zoom</li> </ul>	<p>Phone: 902-431-9954  <a href="mailto:director@accns.ca">director@accns.ca</a></p> <p>6009 Inglis Street Halifax NS B3H 1K9  <a href="http://www.contemplativecentre.ca/">www.contemplativecentre.ca/</a></p>
<p><b>Autism Nova Scotia</b></p> <ul style="list-style-type: none"> <li>• Builds understanding, acceptance, and inclusion for individuals on the Autism Spectrum and their families through leadership, advocacy, training and programming across the lifespan.</li> </ul>	<p>Phone: 902-446-4995  Toll-free: 1-877-544-4495  <a href="mailto:info@autismns.ca">info@autismns.ca</a></p> <p>5945 Spring Garden Road  Halifax, N.S. B3H 1Y4  <a href="http://www.autismnovascotia.ca/">www.autismnovascotia.ca/</a></p>
<p><b>Break the Silence</b></p> <ul style="list-style-type: none"> <li>• Information about consent, finding help, and resources surrounding sexual violence</li> </ul>	<p><a href="mailto:strategy@novascotia.ca">strategy@novascotia.ca</a></p> <p><a href="http://www.breakthesilencens.ca/">www.breakthesilencens.ca/</a></p>
<p><b>Canadian Mental Health Association- Halifax/Dartmouth Branch</b></p> <ul style="list-style-type: none"> <li>• Programs include Mental Health Community Coffee, informal social support, workshops, and social clubs.</li> </ul>	<p>Phone: 902-455-5445  <a href="mailto:cmahal@ns.aliantzinc.ca">cmahal@ns.aliantzinc.ca</a></p> <p>Monday-Thursday: 10am-4:30pm</p> <p>2020 Gottingen St. Suite 100  Halifax NS B3K 3A9  <a href="http://www.cmahalifaxdartmouth.ca/">www.cmahalifaxdartmouth.ca/</a></p>
<p><b>Canadian Mental Health Association- Nova Scotia Division</b></p> <ul style="list-style-type: none"> <li>• Providing mental health education, resources and community-based supports and services.</li> <li>• Offers peer support, various programs and training, see website for up to date information</li> </ul>	<p>Toll-free: 1-877-466-6606  <a href="mailto:education02@novascotia.cmha.ca">education02@novascotia.cmha.ca</a></p> <p>3-644 Portland Street, Suite 201  Dartmouth NS B2W 6C4  <a href="http://www.novascotia.cmha.ca/">www.novascotia.cmha.ca/</a></p>
<p><b>Caregivers Nova Scotia</b></p> <ul style="list-style-type: none"> <li>• Programs, support groups, advocacy, and services all geared toward the unique needs of friends and family giving care</li> </ul>	<p>Toll free: 1-877-488-7390  French language Line: 902-233-6794  <a href="mailto:info@caregiversns.org">info@caregiversns.org</a></p> <p><a href="http://www.caregiversns.org/">www.caregiversns.org/</a></p>

<p><b>Chebucto Connections</b></p> <ul style="list-style-type: none"> <li>• 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.</li> </ul>	<p>Phone: 902-477-0964  <a href="mailto:hub@chebuctoconnections.ca">hub@chebuctoconnections.ca</a></p> <p>Monday-Friday: 9am-4:30pm</p> <p>531 Herring Cove Rd. Halifax NS, B3R 1X3  <a href="http://www.chebuctoconnections.ca/">www.chebuctoconnections.ca/</a></p>
<p><b>IBPOC (Indigenous, Black &amp; People of Color) Service Provider Database</b></p> <ul style="list-style-type: none"> <li>• Database was made to highlight a range of local services, programs and IBPOC mental health workers for IBPOC residents of Kjiptuk/Halifax</li> <li>• Regularly updated as information is collected</li> </ul>	<p><a href="mailto:info@khyber.ca">info@khyber.ca</a></p> <p><a href="https://www.khyber.ca/ibpoc-mental-health-database/">https://www.khyber.ca/ibpoc-mental-health-database/</a></p>
<p><b>Eating Disorders Nova Scotia</b></p> <ul style="list-style-type: none"> <li>• Offers free peer support and family and friends peer support</li> <li>• Counselling and nutrition counselling (\$)</li> </ul>	<p>Phone: 902-229-8436  <a href="mailto:info@eatingdisordersns.ca">info@eatingdisordersns.ca</a></p> <p><a href="http://www.eatingdisordersns.ca/">www.eatingdisordersns.ca/</a></p>
<p><b>Family SOS</b></p> <ul style="list-style-type: none"> <li>• Family SOS offers free comprehensive programs that will benefit all family members</li> <li>• Programs include positive parenting groups, in-home support services, essential food packages, and friendly phone calls for seniors.</li> </ul>	<p>Phone: 902-455-5515  <a href="mailto:info@familysos.ca">info@familysos.ca</a></p> <p><b>Head Office</b>  1525 Birmingham Street  Halifax, NS B3J 0B5</p> <p><b>Spryfield Program Space</b>  4 Cranberry Ct Halifax NS B3R 2E5</p> <p><a href="http://www.familysos.ca/">www.familysos.ca/</a></p>
<p><b>Halifax Association for Community Living</b></p> <ul style="list-style-type: none"> <li>• Peer support groups for people who have a developmental disability or have a loved one with a developmental disability</li> <li>• Groups offered include: Self-Advocate Support Group, Parent Support Group, and Sibling Support Group</li> </ul>	<p>Phone: 902-414-9452  <a href="mailto:halifaxcommunityliving@gmail.com">halifaxcommunityliving@gmail.com</a></p> <p><a href="http://www.halifaxacl.com/">www.halifaxacl.com/</a></p>

