

Community Resources



N·S·C·A·D
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.**

Table of Contents:

2SLGBTQIA+ SERVICES	4
ABUSE SERVICES	5
ADDICTIONS SERVICES	6-7
AFRICAN NOVA SCOTIAN SERVICES	8
DISABILITY SERVICES	9-10
EMPLOYMENT SERVICES	11
HEALTH/SUPPORT SERVICES	13-14
INDIGENOUS SERVICES	15-16
LEGAL SERVICES	17
MENTAL HEALTH SERVICES	18-20
SEXUAL ASSAULT SERVICES	21

2SLGBTQIA+ SERVICES

Trans Lifeline & Family and Friends Hotline

1-877-330-6366

Email: contact@translifeline.org

<https://translifeline.org/>

Monday - Friday, 2 - 10 p.m.
(varied hours for Saturday - Sunday)

Trans led peer support run by trans people, for those needing immediate support, as well as friend, questioning peers, partners, family members, and professionals supporting trans community members.

prideHealth

902-487-0470

Email: prideHealth@nshealth.ca

To request navigation support, contact the Wellness Navigators by phone or email.

pride Health offers navigation support for accessing 2SLGBTQIA+ affirming care, including gender-affirming care, STBBI (sexually transmitted and blood borne infection) testing, treatment and prevention, reproductive and fertility care, mental health and addictions care, and community supports and programs.

Queer and Trans Therapists of Nova Scotia (QTTNS)

<https://qttns.ca/>

Online directory of queer and trans therapists in Nova Scotia, as well as robust client resources including websites and book recommendations.

The Youth Project

902-429-5429 Ext. 230

Email: carmel@youthproject.ns.ca

www.youthproject.ns.ca

2281 Brunswick Street, Halifax, NS B3K 2Y9

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

Coastal Gender Affirming Care

902-580-7655

Email: admin@coastalgac.com

<https://www.coastalgac.com/>

2369 Agricola St. Suite 202, Halifax

Hours: Monday - Friday 9am - 5pm

Providing compassionate, high quality, gender affirming care for people across Nova Scotia, in person or virtually.

ABUSE SERVICES

Byrony House

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

902-424-6990
Toll Free: 1-855-702-8324
<https://novascotia.ca/cyberscan/>

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

If you believe you are the victim of cyberbullying or that an intimate image of you was shared without your consent, Cyberscan can help. 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.

Transition House Association of Nova Scotia (THANS)

902-429-7287
24/7 hour Help-Line: 1-855-225-0220
<https://thans.ca/>

THANS members provide free and confidential transitional services to women and their children who are experiencing violence and abuse. The THANS website provides education, resources, toolkits, a podcast, and more.

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.

Victim Services

902-490-5300
For hearing impairment, text 902-497-4709
<http://www.halifax.ca/fire-police/police/programs-services/victim-services-Halifax>

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.

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.

ADDICTIONS SERVICES

Al-Anon

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

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

902-252-3132

Email: gamblersanonymousns@gmail.com

<http://www.gamblersanonymous.org/ga/addresses>

Lutheran Church-2096 Windsor Street

Holds 12-step meeting support groups for people living with gambling problems.

Problem Gambling Helpline

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

1-855-922-1122

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

Peer Support Group provided by Adult Children of Alcoholics

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

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

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

Sex Addicts Anonymous

1-800-477-8191

Email: info@saa-recovery.org

<https://saa-recovery.org/>

Monday - Friday, 12p.m. - 8 p.m.
3Dundas St., Dartmouth, B2Y 2T6

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.

I Am Sober app

<https://iamsobber.com/>

Sobriety tracking app. Break bad habits, build new ones, and connect with others who understand what you're going through. Sobriety tracking and motivation app for a wide variety of addictions and habits.

