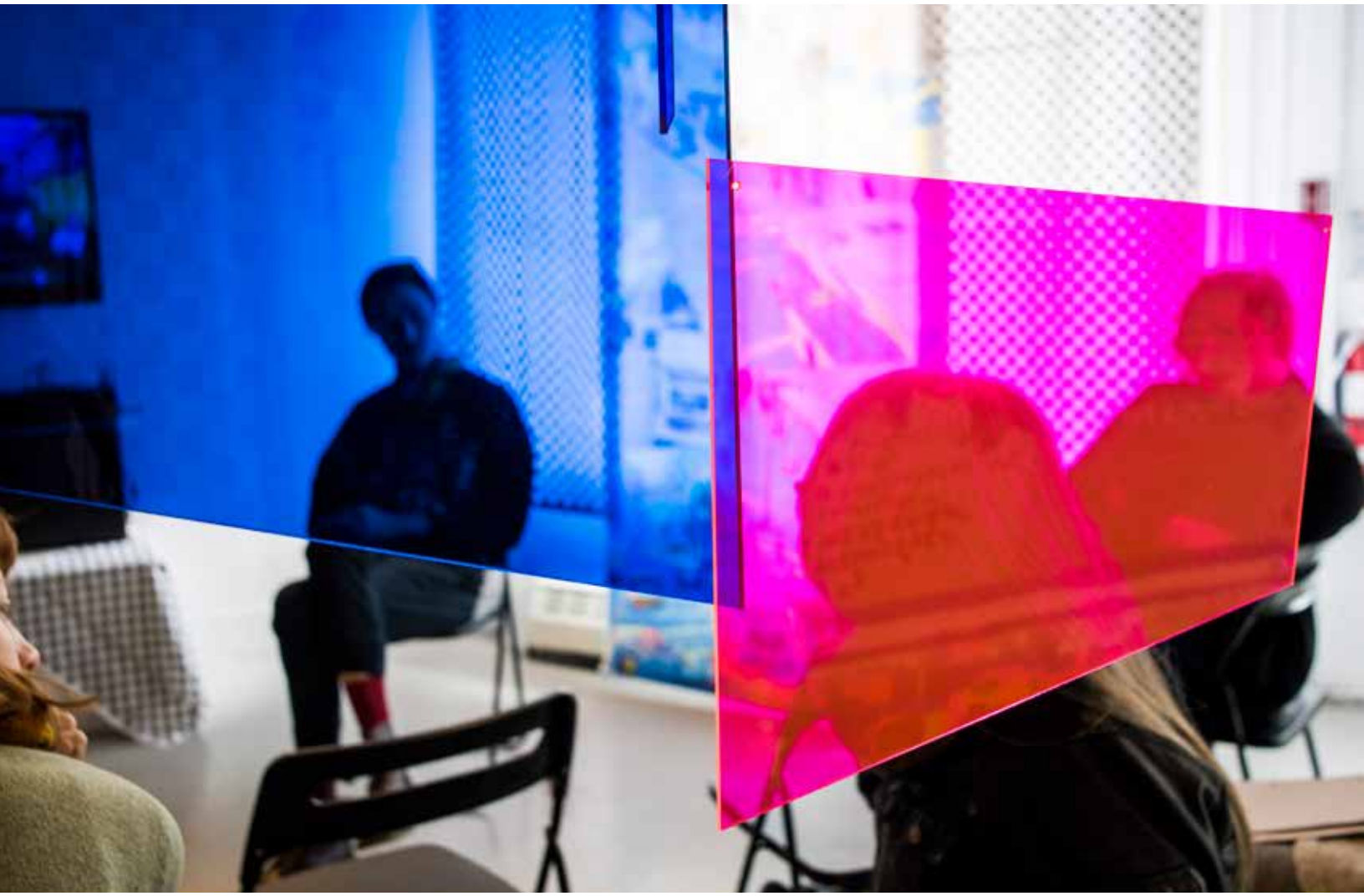
Community Resources

NSCAD UNIVERSITY



This list is not an exhaustive list but merely meant to give you an overview of some of the many services available to you. Please do not hesitate to reach out to the counsellor at NSCAD or **visit 211.com for a more comprehensive list of resources.**

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Family and Friends Hotline by Trans Lifeline

No physical location

Monday - Friday, 2 - 10 p.m.