<p><b>Healthy Mind Cooperative</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Wellness Programs including Mindful Monday, Lunch 'n Learn, Men's Mental Health Peer Support Group, Wellness Workshops, Peer Connect and Writer's Group.</li> </ul>	<p>Phone: 902-404-3504 Toll free: 1-855-901-6463 <a href="mailto:admin@healthyminds.ca">admin@healthyminds.ca</a></p> <p>45 Alderney Drive Suite 200, Dartmouth NS B2Y 2N6 <a href="http://www.healthyminds.ca/">www.healthyminds.ca/</a></p>
<p><b>Mi'kmaw Native Friendship Centre</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Programs include but are not limited to, supporting employment, education, health, housing justice, and seniors.</li> </ul>	<p>Phone: 902-420-1576</p> <p>2021 Brunswick Street Halifax, Nova Scotia B3K 2Y5 <a href="http://www.mymnfc.com/">www.mymnfc.com/</a></p>
<p><b>Mobile Outreach Street Halifax (MOSH)</b></p> <ul style="list-style-type: none"> <li>• MOSH provides accessible primary health care services to people who are homeless, insecurely housed, street involved and underserved in our community.</li> </ul>	<p>Phone: 902-429-5290 Nurse Line: 902-802-3332</p> <p>Monday-Friday: 9am-7pm</p> <p>2131 Gottingen Street, 5th Floor, Halifax, NS B3K 5Z7 <a href="http://www.nechc.com/what-we-do/mosh/">www.nechc.com/what-we-do/mosh/</a></p>

<p><b>Pinwheel Wellness Centre- Program of Autism Nova Scotia</b></p> <ul style="list-style-type: none"> <li>• Supports Autistic adults/individuals on the autism spectrum who are experiencing mild-to-moderate mental health distress. The Centre hosts an interdisciplinary team consisting of Counselling Therapists, Occupational Therapists, Social Workers, a Sexologist, and a Sexuality Educator who have professional knowledge of the autism experience</li> <li>• To be eligible, the individual must be 18 years or older; have a confirmed diagnosis of autism spectrum disorder or exploring an autism diagnosis; be experiencing mild-to-moderate mental health distress; must be working towards gaining or maintaining employment or reports mental health as a barrier to pursuing employment (including post-secondary students) and must reside within the province of Nova Scotia.</li> </ul>	<p>Phone: 782-321-8811  <a href="mailto:pinwheel@autismns.ca">pinwheel@autismns.ca</a></p> <p>Monday-Friday: 8:30am-4:30pm</p> <p><a href="http://www.autismnovascotia.ca/programs/pinwheel-wellness-centre/">www.autismnovascotia.ca/programs/pinwheel-wellness-centre/</a></p>
<p><b>Reachability</b></p> <ul style="list-style-type: none"> <li>• Provides supportive and accessible programs that build capacity for inclusion and equalize the playing field for people facing barriers</li> <li>• Programs address topics such as employment support, anger management, goal setting, etc.</li> </ul>	<p>Phone: 902-429-5878  <a href="mailto:info@reachability.org">info@reachability.org</a></p> <p>Monday-Friday: 8am-4pm</p> <p>3845 Joseph Howe Drive, Suite 201  Halifax, Nova Scotia B3L 4H9  <a href="http://www.reachability.org/">www.reachability.org/</a></p>
<p><b>Red Bear Healing Home</b></p> <ul style="list-style-type: none"> <li>• 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.</li> </ul>	<p>Phone: 902-448-4744  <a href="mailto:info@redbearhealinghome.com">info@redbearhealinghome.com</a></p> <p><a href="http://www.myredbear.com/">www.myredbear.com/</a></p>
<p><b>Hope for Mental Health NS</b></p> <ul style="list-style-type: none"> <li>• 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</li> </ul>	<p>Phone: 902-465-2601  <a href="mailto:contact@hope4mentalhealth.ca">contact@hope4mentalhealth.ca</a></p> <p><a href="http://www.hope4mentalhealth.ca/">www.hope4mentalhealth.ca/</a></p>