AFRICAN NOVA SCOTIAN SERVICES

Association of Black Social Workers

902-407-8809

Fax: 902-434-6544

Email: office@nsabsw.ca

<http://nsabsw.ca/>

190 Victoria Rd., Suite 204, Dartmouth NS

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

1-800-465-0767

Fax: 902-434-2306

Email: info@bccns.com

<http://www.bccns.com>

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

10 Cherry Brook Rd., Dartmouth, B2Z 1A6

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

Health Association of African Canadians

902-405-4222

Email: info@haac.ca

<http://haac.ca>

635 Portland Hills Drive, Unit 205

Dartmouth, NS B2W 0J7

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

902-434-0824

Email: nsbrotherhood@nshealth.ca

www.nshealth.ca

5521 Duffus St., Halifax, B3K 2M5

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.

Office of African Nova Scotian Affairs

902-424-5555

Fax: 902-424-7189

<https://ansa.novascotia.ca>

1741 BrunswickSt., 3rd floor, Halifax, B3J 2R5

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.

DISABILITY SERVICES

Autism Nova Scotia

(902) 446-4995

Toll-free in NS: 1-877-544-4495

Email: info@autismns.ca

<http://www.autismnovascotia.ca>

5945SpringGardenRd, Halifax NS B3H 1Y4

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

902-422-5000

Toll Free: 1-833-452-7246

Email: info@braininjuryns.com

<https://braininjuryns.com>

1658 Bedford Hwy., Bedford B4A 2X9

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

CNIB

902-453-1480

Toll free: 1-800-563-2642

<https://cnib.ca>

6136Almon Street, Halifax NS B3K 1T8

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

Hearing Aid Society of Nova Scotia

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)

613-238-5721

Email: info@ldac-acta.ca

<http://www.ldac-acta.ca/>

Ottawa, ON

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

ReachAbility

902-429-5878

Toll Free: 1-866-429-5978

Email: info@reachability.org

<https://www.reachability.org/>

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

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

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

DISABILITY SERVICES

National Educational Association of Disabled Students (NEADS)

613-380-8065

Toll Free: 1-877-670-1256

Fax: 613-369-4391

Email: info@neads.ca

<http://www.neads.ca>

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

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

902-240-1538

Email: ns.info@neilsquire.ca

<https://www.neilsquire.ca/>

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

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

Community Health Teams

902-460-4560 (option 1 for Bedford, 2 for Chebucto, 3 for Dartmouth or 4 for Halifax)

www.nshealth.ca/clinics-programs-and-services/community-health-teams

Various locations

The Community Health Team offers FREE in person group wellness programs and navigation services. Wellness navigation can help you identify what's getting in the way of your health, and connects you to available resources in your community and online. It is a free non-urgent service for individuals, families and youth offered by health professionals. Navigation is available to residents of the greater Halifax area with a valid NS health card.

Beyond ADHD

<https://beyondadhd.ca/>

Accessible, affordable and compassionate ADHD assessment, diagnosis and treatment

Easter Seals Halifax

<https://easterseals.ns.ca/>

Multiple programs that help Nova Scotians with disabilities including work, sport and recreation, and access needs.

EMPLOYMENT SERVICES

Aboriginal Peoples Training and Employment Commission

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/>

180WhitePointRd., Liverpool NS, B0T1K0

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

902-454-7387
Email: info@prescottgroup.ca
<https://prescottgroup.ca>

3430 Prescott St., Halifax NS B3K 4Y4

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

902-422-8900
TTY: 902-593-0215 Fax: 902-422-3992
Email: info@teamworkcooperative.ca
<http://www.teamworkcooperative.ca>