(varied hours for Saturday - Sunday)

1-877-330-6366

Email: contact@translifeline.org

https://translifeline.org/

Trans led peer support for friends, partners, family members, and professionals supporting trans loved ones and community members. Call the Trans Lifeline and ask for the family and friends line. The operator will arrange a callback time for you.

South House Gender Justice Centre

1443 Seymour Street, Halifax NS B3H 3M6

(Monday - Friday, 10 a.m. - 4 p.m.)

902-494-2432

Email: outreach@southhousehalifax.ca
or info@southhouse.ca

https://southhousehalifax.ca

A trans-and queer-positive space that offers a resource centre, library, and free meeting space for woman-positive and anti-oppression organizing and gathering.

Trans Lifeline

No physical location, Monday - Friday, 2 - 10 p.m.
(varied hours for Saturday - Sunday)

1-877-330-6366

Email: contact@translifeline.org https://translifeline.org/

A peer support phone service run by trans people for trans and questioning peers.

The Youth Project

2281 Brunswick Street, Halifax, NS B3K 2Y9

902-429-5429 Ext. 230

Email: carmel@youthproject.ns.ca
www.youthproject.ns.ca

Provides support and services to LGBTQ2S + youth, 25 and under, around issues of sexual orientation and gender identity.

ABUSE SERVICES

Bryony House Halifax

24-hour crisis line, call or text **902-422-7650**
Main shelter line: **902-423-7183**
Email: staff@bryonyhouse.ca
https://bryonyhouse.ca
Bryony House provides emergency shelter for emotionally and/or physically abused women and their children or assists those who do not wish to stay at the shelter to find future housing options. The shelter offers counselling, women's programs for residents, referrals to community agencies, and follow-up services with former residents.

Cyberscan
Department of Justice

Monday - Friday, 8:30 a.m. - 4:30 p.m.

902-424-6990

Toll Free: 1-855-702-8324

https://novascotia.ca/cyberscan/

The Intimate Images and Cyber-Protection Act aims to discourage people from bullying others online or by text or email, and from sharing intimate images of someone without their consent. If you believe you are the victim of cyberbullying or that an intimate image of you was shared without your consent, Cyberscan can help.

National Hotline for Victims or Bystanders of Human Sex Trafficking

1-833-900-1010 (24-hours)

Email: hotline@ccteht.ca

https://www.canadianhumantraffickinghotline.ca
(chat function available on website)

A confidential, multilingual service that connects victims and survivors of human trafficking to law enforcement, emergency shelters, transition housing, long-term supports, counsellors, and a range of other trauma-informed services. The public can call to discuss potential cases of human trafficking, safety planning, and reporting options. Call the hotline, use the chat function on the website, send an email, or submit a tip through the website. Interpretation available in more than 200 languages and accessibility for deaf, hard of hearing, and non-verbal individuals.

Sheltersafe.ca

https://sheltersafe.ca

An online resource to help women and their children seeking safety from violence and abuse. The clickable map serves as a fast resource to connect women to the nearest shelter than can offer safety, hope, and support.

Victim Services

902-490-5300

http://www.halifax.ca/fire-police/police/programs-services/victim-services-Halifax

For hearing impairment, text 902-497-4709

The Victim Services Unit of Halifax Regional Police is a police-based victim support unit. The Unit was established in 1996 to provide supportive services to victims of crime, with particular emphasis on victims of domestic violence. The Unit is comprised of civilian employees and volunteers who work with police members. Victim services specializes in supporting victims of domestic violence, sexualized violence, and serious crimes.

ADDICTIONS SERVICES

Al-Anon

Various locations

902-466-7077

Toll-free: 1-888-425-2666
Email: AIS.HFX.NS.AREA91@gmail.com
www.al-anonmaritimes.ca

Meeting details: https://www.al-anonmaritimes.ca/district-7

Meeting details: https://www.al-anonmaritimes.ca/district-11

Al-Anon/Alateen Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Al-Anon is a non-profit organization. There are no dues for membership. Meetings are anonymous and confidential.