<p><b>Society of Saint Vincent de Paul</b></p> <ul style="list-style-type: none"> <li>• Volunteers work in their own communities and respond to your calls for assistance to the best of their ability and resources. This can take the form of food, clothing, medical or assistance with other basic living needs.</li> <li>• No distinction is made as to who is served.</li> <li>• Please contact the community closest to you from the map found on the website.</li> <li>• Hours of operation and phone numbers vary by location.</li> </ul>	<p><a href="http://www.ssvphalifax.ca/">www.ssvphalifax.ca/</a></p>
<p><b>Stepping Stone Association</b> Community Drop-In</p> <ul style="list-style-type: none"> <li>• Located at 9 Ferguson Road in Dartmouth, open 9:30am-1pm Monday to Friday</li> <li>• Safe and confidential environment for current and former sex workers to seek support and services</li> </ul> <p>Active Bodies, Active Lives Program</p> <ul style="list-style-type: none"> <li>• Access to physical activity, self-defense and survival awareness, and opportunities for obtaining the techniques, skills and knowledge to safely engage in physical activities</li> </ul> <p>Street Outreach Program</p> <ul style="list-style-type: none"> <li>• Beyond meeting immediate needs, the outreach teams provide peer support, referrals to in-house staff, as well as other support organizations</li> </ul>	<p>Outreach: 902-448-3733 Phone: 902-420-0103</p> <p>9 Ferguson Road Dartmouth NS B3A 4J8</p> <p><a href="http://www.steppingstonens.ca/">www.steppingstonens.ca/</a></p>
<p><b>Survivors of Abuse Recovering</b></p> <ul style="list-style-type: none"> <li>• Community-based peer support service for adult survivors of childhood sexual abuse in Nova Scotia. All genders welcome.</li> </ul>	<p>Confidential Voicemail: 902-679-7337 Toll-free: 1-877-679-7627 Text: 782-232-7637 <a href="mailto:info@survivorsofabuserrecovering.ca">info@survivorsofabuserrecovering.c</a> <a href="mailto:info@survivorsofabuserrecovering.ca">a</a></p> <p><a href="http://www.survivorsofabuserrecovering.ca/">www.survivorsofabuserrecovering.c</a> <a href="http://www.survivorsofabuserrecovering.ca/">a/</a></p>
<p><b>Upstairs Kitchen Club</b></p> <ul style="list-style-type: none"> <li>• Weekly open format depression/anxiety peer support group and information</li> <li>• Open to adults (18+), friends, family and support people welcome</li> </ul>	<p>Phone: 902-471-1422 <a href="mailto:jmalone@eastlink.ca">jmalone@eastlink.ca</a></p> <p><a href="https://www.facebook.com/groups/969634133057610/">www.facebook.com/groups/969634133057610/</a></p>

<p><b>Veith House</b></p> <ul style="list-style-type: none"> <li>• An inclusive neighbourhood hub that provides equitable and relevant services and opportunities, to foster a healthier more vibrant community</li> <li>• Call to inquire about current programs</li> <li>• Social Work services may include crisis management, case management, advocacy, resource navigation, short term counselling, referrals, and client support</li> </ul>	<p>Phone: 902-453-4320  <a href="mailto:info@veithhouse.ns.ca">info@veithhouse.ns.ca</a></p> <p>Monday-Friday: 9am-4pm</p> <p>3115 Veith St, Halifax Nova Scotia  B3K 3G9  <a href="http://www.veithhou.+se.com/">www.veithhou.+se.com/</a></p>
<p><b>YWCA</b></p> <ul style="list-style-type: none"> <li>• Offers a continuum of critical services and programs that build economic security, promotes wellness, and creates opportunities for women, girls, and their families.</li> <li>• Programs include, but are not limited to: New to Canada programs, the December 6<sup>th</sup> fund, employment skills, and supportive housing</li> </ul>	<p>Phone: 902-423-6162</p> <p>358 Herring Cove Rd. Halifax, NS  <a href="http://www.ywcahalifax.com/">www.ywcahalifax.com/</a></p>

## Resource Centres

<p><b>Bayers Westwood Family Support Resource Centre</b></p> <ul style="list-style-type: none"> <li>• Offers prenatal and infant programs, children's programs, programs for caregivers, food security assistance, family support and provision of resources.</li> </ul>	<p>Phone: 902-454-9444  <a href="mailto:info@bayerswestwoodfrc.com">info@bayerswestwoodfrc.com</a></p> <p>Monday-Thursday: 9am-12pm, 1-4pm            Friday: 9am-1pm</p> <p>3499 McAlpine Avenue Halifax NS            B3L 3X9  <a href="http://www.facebook.com/bwfrfc">www.facebook.com/bwfrfc</a></p>
<p><b>Chebucto Family Centre</b></p> <ul style="list-style-type: none"> <li>• Offer a variety of programs and services on a changing basis, see monthly calendar for current programs on their website</li> <li>• Family Wellness Program- connects families with relevant information and resources related to the health and wellness of the whole family unit</li> </ul>	<p>Phone: 902-479-3031, ext. 302  <a href="mailto:info@chebuctofamilycentre.ca">info@chebuctofamilycentre.ca</a></p> <p>Monday: 9am-12pm            Tuesday-Friday: 9am-4pm</p> <p>3 Sylvia Ave Halifax NS B3R 1J7  <a href="http://www.chebuctofamilycentre.ca/">www.chebuctofamilycentre.ca/</a></p>
<p><b>East Preston Family Resource Centre</b></p> <ul style="list-style-type: none"> <li>• Programs include: coffee and chat, budgeting workshops, youth drop in</li> <li>• Call for current programs being offered</li> </ul>	<p>Phone: 902-462-7266  <a href="mailto:info@eastprestodaycare.ca">info@eastprestodaycare.ca</a></p> <p>Monday-Friday: 9am-5pm</p> <p>1900 Highway 7 East Preston NS            B2Z 1M2  <a href="http://www.eastprestodaycare.ca/resource-centre/">www.eastprestodaycare.ca/resource-centre/</a></p>
<p><b>Eastern Shore Family Resource Association</b></p> <ul style="list-style-type: none"> <li>• Offers a variety of programs, services and one on one support to meet the needs of families along the Eastern Shore. Programs focus on early childhood development through parent/caregiver and child interactive playgroups, family literacy, school readiness opportunities and parent education workshops. Offers programs and services to include pre-natal families and families with children up to age 18 years.</li> </ul>	<p>Phone: 902-827-1461            Toll Free: 1-866-847-1461  <a href="mailto:esfamilyresource@ns.aliantzinc.ca">esfamilyresource@ns.aliantzinc.ca</a></p> <p>5228 HWY 7, Suite 203            Porters Lake, NS            B3E 1J8  <a href="http://www.esfamily.org/">www.esfamily.org/</a></p>

