Nova Scotia Mental Health & Addictions Services and Support

Navigator 2.0

Timely access to care and support for mental health and addictions problems is a challenge. Use this tool to help with the first step.

bloomprogram.ca
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This is the 2nd edition of the Navigator. The first edition was associated with the More Than Meds (morethanmeds.com) project of 2012-2014. This updated version has been brought into the Bloom Program.

Andrea Murphy, BSc Pharm, ACPR, PharmD
Associate Professor, College of Pharmacy, Dalhousie University, Halifax, NS

David Gardner, BSc Pharm, ACPR, PharmD, MSc (CH&E)
Professor, Department of Psychiatry & College of Pharmacy, Dalhousie University, Halifax, NS

Research and technical support: Magda Szumilas, Sarah Drost, Ellen Boyd, Stephanie Kenny

Contact: andrea.murphy@dal.ca
david.gardner@dal.ca

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(This Health Authority system will be used in the Navigator until the new system is in place)

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Purpose

Every day health professionals, including pharmacists and family physicians, as well as mental health specialists and others meet people in their communities with health concerns and they, based on their judgment and awareness of local and regional health services, supports, and information resources, suggest where that person can go to have their concerns addressed.

This tool is designed to aid pharmacists, primary care and mental health specialists, and others when helping people with mental health and addiction problems find needed mental health care, support, and related services and information.

Whatever the situation, whether it acute or long standing, use of this or other mental health and addictions navigational resources is an important step forward in supporting someone in our community’s journey toward recovery. A pharmacist, physician, and other health providers can help the person take it.

How do I use this tool?

The Navigator contains information about mental health and addictions services and community supports throughout the province of Nova Scotia.

It is organized by district health authority as indicated by the table of contents (page 4). Important province-wide resources can be found at the beginning of this document (pages 2 & 6) and on the second page (see Principle Resources) for each district health authority section.

For a geographical map of Nova Scotia’s district health authorities refer to map (page 3).

Nova Scotia 211

In 2013, Nova Scotia introduced telephone (211) and web-based service (http://ns.211.ca) that is organized to help people across the province find local community and social services. Many of the included services in the database directly help people with mental health and addictions problems. The site continues to be populated with services, programs, and groups and will be continually updated as new and changing information becomes available. We have included the following access information at the beginning of each district health authority’s section.

<table>
<thead>
<tr>
<th>Nova Scotia 211</th>
<th>T: 211</th>
<th>Available 24/7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>TTY: 1-888-692-1382 (for the hearing impaired)</td>
<td>Free, confidential information and referral service for community and social service available across the province</td>
</tr>
<tr>
<td></td>
<td>W: ns.211.ca</td>
<td></td>
</tr>
</tbody>
</table>
## IN A MENTAL HEALTH CRISIS?

For a mental health crisis, there are 2 numbers you need to know:

<table>
<thead>
<tr>
<th>When immediate medical treatment is needed:</th>
<th>Call Emergency Services</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>911</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>For a mental health crisis that does not require immediate medical treatment</th>
<th>Call the Nova Scotia Mental Health Crisis Line</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1-888-429-8167</td>
</tr>
</tbody>
</table>

The Mental Health Crisis Line (1-888-429-8167) is available for anyone in Nova Scotia to call. You will be connected with a licensed nurse, social worker, or occupational therapist with extensive mental health experience.

This is often the best number to call when you don’t know what number to call.
## Websites for mental health and addictions

There are many valuable mental health and addictions resources available on the web. Go to [http://bloomprogram.ca](http://bloomprogram.ca) for an up to date list of online resources.