Alcoholics Anonymous-Halifax

Various locations

902-461-1119 (24 hours)

Email: AAHelp.aahalifax@gmail.com
www.aahalifax.org

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Gamblers Anonymous

Lutheran Church-2096 Windsor Street, Windsor & Allan Streets, Halifax, NS

902-252-3132

Email: gamblersanonymousns@gmail.com
http://www.gamblersanonymous.org/ga/addresses
Holds 12-step meeting support groups for people living with gambling problems.

Gambling Support

Mental Health and Addictions Intake

1-888-347-8888 (24 hours)

https://gamblingriskinformednovascotia.ca/resources-for-individuals

A 24-hour free counselling service for those struggling with gambling addiction and those affected by the gambling such as partners, family, and friends. If you can't get through, please leave a message and a clinical counsellor will return your call.

GamTalk

https://www.gamtalk.org/
Provides online support for gambling issues through live chat, community wall, and stories of hope for individuals with gambling issues and their loved ones.

ADDICTIONS SERVICES

Central Nova Area of Narcotics Anonymous

902-789-8323

Toll Free: 1-800-205-8402 (automated meeting information)
Email: centralnovaarea@gmail.com
https://www.centralnovaarea.ca/

A group of men and women who meet regularly to help each other stay drug free.

NSHA Mental Health and Addictions Intake

Various locations and services, Monday - Friday , 8:30 a.m. - 4:30 p.m. (Tuesday and Thursday until 8 p.m.)

1-855-922-1122

Peer Support Group provided by Adult Children of Alcoholics

Calvin Presbyterian Church
3311 Ashburn Ave., Halifax NS B3L 4C3

https://adultchildren.org/meeting-search/

A 12-step program to help adult children recover from being raised by alcoholic or otherwise dysfunctional families.

Sex Addicts Anonymous

3 Dundas St., Dartmouth NS B2Y 2T6

Monday - Friday, 10 a.m. - 6 p.m., Central Time
1-800-477-8191

Email: info@saa-recovery.org
https://saa-recovery.org/

Offers weekly meetings for people to share their experience, strength, and hope and help others to recover from sex addiction.

Tobacco Free Nova Scotia

Quit Line: 811 (Please indicate that you are calling about the Tobacco Free program)
Text-based Motivational Messaging:
1-902-700-7700 (Text SMOKEFREE to the number to enroll)
https://tobaccofree.novascotia.ca

Offers personalized and nonjudgmental support to individuals who want to stop smoking and stay smoke-free. Services include quit line, motivational messaging, secure chat with a counsellor, online forums, quit pack, and other website resources.

AFRICAN NOVA SCOTIAN SERVICES

Association of Black Social Workers

190 Victoria Rd., Suite 204, Dartmouth NS

902-407-8809

Fax: 902-434-6544
Email: office@nsabsw.ca
http://nsabsw.ca/

Provides professional development opportunities, seminars, and workshops about social work-related projects and programs geared towards persons of African descent. Also provides support, advocacy, and counselling services to the African Nova Scotian community.

Black Cultural Centre for Nova Scotia

10 Cherry Brook Rd., Dartmouth NS B2Z 1A6

Monday - Friday, 9:30 - 4 p.m.

1-800-465-0767

Fax: 902-434-2306
Email: info@bccns.com
http://www.bccns.com

Protects, preserves and promotes the history and culture of African Nova Scotians.

Health Association of African Canadians

10 Cherry Brook Rd., Dartmouth NS B2Z 1A6

902-405-4222

Email: info@haac.ca
http://haac.ca

Addresses African Canadian health issues and the system inequities affecting health through community engagement, education, policy recommendations, partnerships, and research participation.

Nova Scotia Brotherhood Initiative

5521 Duffus St., Halifax NS B3K 2M5

902-434-0824

Email: nsbrotherhood@nshealth.ca
www.nshealth.ca

Provides Black men with gender-specific and culturally-appropriate primary health care services to improve access to health care such as health promotion, primary medical care, chronic disease management, navigating community resources, and community group connections. Health professionals available include a family doctor, wellness navigator, registered nurse, and a dietician.