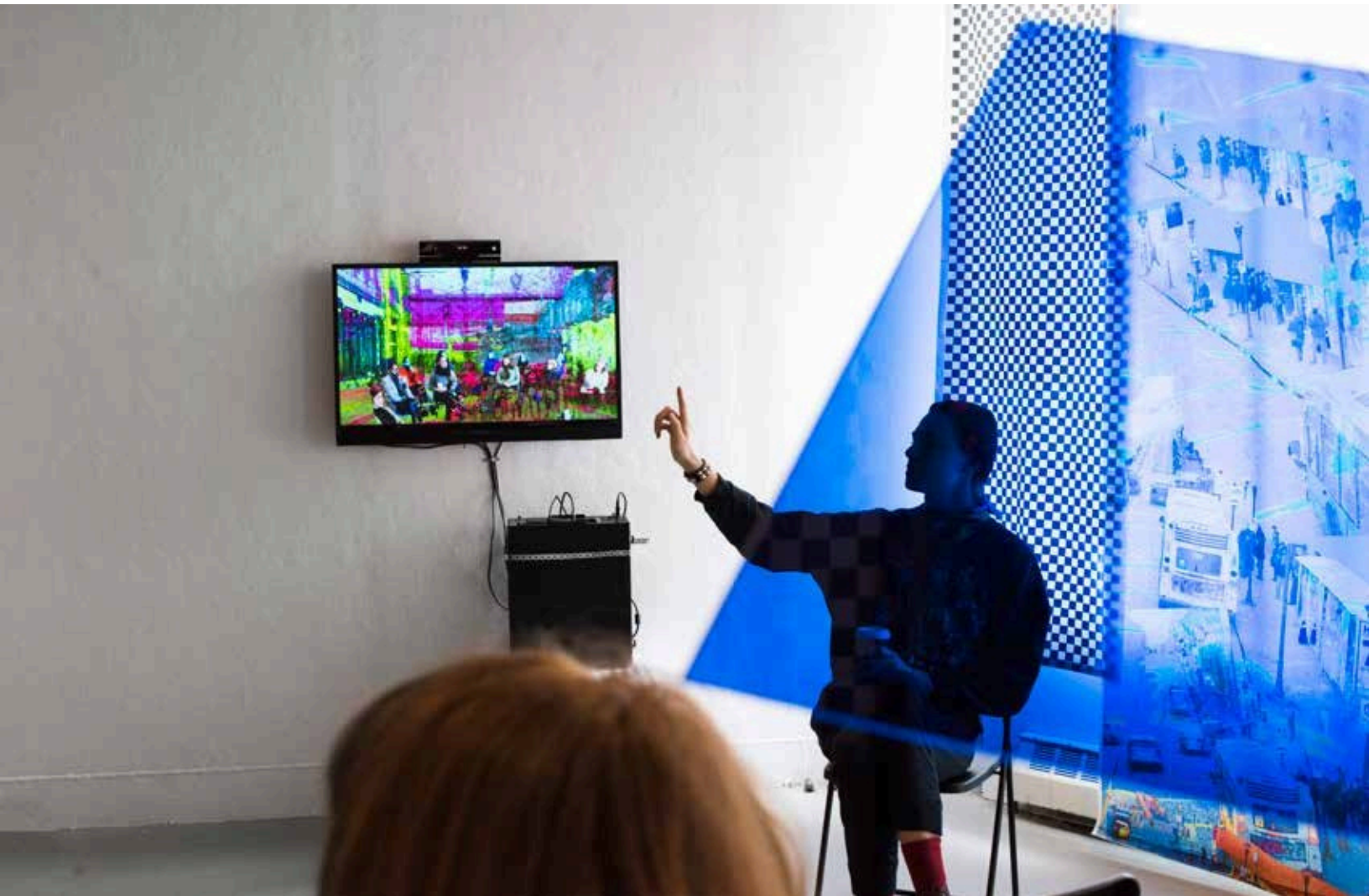
Monday - Friday, 8:30 - 4:30 p.m.
7051 Bayers Rd. Suite 501, Halifax, B3L 2C1

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.

EmploymentWorks Autism Nova Scotia

902-706-7325
Email: johara@autismns.ca
<https://www.autismnovascotia.ca/programs/employmentworks/>

EmploymentWorks Autism Nova Scotia is a pre-employment program for Autistic adults who have graduated from post-secondary education within the past 5 years, or are currently enrolled as a student. The program offers employment preparedness training and work experience.



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 provided 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.