<p><b>Fairview Resource Centre</b></p> <ul style="list-style-type: none"> <li>• Weekly coffee drop-in, recreation, fitness, health and wellness programs, support groups</li> <li>• Crisis intervention, advocacy and referrals, on-site social workers</li> <li>• Check monthly calendar to see what is currently being offered</li> </ul>	<p>Phone: 902-443-9569 Toll-free: 1-866-637-4699 <a href="mailto:info@frcns.com">info@frcns.com</a></p> <p>Monday-Thursday: 8:30am-4:30pm Friday: 8:30am-4pm</p> <p>6 Titus Street Halifax NS B3N 2Y7 <a href="http://www.frcns.com/">www.frcns.com/</a></p>
<p><b>Halifax &amp; Region Military Family Resource Centre</b></p> <ul style="list-style-type: none"> <li>• Programs and services customized to meet the changing needs of military families. Including: deployment services, Francophone services, employment &amp; education, mental health &amp; well-being, welcome, and veteran family programs.</li> </ul>	<p>Toll free: 1-888-753-8827 <a href="mailto:info@hrmfrc.onmicrosoft.com">info@hrmfrc.onmicrosoft.com</a> Monday-Friday: 7am-5pm <a href="http://www.halifaxmfrc.ca/">www.halifaxmfrc.ca/</a></p> <p><b>Halifax:</b> Phone: 902-427-7788 WP106. Windsor Park 6393 Homefire Cres Halifax, NS B3K 5X5</p> <p><b>Shearwater:</b> 902-720-1885 Building 14. Shearwater 30 Provider Road Shearwater, NS B0J 3A0</p>
<p><b>LEA Place Women’s Resource Centre</b></p> <ul style="list-style-type: none"> <li>• Services include: support counselling and crisis intervention, advocacy and accompaniment; and information and referrals.</li> <li>• Delivers services and program for women and girls living in more isolated rural areas</li> <li>• Program areas include: life skills; sexual violence prevention and intervention; healthy relationships; economic and self-sufficiency; etc.</li> </ul>	<p>Phone: 902-885-2668</p> <p>Monday-Friday: 9am-4:30pm</p> <p>22709 Highway #7 PO Box 245 Sheet Harbour, NS B0J 3B0 <a href="http://www.leaplace.com/">www.leaplace.com/</a></p>
<p><b>Memory Lane Resource Centre</b></p> <ul style="list-style-type: none"> <li>• Provides programs and services for children and families to promote healthy family development</li> <li>• Call, email, or visit their Facebook page for current programming</li> </ul>	<p>Phone: 902-864-6363 <a href="mailto:mlfp@bellaliant.com">mlfp@bellaliant.com</a></p> <p>22 Memory Lane Lower Sackville NS B4C 2J3</p> <p><a href="http://www.facebook.com/memorylanefamilyplace/">www.facebook.com/memorylanefamilyplace/</a></p>

<p><b>Mulgrave Park Caring &amp; Learning Centre</b></p> <ul style="list-style-type: none"> <li>• Offers programs for parents and families, children and youth, and the community</li> <li>• See events calendar on their website for up to date information</li> </ul>	<p>Phone: 902-453-5089  <a href="mailto:information@mulgravepark.ca">information@mulgravepark.ca</a></p> <p>Monday-Friday: 9am-4:30pm</p> <p>57 Jarvis Lane Halifax NS B3K 3J3  <a href="http://www.mulgravepark.ca/">www.mulgravepark.ca/</a></p>
<p><b>Musquodoboit Valley Family Resource Centre</b></p> <ul style="list-style-type: none"> <li>• Provides programs and services to the community to enhance and support families in health and life long learning.</li> <li>• Programs offered for children, youth seniors, and all ages.</li> </ul>	<p>Phone: 902-384-2794  <a href="mailto:mvfrc1@gmail.com">mvfrc1@gmail.com</a></p> <p>12280 Highway 224, Suite #2  Middle Musquodoboit NS B0N 1X0  <a href="http://musquodoboitvalleyfamilyresourcecentre.vpweb.ca/">musquodoboitvalleyfamilyresourcecentre.vpweb.ca/</a></p>
<p><b>North End Parent Resource Centre</b></p> <ul style="list-style-type: none"> <li>• Provides programs and services in a safe and inclusive environment to promote the growth and development of healthy families.</li> <li>• See website for up-to-date calendar and events</li> </ul>	<p>Phone: 902-492-0133  <a href="mailto:parentresource@hotmail.com">parentresource@hotmail.com</a></p> <p>5475 Uniacke Street Halifax, NS B3K 5V5  <a href="http://www.neprc.ca/">www.neprc.ca/</a></p>
<p><b>The North Grove</b></p> <ul style="list-style-type: none"> <li>• Offers programs, resources, and activities that promote healthy child, parent and family development.</li> <li>• An up to date calendar of current programming can be found on their website.</li> </ul>	<p>Phone: 902-464-8234 ext. 0  <a href="mailto:info@thenorthgrove.ca">info@thenorthgrove.ca</a></p> <p>6 Primrose Street, Unit 115  Dartmouth NS B3A 4C5  <a href="http://www.thenorthgrove.ca/">www.thenorthgrove.ca/</a></p>