<table>
<thead>
<tr>
<th>Website name</th>
<th>URL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LOCAL RESOURCES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>211</td>
<td><a href="http://www.ns.211.ca">http://www.ns.211.ca</a></td>
<td>Dialing 211 or visiting their website helps people find the local community and social services they're seeking. Many of the services in the database are intended to help people with mental illness and addictions problems.</td>
</tr>
<tr>
<td>The Navigator</td>
<td>bloomprogram.ca</td>
<td>Our comprehensive source of local mental health and addictions services and supports across Nova Scotia</td>
</tr>
<tr>
<td>Crossroads Clubhouse Cape Breton</td>
<td><a href="http://www.crossroadscapebreton.ca/">http://www.crossroadscapebreton.ca/</a></td>
<td>Information about a Clubhouse program for individuals living with mental illness in Cape Breton. Crossroads has been certified by the International Center for Clubhouse Development (ICCD). It is a place where people feel valued and needed through work and social opportunity.</td>
</tr>
<tr>
<td>Family Service of Eastern Nova Scotia</td>
<td><a href="http://www.fsens.ns.ca/about_us/">http://www.fsens.ns.ca/about_us/</a></td>
<td>Website for family services of Eastern Nova Scotia describing programs and services available. Also has contact information, resources, FAQ, and men's health information.</td>
</tr>
<tr>
<td>Lake City Employment Services</td>
<td><a href="http://www.lakecityemployment.com/">http://www.lakecityemployment.com/</a></td>
<td>LakeCity Employment Services Association is a non-profit agency that offers free employment services to people with a mental illness in HRM. Describes services, history, staff, careers, forms, links, and contact information.</td>
</tr>
<tr>
<td>Nova Scotia Early Psychosis Program</td>
<td><a href="http://earlypsychosis.medicine.dal.ca/">http://earlypsychosis.medicine.dal.ca/</a></td>
<td>Website for a specialized, community focused, mental health program for people aged 15 to 35 who are experiencing a first episode of psychosis and for their families. Information for clinicians, families, and young people. Also outlines research updates and featured topics.</td>
</tr>
<tr>
<td>Self Help Connection</td>
<td><a href="http://selfhelpconnection.ca/">http://selfhelpconnection.ca/</a></td>
<td>The Self-Help Connection is a registered charitable organization established in 1987 to assist Nova Scotians to take control of their health by increasing their knowledge, skills, and resources for individual and collective action. Site has news and events, self-help directory, resources, programs, and about section.</td>
</tr>
<tr>
<td>Shelter Nova Scotia</td>
<td><a href="http://www.shelternovascotia.com/">http://www.shelternovascotia.com/</a></td>
<td>On a daily basis, they oversee the operation of two Community Residential Facilities (halfway houses) to help men and women change from prison living to community living, two facilities for men and women experiencing homelessness, A 19 unit supportive housing apartment</td>
</tr>
<tr>
<td>Organization</td>
<td>Website</td>
<td>Description</td>
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<tr>
<td>Building, a supportive housing program for men and women moving from shelter living to community living, and a Community Trustee program for individuals in the community. Website offers information about facilities, services, and employment.</td>
<td><a href="http://www.strongestfamilies.com/">http://www.strongestfamilies.com/</a></td>
<td>Strongest Families Institute is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental illness and other issues impacting health and well-being. We provide timely care to families by teaching skills through our unique distance coaching approach – supporting families over the phone and Internet in the comfort and privacy of their own home.</td>
</tr>
<tr>
<td>The TREES Project helps mental health consumers in the Colchester / East Hants area to improve their quality of life by assisting them in gaining independence through work. Site has information for employers, consumers, faqs, contact information and resources.</td>
<td><a href="http://treesproject.org/">http://treesproject.org/</a></td>
<td>Training, Recovery, Employment, &amp; Empowerment Services (TREES) Truro</td>
</tr>
<tr>
<td>Overview of IWK Mental Health and Addictions services and resources. Has information for youth, friends and family, professionals, and schools.</td>
<td><a href="http://www.iwk.nshhealth.ca/mental-health">http://www.iwk.nshhealth.ca/mental-health</a></td>
<td>IWK Mental Health Information</td>
</tr>
<tr>
<td>Website for Kids Help Phone which offers phone and web counselling 24/7 for ages 20 and under. Includes web-based resources for pertinent topics and the option to post a question online.</td>
<td><a href="http://www.kidshelpphone.ca/">www.kidshelpphone.ca/</a></td>
<td>Kids Help Phone</td>
</tr>
<tr>