Tick Safety

<https://novascotia.ca/ticksafety/>

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

Halifax Sexual Health Centre

902-455-9656

www.hshc.ca

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

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

902-423-3607

Toll Free: 1-866-431-6472 Fax: 902-423-3154

<https://www.isans.ca>

6960 Mumford Rd, Suite 210, Halifax, B3L 4P1

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

Office: **902-423-9991**

Central Outreach: 902-830-3853

Toll free: 1-877-904-4555

www.mainlineneedleexchange.ca

Monday - Friday, 7am - 6 pm;

Saturday - Sunday, 9 am - 1 pm;

Holidays, 9 am - noon

5367 Cogswell St., Halifax, B3J 3X5

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

Multiple Sclerosis Society of Canada

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

Email: info@mscanada.ca

<https://mscanada.ca>

250 DundasStreetWest, Suite500,Toronto, ON

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

North End Community Health Centre

902-420-0303

Email: northend@nehc.com

<https://nehc.com>

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

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

Mental Health Clinic

1-800-598-5270

pause@nehc.com

Tuesday and Thursday, 5 - 8 p.m.

Dental Clinic

902-420-0303 Ext. 5221

dental@nehc.com

Monday - Friday, 9 a.m. - 5 p.m.

Supported Housing

Monday - Friday, 9 a.m. - 5 p.m.

supportedhousing@nehc.com

ROSE Clinic (Reproduction Options and Services)

1-833-352-0719

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

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

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.

Pregnancy Pathways

Call or text **902-292-9100**

Email: hope@opendoorcentre.com

5679 Cunard Street, Halifax, B3K 1C7

We are a healthy life choices centre that has been helping youth with pregnancy support for over 30 years. For those who experience an unplanned pregnancy, we offer discussions and information on the three pregnancy options. All our appointments are free and confidential. Programs include free pregnancy testing, post abortion support, miscarriage support, and post partum depression support.

INDIGENOUS SERVICES

Mi'kmaw Native Friendship Centre

902-420-1576

Fax: 902-423-6130

Email: contact@mymnfc.com

<http://mymnfc.com>

2021 Brunswick St., Suite209, Halifax, B3K 2Y5

Offers a supportive environment for fellow urban Indigenous peoples and their families in the Maritimes. Services include children's programs, traditional culture, workshops, harm reduction, mental health, education and more.

Hope for Wellness Help Line

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 Inuktitut upon request.

Indian Residential Schools Resolution Health Support Program

902-925-4419

<https://www.sac-isc.gc.ca/>

[eng/1581971225188/1581971250953](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

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

902-895-1738

Fax: 902-893-7680

Email: ncns prenatal@eastlink.ca

<https://www.ncns.ca/program-services/mikmaq-language-program/>

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

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.

Tajikeimik

1-833-884-8254

Fax: 902-893-0353

Email: taji@mhwns.ca

Tajikeimik is a new and developing health and wellness organization being created to address gaps in health services, improve wellness and lead health transformation for Mi'kmaw communities in Nova Scotia. Visit their site for health care support, resources and news.

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

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 Inuktitut.

Native Council of Nova Social

902-895-1738 and 902-895-1523

Email: social@ncns.ca

<https://www.ncns.ca/program-services/native-social-counselling-agency/>

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

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

LEGAL SERVICES

Dalhousie Legal Aid

(902) 423-8105

Fax:(902) 422-8067 E

mail: legalaid@dal.ca

www.dal.ca/faculty/law/dlas.html

5746RussellSt., HalifaxNSB3K 0H8

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.

Nova Scotia Legal Advice for Sexual Assault Survivors Program

Call, email or text **211**

help@ns.211.ca

<https://novascotia.ca/sexualassaultlegaladvice/>

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

The Independent Legal Advice (ILA) program in Nova Scotia provides free, independent legal advice to adult survivors of sexual assault, and participants do not have to report to the police or take legal action if they use this service. Registering is done by calling, texting, or emailing 211 and saying that you were sexually assaulted in Nova Scotia, and you want to talk to a lawyer. This service is available to sexual assault survivors 16 years old or older and whose assault took place in Nova Scotia.

Legal Information Society of Nova Scotia

902-455-3135

Toll free:1-800-665-9779

Email: questions@legalinfo.org

<https://www.legalinfo.org>

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

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.