AFRICAN NOVA SCOTIAN SERVICES

Office of African Nova Scotian Affairs

1741 Brunswick St., 3rd floor, Halifax NS B3J 2R5

902-424-5555

Fax: 902-424-7189

https://ansa.novascotia.ca

Works with the provincial government on matters involving African Nova Scotian issues, policies, and programs. Works within the community to keep African Nova Scotians informed and encourages involvement. Takes a key role in community initiatives and brings African Nova Scotians together to network, share ideas, and identify opportunities for development and growth.

North End Community Health Centre

2131 Gottingen St, Suite 500, Halifax, NS B3X 5Z7

902-420-0303

Email: northend@nechc.com
https://nechc.com

Mental Health Clinic
Tuesday and Thursday, 5 - 8 p.m.
1-800-598-5270

pause@nechc.com

Dental Clinic
Monday - Friday, 9 a.m. - 5 p.m.
902-420-0303 Ext. 5221

dental@nechc.com

Supported Housing

Monday - Friday, 9 a.m. - 5 p.m.
supportedhousing@nechc.com

Support for the health and well-being of the North End community.

DISABILITY SERVICES

Autism Nova Scotia
5945 Spring Garden Rd, Halifax NS B3H 1Y4

(902) 446-4995

Toll-free in NS: 1-877-544-4495
Email: info@autismns.ca
http://www.autismnovascotia.ca

Provides information, resources, programs, and services to the autism community while helping families and professionals across the province access resources and quality information about autism spectrum disorders (autism).

Brain Injury Association of Nova Scotia
1658 Bedford Hwy., Bedford, NS B4A 2X9

902-422-5000
Toll Free: 1-833-452-7246
Email: info@braininjuryns.com
https://braininjuryns.com

Provides programs, education, recovery support, and advocacy for brain injury survivors and their families.

CNIB
6136 Almon Street, Halifax NS B3K 1T8

902-453-1480

Toll free: 1-800-563-2642
https://cnib.ca

Offers community-based services and advocacy for individuals impacted by blindness.

Hearing Aid Society of Nova Scotia
No physical location

902-455-3888

http://www.nshearing.ca

Serves the hearing healthcare needs of Nova Scotia. Provides hearing aids for low-income adults who meet the eligibility criteria. The website also provides information on hearing loss and on hearing aids.

Learning Disabilities Association of Canada (LDAC)
Ottawa, ON

613-238-5721

Email: info@ldac-acta.ca
http://www.ldac-acta.ca/

The mission of LDAC is to advance the education, employment, legal rights, social development and general well-being of people with learning disabilities.

DISABILITY SERVICES

National Educational Association of Disabled Students (NEADS)

Rm. 514 Unicentre, Carleton University, Ottawa, ON K1S 5B6

613-380-8065

Toll Free: 1-877-670-1256
Fax: 613-369-4391
Email: info@neads.ca
http://www.neads.ca

The National Educational Association of Disabled Students (NEADS) is a consumer organization with a mandate to encourage the self-empowerment of post-secondary students and graduates with disabilities. NEADS advocates for increased accessibility at all levels so that students with disabilities may gain equal access to a college or university education, which is the right of everyone.

Neil Squire

5475 Spring Garden Rd., Suite 504, Halifax NS B3J 3T2

902-240-1538

Email: ns.info@neilsquire.ca
https://www.neilsquire.ca/

Offers a variety of services such as employment programs, computer tutoring programs, and assistive technology programs. Many services available virtually.

ReachAbility

3845 Joseph Howe Dr., Suite 201, Halifax NS B3L 4H9

Monday - Friday, 8 a.m. - 4 p.m.

902-429-5878

Toll Free: 1-866-429-5978
Email: info@reachability.org
https://www.reachability.org/

Provides supportive and accessible programs that build capacity for inclusion and equalize the playing field for people facing barriers.