<td>Laing House is a peer support organization for youth ages 16-29 with a primary diagnosis of psychosis, mood disorder and/or anxiety disorder. Information about programs, resources, and news.</td>
<td><a href="http://www.lainghouse.org/">http://www.lainghouse.org/</a></td>
<td>Laing House</td>
</tr>
<tr>
<td>Non-profit, community based organization located in Halifax that aims to meet the needs of youth 12 – 24 years of age by providing supports and services ranging from the basic needs of food and shelter, to opportunities for personal development. Programs include services include: prevention support, food and shelter (short and long term), counseling and advocacy, employment and learning assistance, parent support, therapeutic recreation, outreach services, medical support and more.</td>
<td><a href="http://phoenixyouth.ca/">http://phoenixyouth.ca/</a></td>
<td>Phoenix House</td>
</tr>
<tr>
<td>Addiction Services offices are located throughout Nova Scotia to help individuals, families and communities with problems created by the harmful use of alcohol, other drugs and gambling. Website offers information about addiction services, resources, seeking help, and others.</td>
<td><a href="http://novascotia.ca/dhw/addictions/addiction-services-offices.asp">http://novascotia.ca/dhw/addictions/addiction-services-offices.asp</a></td>
<td>Addiction Services Nova Scotia</td>
</tr>
<tr>
<td>Information about the Capital Health Addictions Program. Outlines available services and community locations.</td>
<td><a href="http://www.cdha.nshealth.ca/addictions-program">http://www.cdha.nshealth.ca/addictions-program</a></td>
<td>Capital Health Addictions Services</td>
</tr>
<tr>
<td>12-step addictions treatment program for up to 10 patients located in New Minas. Provides information about Crosbie</td>
<td><a href="http://www.crosbiehousesociety.com/">http://www.crosbiehousesociety.com/</a></td>
<td>Crosbie House Society</td>
</tr>
<tr>
<td>Organization / Service</td>
<td>Website URL</td>
<td>Description</td>
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<tr>
<td>Native Alcohol and Drug Abuse Counselling Association of Nova Scotia</td>
<td><a href="http://www.nadaca.ca/">http://www.nadaca.ca/</a></td>
<td>NADACA leads the design and delivery of alcohol and drug services to the native community. Website offers information about events, resources, and programs.</td>
</tr>
<tr>
<td>Bryony House</td>
<td><a href="http://www.bryonyhouse.ca/">http://www.bryonyhouse.ca/</a></td>
<td>Bryony House is a 24-bed shelter for women and children fleeing from abuse. Website offers resources, information, and events.</td>
</tr>
<tr>
<td>Alzheimer Society Nova Scotia</td>
<td><a href="http://www.alzheimer.ca/ns">http://www.alzheimer.ca/ns</a></td>
<td>A not-for-profit health organization working to improve the quality of life for Nova Scotians affected by Alzheimer's disease or other dementias and advance the search for the cause and cure. Website offers information, resources, news, and how to get involved.</td>
</tr>
<tr>
<td>Capital Health Programs and Services</td>
<td><a href="http://www.cdha.nshealth.ca/addictions-and-mental-health-program/programs-services">http://www.cdha.nshealth.ca/addictions-and-mental-health-program/programs-services</a></td>
<td>Overview of Capital Health Addictions and Mental Health Programs. Links to individual programs are listed.</td>
</tr>
<tr>
<td><strong>EVERYONE</strong></td>
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<tr>
<td>Medication Infoshare</td>
<td><a href="http://www.medicationinfoshare.com">http://www.medicationinfoshare.com</a></td>
<td>Provides tools, publications and links to understand mental health therapies. Many tools may be downloaded and printed. Some are oriented to patients, while others will be of use to healthcare providers when educating patients.</td>
</tr>
<tr>
<td>eMental Health</td>
<td><a href="http://www.ementalhealth.ca/">http://www.ementalhealth.ca/</a></td>
<td>Provides an extensive list of local health providers, mental health services, and support organizations organized by location. Also contains patient-friendly information on mental health issues and medications.</td>
</tr>
<tr>
<td>Insomnia - 5 Minute Med School</td>
<td><a href="http://www.evanshealthlab.com/insomnia/">http://www.evanshealthlab.com/insomnia/</a></td>
<td>A quick, informative document from Dr. Mike Evans on insomnia. This two-page document outlines five key questions about insomnia and their answers, key actions to help tackle insomnia, and a list of other insomnia resources (videos, websites, books, etc.) from around the web.</td>
</tr>
<tr>
<td>Here to Help</td>
<td><a href="http://www.herehelp.bc.ca/">http://www.herehelp.bc.ca/</a></td>
<td>Extensive, high-quality, multilingual self-help resources. Offers information and resources for individuals, professionals, family members, and school or campus professionals. Heretohelp is a project of the BC Partners for Mental Health and Addictions Information.</td>
</tr>
<tr>
<td>Portico Network</td>