## Youth Centered

<p><b>Laing House</b></p> <ul style="list-style-type: none"> <li>• Peer support; education, employment and housing support; new/physical activities; developing healthy coping strategies; etc.</li> <li>• Available to those ages 16-29 with diagnosed mood disorder, psychosis, and/or anxiety disorder.</li> <li>• Provides support for family and friends supporting a loved one with mental illness.</li> </ul>	<p>Phone: 902-425-9018  <a href="mailto:info@lainghouse.org">info@lainghouse.org</a></p> <p>1225 Barrington Street Halifax, NS B3J 1Y2  <a href="http://www.lainghouse.org/">www.lainghouse.org/</a></p>
<p><b>LOVE Nova Scotia</b></p> <ul style="list-style-type: none"> <li>• Supports youth to thrive through programs and healthy relationships that build emotional intelligence and help overcome the challenges they face</li> <li>• Programs include creative expression, group discussion, social and emotional learning, leadership development opportunities, and one-on-one, 24/7 support.</li> </ul>	<p>Phone: 902-580-0320  <a href="mailto:info@lovenovascotia.ca">info@lovenovascotia.ca</a></p> <p>2171 Gottingen Street, Suite 205  Halifax, Nova Scotia B3K 3B5  <a href="http://www.lovenovascotia.ca/">www.lovenovascotia.ca/</a></p>
<p><b>Phoenix Youth</b>  Youth Outreach</p> <ul style="list-style-type: none"> <li>• Offers support to youth ages 16-24 and their families in a community setting, Phoenix can meet youth where they are</li> </ul> <p>Phoenix Youth and Community Centre</p> <ul style="list-style-type: none"> <li>• Works with the community to provide relevant and meaningful programs for youth, their families, and other residents. Focuses on leadership, arts and recreation, employment, education, and skill building.</li> </ul>	<p><a href="http://www.phoenixyouth.ca/">www.phoenixyouth.ca/</a></p> <p><b>General Inquires:</b>  Phone: 902-422-3105  <a href="mailto:phoenix@phoenixyouth.ca">phoenix@phoenixyouth.ca</a>  Monday-Friday: 8:30am-4:30pm  5880 Spring Garden Rd, Suite 200  Halifax NS</p> <p><b>Youth Outreach</b>  Phone: 902-818-5737  Toll Free: 1-877-332-3331  <a href="mailto:outreach@phoenixyouth.ca">outreach@phoenixyouth.ca</a>  Monday-Friday: 9am-5pm  122-123 Jarvis Lane Halifax NS</p> <p><b>Phoenix Youth and Community Centre</b>  Phone: 902-877-0276 or 901-444-3401  <a href="mailto:pycc@phoenixyouth.ca">pycc@phoenixyouth.ca</a>  9am-5pm, with occasional evenings  Mulgrave Park, 123 &amp; 133 Jarvis Lane Halifax</p>

<p><b>Phoenix Youth &amp; Family Therapy</b></p> <ul style="list-style-type: none"> <li>• Offers therapy to youth ages 11-24 and their families</li> <li>• Take referrals directly from youth and their families</li> </ul> <p><b>Phoenix Centre for Youth</b></p> <ul style="list-style-type: none"> <li>• 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"> <li>○ Youth can make in-person appointments by email or phone</li> </ul> </li> </ul>	<p><b>Phoenix Youth &amp; Family Therapy</b>  Phone: 902-444-3400  <a href="mailto:therapy@phoenixyouth.ca">therapy@phoenixyouth.ca</a>  Monday-Friday: 9am-5pm  5547 Young St Halifax NS</p> <p><b>Phoenix Centre for Youth</b>  Phone: 902-420-0676  Toll free: 1-888-620-0676  <a href="mailto:pcf@phoenixyouth.ca">pcf@phoenixyouth.ca</a>  Monday, Wednesday, Thursday:  9:30am-12pm, 1-4:45pm  Tuesday: 2-4:45pm  Friday: 1-4:45pm  6035 Coburg Rd Halifax NS</p>
<p><b>Youth Project</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Support groups for parents and families of transgendered youth may be offered</li> </ul>	<p>Phone: 902-429-5429  <a href="mailto:carmel@youthproject.ns.ca">carmel@youthproject.ns.ca</a>   <a href="http://www.youthproject.ns.ca/">www.youthproject.ns.ca/</a></p>