EMPLOYMENT SERVICES

Aboriginal Peoples Training and Employment Commission

180 White Point Rd., Liverpool NS B0T 1K0

902-895-1523 ext. 226 (Lee Paul, APTEC Manager)
Toll free: 1-800-565-4372

Email: leepaul@eastlink.ca
https://www.ncns.ca/program-services/aboriginal-peoples-training-employment-commission-aptec/

Offers a range of employment and training services. Provides assessment, employment counselling, mutually agreed upon return-to-work action plan, and where determined, funding support. Provides programs and assistance to Aboriginal persons with disabilities to obtain and retain employment.

Prescott Employment Services

3430 Prescott St., Halifax NS B3K 4Y4

902-454-7387

Email: info@prescottgroup.ca
https://prescottgroup.ca

Employment support for individuals aged 21 and up who have a diagnosis of an intellectual or developmental disability. Services include employment coaching, resume creation and interview preparation, and assistance with on-site training.

TEAM Work Cooperative

7051 Bayers Rd. Suite 501, Halifax NS B3L 2C1

Monday - Friday, 8:30 - 4:30 p.m.

902-422-8900

TTY: 902-593-0215
Fax: 902-422-3992
Email: info@teamworkcooperative.ca
http://www.teamworkcooperative.ca

The Work Bridge offers persons with disabilities a wide range of employment facilitation and/or job development services. This includes assistance with resumes, contacts and job opportunities within Halifax Metro, interview techniques, and education resources, etc.

HEALTH/SUPPORT SERVICES

811 Healthlink

Toll free: **811** or **1-866-770-7763**

https://811.novascotia.ca

Telephone access to a registered nurse who can give advice and information concerning general health issues and questions. Individuals can also obtain information about services available in their community. Available in English and French. Interpretation in other languages available through a third-party service.

CancerConnection

Toll free: **1(888) 939-3333**

Email: cancerconnection@cancer.ca
http://www.cancerconnection.ca

Services are provide d by phone or online for individuals 18 and older who have been diagnosed with cancer or are caring for someone with cancer. Volunteers who have been fully screened and trained who have had cancer or cared for someone with cancer listen, provide hope, offer encouragement, and share ideas for coping from their unique perspective as someone who has been there.

Halifax Sexual Health Centre

7071 Bayers Rd. Suite 302, Halifax NS B3L 2C2

902-455-9656

www.hshc.ca

By appointment only. Provides services in the areas of birth control, sexuality, pregnancy, and reproduction. Free pregnancy testing, free condoms, abortion referral, pap smears, testing, anonymous HIV testing, counselling of sexual issues, and parenting information.

Immigrant Services Association of Nova Scotia

6960 Mumford Rd., Suited 210, Halifax, NS B3L 4P1

902-423-3607

Toll Free: 1-866-431-6472
Fax: 902-423-3154
https://www.isans.ca

Offers a variety of services such as on-site training and learning, employment support, English as an Additional Language, professional mentors, and settlement support.

Mainline Needle Exchange

5367 Cogswell St., Halifax, NS B3j 3X5

Monday - Friday, 7 a.m. - 6 p.m.; Saturday - Sunday, 9 a.m. - 1 p.m.; Holidays, 9 a.m. - noon

(902) 423-9991
Central Outreach: 902-830-3853
Toll free: 1-877-904-4555
www.mainlineneedleexchange.ca

Supporting people who use substances through harm reduction programs such as: needle exchange, counselling, anonymous testing, and assistance navigating resources.

HEALTH/SUPPORT SERVICES

Multiple Sclerosis Society of Canada

250 Dundas Street West, Suite 500, Toronto, ON

Toll Free: **1-800-268-7582**

Email: info@mscanada.ca
https://mscanada.ca

Provides a variety of services including peer support, education, advocacy, and self-help groups.

Tick Safety

https://novascotia.ca/ticksafety/

Information on how to reduce your risk, check for ticks, safely remove and dispose of a tick.

ROSE Clinic (Reproduction Options and Services)

MOnday - Friday, 8 a.m. - 3 p.m.