<td><a href="https://www.porticonetwork.ca/">https://www.porticonetwork.ca/</a></td>
<td>Great patient information for mental health and addictions medications. Portico lists a number of mental health services available in Nova Scotia and provides a community where health professionals, patients, and family members can connect.</td>
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<td>Organization</td>
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<td>Description</td>
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<tr>
<td>Healthy Minds Canada</td>
<td>[<a href="http://healthyminds">http://healthyminds</a> canada.ca/](<a href="http://healthyminds">http://healthyminds</a> canada.ca/)</td>
<td>Updated links to mental health resources for many different mental illnesses. Based in HRM, this cooperative project aims to provide innovative peer-based services to end-users of mental health services.</td>
</tr>
<tr>
<td>Evans Health Lab</td>
<td><a href="http://www.evanshealthlab.com/">http://www.evanshealthlab.com/</a></td>
<td>A health media lab created by Dr. Mike Evans to provide the highest-quality health information in entertaining formats. Infographics, slideshows, videos, and podcasts are among some of the formats Evans Health Lab uses to provide patient-friendly information on a variety of health topics.</td>
</tr>
<tr>
<td>National Institute for Health and Clinical Excellence (UK)</td>
<td><a href="http://www.nice.org.uk/">http://www.nice.org.uk/</a></td>
<td>The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. Provides pathways to explore a variety of physical and mental health issues.</td>
</tr>
<tr>
<td>Our Healthy Minds</td>
<td><a href="http://ourhealthyminds.com/">http://ourhealthyminds.com/</a></td>
<td>Capital District Health Authority’s Mental Health Program website, offering information on mental illness and publicly-funded support services. The help and support services listed are available both online and in-person.</td>
</tr>
<tr>
<td>Mood Disorders Society of Canada</td>
<td><a href="http://www.mooddisorderscanada.ca/">http://www.mooddisorderscanada.ca/</a></td>
<td>Resources and information for families and patients experiencing mood disorders. Contains online resources and information as well as links to support organizations in Nova Scotia.</td>
</tr>
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<td>Self Help Connection</td>
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<td>The Self-Help Connection is a registered charitable organization established in 1987 to assist Nova Scotians to take control of their health by increasing their knowledge, skills, and resources for individual and collective action. Site has news and events, self-help directory, resources, programs, and about section.</td>
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<td>National Institute of Mental Health (USA)</td>
<td><a href="http://www.nimh.nih.gov/index.shtml">http://www.nimh.nih.gov/index.shtml</a></td>
<td>American organization with comprehensive mental health and medication information for proviers, patients, and families. Information is organized by illness as well as by age/gender.</td>
</tr>
<tr>
<td>National Institute on Drug Abuse (USA)</td>
<td><a href="http://www.drugabuse.gov/">http://www.drugabuse.gov/</a></td>
<td>American organization with comprehensive addictions information for providers, patients, and families. Contains information on a variety of drugs of abuse as well as addictions problems.</td>
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<tr>
<td><strong>LGBTQI</strong></td>
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</tr>
<tr>
<td>Beyond Blue</td>
<td><a href="http://www.beyondblue.org.au/">http://www.beyondblue.org.au/</a></td>
<td>An Australian website dedicated to tackling issues of anxiety and depression. Provides key mental health resources and information for a number of different patient populations.</td>
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<td>Here to Help</td>
<td><a href="http://www.heretohelp.bc.ca/">http://www.heretohelp.bc.ca/</a></td>
<td>Extensive, high-quality, multilingual self-help resources. Offers information and resources for individuals, professionals, family members, and school or campus.</td>
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<td><strong>Pride Health</strong></td>
<td><strong><a href="http://www.cdha.nshealth.ca/pridehealth">http://www.cdha.nshealth.ca/pridehealth</a></strong></td>
<td>Offers support in transgender healthcare, sexual health, mental health, addictions, and general health and wellness. Access to care in safe locations around the community. Also provides education, training and cultural competence for professionals working in the LGBTQI community.</td>
</tr>
<tr>
<td><strong>PFLAG Canada</strong></td>
<td><strong><a href="http://www.pflagcanada.ca/en/index.html">http://www.pflagcanada.ca/en/index.html</a></strong></td>