Mi'kmaw Legal Support Network

<https://mlsn.ca/>

A support system free of charge for Indigenous people. Indigenous Victim Support Workers can guide a Victim/Survivor throughout the court process, help them prepare for court, and assist with victim impact statements. Charges do not have to be laid to access services.

MENTAL HEALTH SERVICES

Canadian Mental Health Association (CMHA)

902-455-5445

Fax: 902-455-7858

Email: cmahal@ns.alianzinc.ca

www.cmahalifaxdartmouth.ca

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

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.

NSHA Mental Health and Addictions Intake Line

1-855-922-1122

Monday to Friday, 8:30 am to 4:30 pm
(Tuesdays and Thursdays until 8:00 pm).

If you need help with a mental health or addiction concern, call to connect with services now or to book an intake appointment.

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.

Nova Scotia Early Psychosis Program (NSEPP)

902-473-2976

Fax: 902-473-3456

Email: EarlyPsychosisProgram@nshealth.ca

<https://medicine.dal.ca/departments/department-sites/psychiatry/research/early-psychosis/about.html>

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

Supports young people, between the ages of 12 and 35, who are experiencing their first episode of psychosis with specialized, community focused, provincial mental health programs.

Eating Disorders Clinic: NSHA

<https://mha.nshealth.ca/en/services/eating-disorder-provincial-service>

The NSEDPS treats people of all ages who have an eating disorder (like anorexia nervosa, bulimia nervosa, binge-eating disorder, avoidant restrictive food intake disorder and live in Nova Scotia. Clinicians are available across the province through community Mental Health and Addictions Programs, virtual care, and specialty clinics.

Eating Disorders Nova Scotia

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.

MENTAL HEALTH SERVICES

Connections Program

902-496-3186

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

5657 Spring Garden Rd., Unit 3000, Halifax NS

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.

Healthy Minds Cooperative

902-404-3504

Toll Free: **1-855-901-6463**

Email: admin@healthyminds.ca

<https://www.healthyminds.ca>

45AlderneyDrive,Suite200,Dartmouth NS

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.

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.

Nova Scotia Peer Support

1-800-307-1686

<https://www.supportyourpeople.com/peer-support-phone-service>

Wednesday to Friday - 5pm to 11pm
Saturdays and Sundays - 11am to 11pm
Closed Mondays and Tuesdays

Non-crisis peer support. We are a safe, judgement-free, empowering space to talk about how you're feeling. Peer supporters are ready to listen and understand because they have been there themselves.

Hospice Halifax

902-446-0929

Email: info@hospicehalifax.ca

<https://hospicehalifax.ca>

618 FrancklynSt., Halifax NS B3H 3B4

Support for people affected by life-limiting illness, death, grief, or loss. Free individual and group grief counselling.

Survivors of Suicide Loss

902-826-2658

Email: njsaun61@gmail.com

<https://sosnovascotia.com>

St Andrews Church Hall, 6036 Coburg Rd. Halifax NS.

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

New Pathways PTSD and Trauma Support Group

902-462-2957

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

959 Cole Harbour Rd., Dartmouth NS B2V 1E5

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

Veith House Community Centre

902-453-4320

Fax: 902-453-3633
Email: veithhouse@eastlinl.ca
<https://www.veithhouse.com/social-work>

3115 Veith St., Halifax NS B3K 3G9

Provides safe, accessible space with services for children, adults, and families. Social work and counselling services provided with a focus on mental health.

The Self-Help Connection

902-453-3071

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

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

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

902-422-4240 and 902-817-3821

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

1526Dresden Row, Suite401, HalifaxNS B3J 3K3

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. Free counselling available.

Avalon Sexual Assault Nurse Examiner Program

24-hour response line: **902-425-0122 (SANE)**
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.

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.

ManTalk, the People's Counselling Clinic

902-832-1593

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

5832BilbySt., Halifax NS

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.

Healing Narratives

902-423-4675

Email: newstart@eastlink.ca
<https://www.newstartcounselling.ca/other-programs>

45AlderneyDrive, Suite900, Dartmouth, NS

Free Counselling for men who have experienced sexual assault.



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