1-833-352-0719

https://www.nshealth.ca/clinics-programs-and-services/rose-clinic-reproductive-options-and-services

The provincial self-referral line provides information about accessing medical and surgical abortions at the QEII and other locations across the province. Women can work with the referral line to learn more about accessing services closer to home. Experienced staff can provide accurate information and compassionate counselling to assist in making a decision that is right for the individual.

INDIGENOUS SERVICES

Mi'kmaw Native Friendship Centre

2021 Brunswick St., Suite 209, Halifax, NS B3K 2Y5

902-420-1576

Fax: 902-423-6130
Email: contact@mymnfc.com
http://mymnfc.com

Offers a supportive environment for fellow Inuit and their families in the Maritimes. Services include children's programs, traditional clothing workshops, Drum Dance and Throat Singing lessons, and navigating social support services.

Hope for Wellness Help Line

No physical location

Toll free: **1-855-242-3310** (24 hours)

https://www.hopeforwellness.ca/

Offers immediate help to all Indigenous people across Canada through telephone or online chat counselling and crisis intervention. Experienced and culturally competent counsellors offer support in English and French. Telephone counselling is also available in Cree, Ojibway, and Inukitut upon request.

Indian Residential Schools Resolution Health Support Program

902-925-4419

https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953

Provides health support services to former Residential School students and their families. Services include cultural support, emotional support, professional counselling, and transportation to services.

Indian Residential School National Crisis Line

No physical location

Toll free: **1-866-925-4419** (24 hours)

Crisis line provides immediate and culturally appropriate counselling supports to former Residential School students.

INDIGENOUS SERVICES

Mi'kmaq Language Program

129 Truro Heights Rd., P.O. Box 1320
Truro Heights NS B2N 5N2

902-895-1738

Fax: 902-893-7680
Email: ncnsprenatal@eastlink.ca
https://www.ncns.ca/program-services/mikmaq-language-program/

Preserves, protects and encourages the use of the Mi'kmaq language. The Mi'kmaq Language Program maintains a language resource library of printed and audio material, provides Mi'kmaq translation services, and develops and publishes Mi'kmaq language learning materials, among other services. Access available to all Aboriginal and non-Aboriginal Peoples who are interested in the Mi'kmaq language.

National Inquiry into Missing and Murdered Indigenous Women and Girls-Support Line

No physical Address

Toll free: 1-844-413-6649 (24 hours)

rcaanc-cirnac.gc.ca/eng/1448633299414/1534526979029

Phone line provides support for anyone who requires emotional assistance related to missing and murdered Indigenous women and girls. Support available in English, French, Cree, Anishnaabemowin (Ojibway), and Inukitut.

Native Council of Nova Social

129 Truro Heights Rd., Truro Heights NS B6L 1X6

902-895-1738 and **902-895-1523**

Email: social@ncns.ca
https://www.ncns.ca/program-services/native-ocial-counselling-agency/

Assists off-reserve Aboriginal clients facing social problems and conditions, with confidential support referral services including counselling services.

LEGAL SERVICES

Dalhousie Legal Aid

5746 Russell St., Halifax NS B3K 0H8

(902) 423-8105

Fax:(902) 422-8067
Email: legalaid@dal.ca
www.dal.ca/faculty/law/dlas.html

Dalhousie Legal Aid accepts people whose income and assets put them below Statistics Canada poverty line. Cases are limited to social assistance; landlord tenant and subsidized housing; custody, access, maintenance and peace bonds; young offender conflict cases from Nova Scotia Legal Aid; human rights complaints; police and school board complaints; mental health; Nova Scotia Power and debtor/creditor; as well as child and adult protection.

Legal Information Society of Nova Scotia

Monday - Friday 9 a.m. - 4 p.m.

902-455-3135

Toll free:1-800-665-9779
Email: questions@legalinfo.org
https://www.legalinfo.org

The Society helps Nova Scotians to understand the law so they can have access to legal information, solve legal problems with informed choices, and act on their rights and responsibilities. The Society provides information, not advice. Services include a legal information line and lawyer referral service which is toll free in Nova Scotia.