<td>Supports, educates and provides resources to all individuals with questions or concerns, 24 hours a day, 7 days a week. Provides an online directory of resources. Has chapters in Bridgewater, Halifax, Middleton, Sydney, Windsor, and Yarmouth.</td>
</tr>
<tr>
<td><strong>&quot;It Gets Better&quot; Campaign</strong></td>
<td><strong><a href="http://www.itgetsbetter.org/">http://www.itgetsbetter.org/</a></strong></td>
<td>Features videos with encouragement and stories. Offers links to resources (but mainly American).</td>
</tr>
<tr>
<td><strong>The Youth Project</strong></td>
<td><strong><a href="http://www.youthproject.ns.ca/">http://www.youthproject.ns.ca/</a></strong></td>
<td>Offers events and programs for youth across NS. Provides education, consulting and workshops. Offers a variety of print and online resources.</td>
</tr>
<tr>
<td><strong>Rainbow Health Ontario</strong></td>
<td><strong><a href="http://www.rainbowhealthontario.ca/home.cfm">http://www.rainbowhealthontario.ca/home.cfm</a></strong></td>
<td>Offers an extensive searchable database of resources. Located in Ontario but offers online education and resources.</td>
</tr>
<tr>
<td><strong>MEN</strong></td>
<td></td>
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<td><strong>Beyond Blue</strong></td>
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</tr>
<tr>
<td><strong>SENIORS</strong></td>
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<tr>
<td><strong>Canadian Coalition for Seniors' Mental Health</strong></td>
<td><strong><a href="http://www.ccsmh.ca/en/default.cfm">http://www.ccsmh.ca/en/default.cfm</a></strong></td>
<td>Aims to improve seniors' mental health by connection people, ideas, and resources. Provides tools, resources and publications for seniors, their families, and caregivers.</td>
</tr>
<tr>
<td><strong>Alzheimer Society Nova Scotia</strong></td>
<td><strong><a href="http://www.alzheimer.ca/ns">http://www.alzheimer.ca/ns</a></strong></td>
<td>Provides navigation through the health care system following a diagnosis of dementia. Also provides online information about dementia for family and caregivers.</td>
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<td><strong><a href="http://www.beyondblue.org.au/">http://www.beyondblue.org.au/</a></strong></td>
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<tr>
<td><strong>WOMEN</strong></td>
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<td></td>
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<tr>
<td>Website</td>
<td>URL</td>
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<td><a href="https://www.porticonetwork.ca/">https://www.porticonetwork.ca/</a></td>
<td>Great patient information for mental health and addictions medications. Portico lists a number of mental health services available in Nova Scotia and provides a community where health professionals, patients, and family members can discuss mental illness.</td>
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<tr>
<td><strong>YOUTH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teen Mental Health</td>
<td><a href="http://teenmentalhealth.org/">http://teenmentalhealth.org/</a></td>
<td>Contains a variety of resources and tools for patients, families, educators, and health care providers. The materials include animated videos, face-to-face training programs, web-based training programs and clinical tools, as well as guides to help enhance the understanding of adolescent mental health and mental disorders.</td>
</tr>
<tr>
<td>CAMESA guideline for antipsychotic side effects in children</td>
<td><a href="http://camesaguideleine.org/">http://camesaguideleine.org/</a></td>
<td>A guideline to provide children, doctors, and parents with information about the side effects of antipsychotic drugs in children. Includes information on how to monitor for side effects as well as strategies for side effect management.</td>
</tr>
<tr>
<td>Mind Your Mind</td>
<td><a href="http://mindyourmind.ca/">http://mindyourmind.ca/</a></td>
<td>Contains resources co-developed by youth, emerging adults and the professionals who serve them. The resources are designed to reduce stigma surrounding mental illness and addictions as well as increase access and use of community supports, both professional and peer-based.</td>
</tr>
<tr>
<td>Ontario Centre of Excellence for Child and Youth Mental Health</td>
<td><a href="http://www.excellenceforchildandyouth.ca/">http://www.excellenceforchildandyouth.ca/</a></td>
<td>A variety of resources for children, youth, and families living with mental illness. Resources include videos, learning modules, toolkits, and more.</td>
</tr>
<tr>
<td>Kids Help Phone</td>
<td><a href="http://www.kidshelpphone.ca/">www.kidshelpphone.ca/</a></td>
<td>Free, anonymous and confidential phone and on-line counselling service available 24/7, 365 days a year. Counsellors can access a database of over 37,000 local resources throughout Canada to help with many hardships children and youth face.</td>
</tr>
</tbody>
</table>
## Eating Disorders - CHEO