# Nova Scotia Health Authority

<p><b>Community Mental Health &amp; Addictions</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• A comprehensive resource list of free online resources available through NSHA and community partners.</li> </ul>	<p>Toll Free: 1-855-922-1122  Monday, Wednesday-Friday: 8:30am-4:30pm  Tuesday: 8:30am-8pm</p> <p><a href="http://mha.nshealth.ca/en">mha.nshealth.ca/en</a></p>
<p><b>IWK Mental Health and Addictions Intake Service</b></p> <ul style="list-style-type: none"> <li>• Support for children and teens facing mental health and addiction problems</li> <li>• Intake and navigation services through the central referral line</li> </ul>	<p>Central referral line: 902-464-4110  Toll free: 1-855-922-1122</p> <p><a href="http://www.iwk.nshealth.ca/COVID-19/mental-health-addictions">www.iwk.nshealth.ca/COVID-19/mental-health-addictions</a></p>
<p><b>Mental Wellness: Virtual Programs</b></p> <ul style="list-style-type: none"> <li>• Cover topics such as Exploring Emotions, Self-Compassion, Time Management and Wellbeing, etc.</li> <li>• Delivered through Zoom for Healthcare; iPad borrowing available</li> </ul>	<p><a href="http://library.nshealth.ca/HealthyLiving">library.nshealth.ca/HealthyLiving</a></p>
<p><b>Nova Scotia Brotherhood Initiative</b></p> <ul style="list-style-type: none"> <li>• A free program for Black men to access health care in the community to improve overall health and wellbeing</li> <li>• A team of health care professionals provide culturally-appropriate services for men of African descent across Halifax Regional Municipality.</li> <li>• Health and wellness services include: primary medical care; health promotion and wellness education; chronic disease management; navigation to community resources; and a variety of free health and wellness programs throughout the year.</li> </ul>	<p>Phone: 902-434-0824  <a href="mailto:nsbrotherhood@nshealth.ca">nsbrotherhood@nshealth.ca</a></p> <p><b>Dartmouth</b>  107 Albro Lake Road</p> <p><b>Halifax</b>  6960 Mumford Road Suite #2056</p> <p><b>Hammonds Plains</b>  711 Pockwock Road</p> <p><b>North Preston</b>  44 Simmonds Road</p> <p><b>East Preston</b>  W5 Mall Suite 201  1900 Highway 7</p> <p><a href="http://www.nshealth.ca/nsbi">www.nshealth.ca/nsbi</a></p>



<p><b>Pride Health</b></p> <ul style="list-style-type: none"> <li>• Connect to 2SLGBTQIA+ resources</li> <li>• Provides support via phone or at a community location chosen by you</li> </ul>	<p>Phone: 902-487-0470  <a href="mailto:pridehealth@nshealth.ca">pridehealth@nshealth.ca</a>  <a href="http://www.nshealth.ca/content/pridehealth">www.nshealth.ca/content/pridehealth</a></p>
<p><b>Recovery Support Centre</b></p> <ul style="list-style-type: none"> <li>• Provides education, recovery and harm reduction support, along with one on one support and group treatment for people struggling with substance use and/or gambling concerns.</li> <li>• Services can be accessed through the Mental Health &amp; Addictions intake line, calling the direct line, or walking in during business hours.</li> </ul>	<p>Phone: 902-425-3439  Mental Health &amp; Addictions Intake: 1-855-922-1122    Monday-Friday: 8:30am-4pm  45 Alderney Drive  Dartmouth, NS    <a href="http://mha.nshealth.ca/en/services/recovery-support-centre">mha.nshealth.ca/en/services/recovery-support-centre</a></p>
<p><b>Reproductive Mental Health Services</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Referrals must be from the patient’s family physician, obstetrician, midwife, nurse practitioner or an attending physician to provide coordinated care.</li> </ul>	<p>Phone: 902-470-8098  Fax: 902-470-6760    Mailing Address: IWK Health Centre  PO Box 9700  Halifax NS B3K 6R8    <a href="http://www.iwk.nshealth.ca/mental-health/reproductive-mental-health-rmh-services">www.iwk.nshealth.ca/mental-health/reproductive-mental-health-rmh-services</a></p>

## Nova Scotia Health Authority- Adult Community Mental Health and Addictions Services

<p><b>Bayers Road Centre</b></p> <ul style="list-style-type: none"> <li>• Women’s Wellness program             <ul style="list-style-type: none"> <li>○ Referral from addictions program clinician needed</li> <li>○ 2-week, intensive daily program</li> </ul> </li> <li>• Adult Community Mental Health and Addictions Services</li> </ul>	<p>7071 Bayers Road, Halifax NS</p> <p><a href="http://mha.nshealth.ca/en/clinics/bayers-road-centre">mha.nshealth.ca/en/clinics/bayers-road-centre</a></p>
<p><b>Cobequid Community Health Centre-</b></p> <ul style="list-style-type: none"> <li>• Adult Community Mental Health and Addiction Services</li> </ul>	<p>40 Freer Lane, Lower Sackville NS</p> <p><a href="http://mha.nshealth.ca/en/clinics/cobequid-community-health-centre">mha.nshealth.ca/en/clinics/cobequid-community-health-centre</a></p>
<p><b>Cole Harbour Place</b></p> <ul style="list-style-type: none"> <li>• Adult Community Mental Health and Addictions Services</li> </ul>	<p>51 Forest Hills Parkway, Dartmouth NS</p> <p><a href="http://mha.nshealth.ca/en/clinics/cole-harbour-place">mha.nshealth.ca/en/clinics/cole-harbour-place</a></p>
<p><b>Dartmouth Community Mental Health and Addictions</b></p> <ul style="list-style-type: none"> <li>• Adult Community Mental Health and Addiction Services</li> </ul>	<p>842 Portland Street, Dartmouth NS</p> <p><a href="http://mha.nshealth.ca/en/clinics/dartmouth-community-mental-health-and-addictions">mha.nshealth.ca/en/clinics/dartmouth-community-mental-health-and-addictions</a></p>
<p><b>Spryfield Community Wellness Centre</b></p> <ul style="list-style-type: none"> <li>• Adult Community Mental Health and Addictions Services</li> </ul>	<p>16 Dentith Road, Halifax NS</p> <p><a href="http://mha.nshealth.ca/en/clinics/spryfield-community-wellness-centre">mha.nshealth.ca/en/clinics/spryfield-community-wellness-centre</a></p>