MENTAL HEALTH SERVICES

Canadian Mental Health Association (CMHA)

2020 Gottingen St. Suite 100, Halifax NS B3K 3A9
Monday - Thursday, 10 a.m. - 4:30 p.m.

902-455-5445

Fax: 902-455-7858
Email: cmhahal@ns.aliantzinc.ca
www.cmhahalifaxdartmouth.ca

Supports resilience and recovery/well-being of people living with mental illness. Offers social programs and support services as well as information, resources, referrals, and advocacy in a space that is safe, inclusive, and respectful.

Connections Program

5657 Spring Garden Rd., Unit 3000, Halifax NS

902-496-3186

https://mha.nshealth.ca/en/services/connections

A recovery-focused program that provides supports and opportunities to adults living with mental illness such as schizophrenia, or bipolar disorder, and who also experience substantial functional challenges in their day-to-day lives. Services include improving life skills such as cooking and budgeting, finding employment, making friends, and providing treatment, medication and symptom monitoring.

Nova Scotia Hospice Palliative Care

No Physical Location

782-321-7181

Email: info@nshpca.ca
http://nshpca.ca

Provides an online listing of grief and bereavement supports in Nova Scotia.

Early Psychosis Program

Abbie J. Lane Memorial Building
5909 Veterans Memorial Lane, Halifax NS B3H 2E2

902-473-2976

Fax: 902-473-3456
Email: EarlyPsychosisProgram@nshealth.ca
https://medicine.dal.ca/departments/department-sites/psychiatry/research/early-psychosis/about.html

Supports young people, between the ages of 15 and 35, who are experiencing their first episode of psychosis with specialized, community focused, provincial mental health programs.

Eating Disorders Clinic: NSHA

1-855-922-1122

Fax: 902-473-6282
https://mha.nshealth.ca/en/services/eating-disorder-program

The Capital Health Eating Disorder Clinic is dedicated to helping people overcome anorexia nervosa and bulimia nervosa. A doctor's referral is required.

MENTAL HEALTH SERVICES

Eating Disorders Nova Scotia

No Physical Location

902-229-8436

Email: info@eatingdisordersns.ca https://eatingdisordersns.ca/

A community-based organization that offers a variety of services including peer support for individuals with eating disorders and their families, friends, and partners.

Good 2 Talk Helpline

1-833-292-3698 (24 hours)

Text GOOD2TALKNS to: 686868
good2talk.ca

Free, professional phone or text support and counselling for post-secondary students in Nova Scotia.

Healthy Minds Cooperative

45 Alderney Drive, Suite 200, Dartmouth NS

902-404-3504

Toll Free: 1-855-901-6463
Email: admin@healthyminds.ca
https://www.healthyminds.ca

Offers peer-based wellness programming, a community navigator, and peer support to any Nova Scotian with lived experience of mental health issues and to their families.

Hospice Halifax

618 Francklyn St., Halifax NS B3H 3B4

902-446-0929

Email: info@hospicehalifax.ca
https://hospicehalifax.ca

Supports people affected by life-limiting illness, death, grief, or loss.

Laing House

1225 Barrington St., Halifax NS B3J 1Y2

902-425-9018

Fax: 902-422-6943
Email: info@lainghouse.org
http://www.lainghouse.org

A referral based drop-in centre for youth ages 16-29 with a mental health diagnosis. Based on peer support, members can meet friends who have gone through similar experiences and support each other as they find wellness. Laing House offers opportunities to gain life skills, make social connections, and provides resources to assist with employment and/or education.

Mental Health Mobile Crisis Team

902-429-8167 (24 hours)

Toll Free: 1-888-429-8167

Provides crisis support for children, youth, and adults experiencing a mental health crisis. Telephone crisis line available 24/7 to anyone in Nova Scotia. Mobile Response available 1pm to 1am to most communities in the Halifax Regional Municipality. Mobile visits include a Mental Health Mobile Crisis Team police officer and a mental health clinician.

NSHA Mental Health and Addictions Intake

Various locations and services
Monday-Friday, 8:30am-4:30pm

1-855-922-1122 (24 hours, live response)

MENTAL HEALTH SERVICES

New Pathways PTSD and Trauma Support Group

959 Cole Harbour Rd., Dartmouth NS B2V 1E5

902-462-2957

Fax: 902-462-1416
Email: bdempsey@hmed.ca
https://hmed.ca/patient/#patient-plan

An ongoing educational and interactive support group for individuals who have experienced trauma and resulting mental health issues in their lives.

The People's Counselling Clinic

5832 Bilby St., Halifax NS B3K 1V8

902-832-1593

Fax: 902-832-0061

Email: thepeoplescounsellingclinic@gmail.com
http://thepeoplescounsellingclinic.ca/

Offers pro-bono counselling clinic and a confidential, emotionally supportive group for male victims of sexual abuse. Services offered are focused on sexual and intimate partner violence as well as general mental health, family, and relationship counselling.

Hope for Mental Health

902-465-2601

Email: contact@hope4mentalhealth.ca
hope4mentalhealth.ca

Provides programs and services for people living with mental illness and their families and friends. Offers both one-on-one peer support and group support.

Survivors of Suicide Loss

902-826-2658 and **902-445-0860**

Email: George.tomie@gmail.com
https://sosnovascotia.com

Offers group and one-on-one support for individuals who have lost a loved one to suicide.

Veith House Community Centre

3115 Veith St., Halifax NS B3K 3G9

902-453-4320

Fax: 902-453-3633
Email: veithhouse@eastlinl.ca
https://veithhouse.com

Provides safe, accessible space with services for children, adults, and families who live in poverty.

The Self-Help Connection

300 Prince Albert Rd., Suite 202B (Paddlers Cove), Dartmouth NS

902-453-3071

Email: welcome@selfhelpconnection.ca https://selfhelpconnection.ca/

Provides information and refers individuals to self-help groups, professionals and other community resources. Helps individuals set up, lead and maintain self-help groups and peer support networks. The Self-Help Connection has a self-help resource library with a wide range of books, newsletters, videos, and articles on various self-help issues. Also conducts research on self-help and mental health issues.

SEXUAL ASSAULT SERVICES

Avalon Sexual Assault Centre

1526 Dresden Row, Suite 401, Halifax NS B3J 3K3

902-422-4240 and **902-817-3821**

Email: info@avaloncentre.ca
www.avaloncentre.ca

Avalon is a non-profit organization dedicated to strengthening and empowering survivors (16 years of age and older) of sexual assault and childhood sexual abuse and non-offending parents of sexually abused children. The ultimate goal is to work toward the prevention of sexual assault and abuse. Call for an appointment.

Avalon Sexual Assault Nurse Examiner Program

SANE 24-hour response line: 902-425-0122 SANE Administration office (Monday-Friday, 8:30 a.m. - 4:30 p.m.): 902-422-6503

Email: sane@avaloncentre.ca
http://avaloncentre.ca/services/sexual-assault-nurse-examiner/

Provides physical, emotional, and medical support after a sexual assault. Open to people of all genders (including trans-identified people) and all ages who have experienced a sexual assault in the past 7 days.

Healing Narratives

45 Alderney Drive, Suite 900, Dartmouth, NS

902-423-4675

Fax: 902-431-3033
Email: newstart@eastlink.ca
https://www.newstartcounselling.ca/other-programs

Free Counselling for men who have experienced sexual assault.

ManTalk

5832 Bilby St., Halifax NS

902-832-1593

Email: thepeoplescounsellingclinic@gmail.com
http://thepeoplescounsellingclinic.ca

A professionally led support group for male-identified victims of sexual abuse and violence, over the age of 19. This group is a welcoming and safe space for GBTIQ, African Nova Scotia, Aboriginal, and other men representing diverse communities. The group meets on the first and third Wednesday evenings of the month, or virtually on the second and fourth Wednesday of the month. Please contact for times and for an initial intake prior to your first meeting.

Sexual Assault and Harassment Phone Line

1-866-403-8000, noon to midnight, Monday through Sunday

The phone line offers confidential, anonymous, non-judgmental, active listening and support to anyone who has experienced or has been affected by sexualized violence. The phone line is operated by the Dalhousie Student Union.

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