## Nova Scotia Health Authority- Community Health Teams

<ul style="list-style-type: none"> <li>• Programs offered by Nova Scotia Health and IWK. Group based programs on Mental wellness, Parenting, Managing Health Risk Factors, Food &amp; Nutrition and Physical Activity. Individual Support around Health Navigation</li> <li>• Register online at or call at to make an appointment for navigation services.</li> </ul>	<p>Phone: (902) 460-4560  <a href="mailto:cht@nshealth.ca">cht@nshealth.ca</a>   <a href="http://www.communityhealthteams.ca">www.communityhealthteams.ca</a></p>
<p><b>Bedford / Sackville Community Health Team</b></p>	<p>Phone: 902-460-4560 (Option 1)             1658 Bedford Highway (Bedford Place Mall)            Bedford, B4A 2X9</p>
<p><b>Chebucto Community Health Team</b></p>	<p>Phone: 902-460-4560 (Option 2)             16 Dentith Road Halifax, NS B3R 2H9</p>
<p><b>Dartmouth Community Health Team</b></p>	<p>Phone: 902-460-4560 (Option 3)             58 Tacoma Drive            Dartmouth, NS B2W 3E5</p>
<p><b>Halifax Peninsula Community Health Team</b></p>	<p>Phone: 902-460-4560 (Option 4)             6080 Young Street, Suite 105            Halifax, NS B3K 5L2</p>

## Counselling

<p><b>Access Wellness</b></p> <ul style="list-style-type: none"> <li>• A free single-session supportive counselling service for individuals, couples or families.</li> <li>• Trained counsellors can help people manage: stress; mild to moderate depression or anxiety; relationship issues; general mental health concerns; concerns related to alcohol and drug use; loss and more.</li> <li>• Available in French and English.</li> </ul>	<p>Phone: 1-833-691-2282  <a href="https://go.lifeworks.com/access-wellness-nova-scotia-en">go.lifeworks.com/access-wellness-nova-scotia-en</a></p>
<p><b>Affordable Therapy Network (\$)</b></p> <ul style="list-style-type: none"> <li>• A data base of mental health practitioners across Canada who offer affordable therapy and counselling, with virtual and in-person options</li> <li>• Therapists listed on the database offer Low Cost rates (\$50-\$65), Sliding Scale Fees (\$70-\$120), and standards rates</li> </ul>	<p><a href="https://affordabletherapynetwork.com/">affordabletherapynetwork.com/</a></p>
<p><b>Black &amp; Gray Addiction Support-</b> <i>in partnership with Hepatitis Outreach Society of Nova Scotia</i></p> <ul style="list-style-type: none"> <li>• 10 free 50-minute counselling sessions for individuals that may face barriers in finding support.</li> <li>• Sessions will be facilitated over virtual platforms, such as Zoom, but can be in-person if necessary.</li> <li>• This project is not specific to addiction only; provides services for addiction, mental health, trauma, grief, or any other afflictions that require healing. The only requirement is that you are a resident of Nova Scotia.</li> <li>• Leave a message with your name and email, and you will receive an intake application within 48 hours.</li> </ul>	<p>Phone: 902-800-1809, ext. 3  <a href="https://www.blackandgrayaddictionsupport.com/partners">www.blackandgrayaddictionsupport.com/partners</a></p>
<p><b>Pause: Mental Health Walk-In Clinic-</b> <i>North End Community Health Centre</i></p> <ul style="list-style-type: none"> <li>• 45-minute counselling sessions on a first come, first serve basis</li> <li>• Call anytime to leave a message to make an appointment</li> <li>• Available to everyone, no health card or diagnosis needed</li> </ul>	<p>Toll-free: 1-800-598-5270            Tuesday &amp; Thursday: 5-8pm            2131 Gottingen Street, Suite 500 Halifax NS            Wednesday: 2-8pm            Rotating location within HRM, call for details  <a href="https://www.nehc.com/services/mental-health-services/">www.nehc.com/services/mental-health-services/</a></p>

<p><b>Healing Opportunities for People Everywhere (HOPE)- by ML Family Counselling</b></p> <ul style="list-style-type: none"> <li>• Free therapy with Masters of Counselling students completing their practicum; with experienced Registered Counselling Therapists that are approved as supervisors.</li> <li>• Sessions are 50 minutes in duration, option for in-person, video or phone</li> </ul>	<p>Phone: 902-707-4414 (call or text)  <a href="mailto:intake@couchofhope.com">intake@couchofhope.com</a></p> <p>192 Wyse Rd Dartmouth NS B3A 1M9  <a href="http://www.couchofhope.com/">www.couchofhope.com/</a></p>
<p><b>New Start Counselling</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Services include individual counselling, counselling for partners of those involved in New Start, and group counselling</li> <li>• Free counselling for men who have experienced sexual assault</li> </ul>	<p>Phone: 902-423-4675  <a href="mailto:info@newstartcounselling.ca">info@newstartcounselling.ca</a></p> <p>45 Alderney Drive, Suite 900  Dartmouth NS B2Y 2N6  <a href="http://www.newstartcounselling.ca/">www.newstartcounselling.ca/</a></p>
<p><b>The People’s Counselling Clinic</b></p> <ul style="list-style-type: none"> <li>• Low-barrier clinical services; no waitlist or cancellation policy.</li> <li>• Most services are free.</li> <li>• 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</li> </ul>	<p>Phone: 902-832-1593  <a href="mailto:thepeoplescounsellingclinic@gmail.com">thepeoplescounsellingclinic@gmail.com</a></p> <p>5832 Bilby Street, Halifax NS  <a href="http://www.thepeoplescounsellingclinic.ca/">www.thepeoplescounsellingclinic.ca/</a></p>
<p><b>Thoughtful Changes (\$)</b></p> <ul style="list-style-type: none"> <li>• A non-profit group of counsellors dedicated to providing affordable care to Nova Scotians.</li> <li>• Intake appointments are \$50, ongoing services are provided on sliding scale (\$50-\$80/session)</li> <li>• Offer pay-it-forward program, where people who can afford to pay a higher fee can contribute to reducing costs for people who struggle to pay the \$50 minimum</li> </ul>	<p>Phone: 902-932-7122  <a href="mailto:info@thoughtfulchanges.org">info@thoughtfulchanges.org</a></p> <p><a href="http://www.thoughtfulchanges.org/">www.thoughtfulchanges.org/</a></p>

## Websites/Online

<p><b>Anxiety Canada</b></p> <ul style="list-style-type: none"> <li>• Free online, self-help, and evidence-based resources on anxiety for adults, youth, and children</li> <li>• Includes an online directory and online courses</li> </ul>	<p><a href="http://www.anxietycanada.com/">www.anxietycanada.com/</a></p>
<p><b>BounceBack- a program from the Canadian Mental Health Association (CMHA)</b></p> <ul style="list-style-type: none"> <li>• A free program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry.</li> <li>• Working with workbooks and a trained coach to guide you and encourage you to reflect and help build skills to improve your mental health.</li> </ul>	<p>Toll-free: 1-855-873-0013  <a href="mailto:bounceback@cmha.ca">bounceback@cmha.ca</a>  <a href="http://bounceback.cmha.ca/welcome/">bounceback.cmha.ca/welcome/</a></p>
<p><b>The Lifeline Canada App</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Included direct access to chat, text, and email crisis help, self-management tools, e-counselling, mental health apps, etc.</li> <li>• Available for free download from the App Store or Google Play</li> <li>• Available in French and English</li> </ul>	<p><a href="http://www.thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app/">www.thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app/</a></p>
<p><b>MindShift CBT</b></p> <ul style="list-style-type: none"> <li>• App available for download on Android and IOS</li> <li>• Uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.</li> <li>• Community forum enables you to find and offer peer-to-peer support.</li> </ul>	<p><a href="http://www.anxietycanada.com/resources/mindshift-cbt/">www.anxietycanada.com/resources/mindshift-cbt/</a></p>

<p><b>MindWellU</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Available in French and English</li> </ul>	<p><a href="http://app.mindwellu.com/novascotia/landing">app.mindwellu.com/novascotia/landing</a></p>
<p><b>NS First Responders' Mental Health</b></p> <ul style="list-style-type: none"> <li>• 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.</li> </ul>	<p><a href="http://www.firstrespondersmentalhealthns.com/">www.firstrespondersmentalhealthns.com/</a></p>
<p><b>Therapy Assistance Online (TAO)</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• English and French versions available.</li> </ul>	<p><a href="http://www.taoconnect.org/what_is_tao/ns/">www.taoconnect.org/what_is_tao/ns/</a></p>
<p><b>Togetherall</b></p> <ul style="list-style-type: none"> <li>• A safe, anonymous online community where people can share what's troubling them and allows people to get support, take control and feel better.</li> <li>• Free to all Nova Scotia residents 16+</li> </ul>	<p><a href="http://www.togetherall.com/en-ca/">www.togetherall.com/en-ca/</a></p>

<p><b>Tranquility</b></p> <ul style="list-style-type: none"> <li>• An internet-based Cognitive Behavioural Therapy (iCBT) program that has been shown to be effective in improving outcomes and reducing symptoms of mild to moderate anxiety and depression in youth and adults (16+).</li> <li>• Qualified and experienced coaches are on hand to help clients get the most out of the program.</li> <li>• Appropriate for youth and adults (16+) with mild to moderate anxiety and/or depression. Tranquility is not suitable for individuals at imminent risk of self-harm or who have had a recent psychotic episode</li> </ul>	<p><a href="http://www.tranquility.app/novascotia">www.tranquility.app/novascotia</a></p>
<p><b>Well Central &amp; Well being Course</b></p> <ul style="list-style-type: none"> <li>• Free virtual interactive courses that empower individuals to take control of their mental health and well-being.</li> <li>• Guides through six dimensions of well-being: physical, social, emotional, cognitive, meaning and purpose and environmental well-being.</li> <li>• Suitable for adults (16+) wanting to strengthen their mental health and well-being including those dealing with stress, anxiety, low mood, or isolation.</li> <li>• Available in English and French</li> </ul>	<p><a href="http://wellcentral.ca/">wellcentral.ca/</a></p>
<p><b>Wellness Together Canada</b></p> <ul style="list-style-type: none"> <li>• Online community of support and coaching, one-to-one counselling, self-guided courses, apps, and more</li> <li>• Available in English and French</li> </ul>	<p><a href="http://www.wellnesstogether.ca/en-CA">www.wellnesstogether.ca/en-CA</a></p>