http://www.cheo.on.ca/en/eating_disorder_info

Information for parents and caregivers on eating disorders in youth and children. Also contains information on other physical and mental health issues.

## Strongest Families

http://www.strongestfamilies.com/

Strongest Families Institute is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental illness and other issues impacting health and well-being. We provide timely care to families by teaching skills through our unique distance coaching approach – supporting families over the phone and Internet in the comfort and privacy of their own home.

## Here to Help

http://www.heretohelp.bc.ca/

Extensive, high-quality, multilingual self-help resources. Offers information and resources for individuals, professionals, family members, and school or campus professionals. Heretohelp is a project of the BC Partners for Mental Health and Addictions Information.

## SUBSTANCE USE AND ADDICTIONS

### Schizophrenia and Substances Use

http://www.schizophreniaandsubstanceuse.ca/

This website is part of a project at the Schizophrenia Society of Canada. It provides user-friendly and accessible information for consumers, family members and service providers about schizophrenia and co-morbid substance abuse.

### Substance Publications from SAMHSA

http://store.samhsa.gov/facet/Substances

Directory of publications related to mental health and substance abuse. Organised by headings including issues, conditions, and disorders; substances; treatment, prevention and recovery; professional and research topics; location; series.

### Alcoholics Anonymous

http://www.aa.org/

Website for an international fellowship of men and women who have a drinking problem. Contains information on finding a local A.A., information about A.A., and resources.

### Narcotics Anonymous

http://www.na.org/

Website for a program offering recovery from the effects of addiction that makes no distinction between drugs, including alcohol. Has information for the public and group members, as well as periodicals and events.

### Al-Anon and Alateen

http://www.al-anon.alateen.org/

Website for Al-Anon Family Groups: program for friends and families of problem drinkers. Offers information and resources.

### Here to Help

http://www.heretohelp.bc.ca/

Extensive, high-quality, multilingual self-help resources. Offers information and resources for individuals, professionals, family members, and school or campus professionals. Heretohelp is a project of the BC Partners for Mental Health and Addictions Information.

## SUICIDE AND SELF-HARM

### Suicide Prevention

http://suicidedeprevention.ca/

Extensive information about many aspects of suicide (understanding, prevention, coping & intervening, grieving, and advocating). Does not provide any direct services.

### Self-Harm

http://www.mind.org

Has sections on self-help, treatment/support, and useful...
| Information (mind.org.uk) | g.uk/information-support/types-of-mental-health-problems/self-harm/#.U9vqAfldWSo | Contacts. Provides a downloadable information booklet on self-harm for anyone who self-harms as well as their friends and family. |
| Centre for Suicide Prevention | http://suicideinfo.ca/ | Provides resource toolkits for a variety of populations that may be at risk of suicide. Also provides literature and education. |
| Suicide and Self-Harm Information from CMHA | http://www.cmha.ca/mental-health/understanding-mental-illness/ | Provides information and resources related to understanding and preventing suicide. |
| "Psychology Works" Fact Sheet: Suicide | http://www.cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet_Suicide.pdf | Facts, links and education. Downloadable and printable. |
| Here to Help | http://www.heretohelp.bc.ca/ | Extensive, high-quality, multilingual self-help resources. Offers information and resources for individuals, professionals, family members, and school or campus professionals. Heretohelp is a project of the BC Partners for Mental Health and Addictions Information. |

**HEALTH PROFESSIONALS**

<p>| Drug information Resources - College of Pharmacy | <a href="http://www.dal.ca/iff/druginfo.html">http://www.dal.ca/iff/druginfo.html</a> | Links to public resources as well as those accessible to Dalhousie users only. Organized by category. |
| National Institute for Health and Clinical Excellence (UK) | <a href="http://www.nice.org.uk/">http://www.nice.org.uk/</a> | The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. Provides pathways to explore a variety of physical and mental health issues. |
| QT Drug Interactions | <a href="https://www.crediblemeds.org/healthcare-providers/">https://www.crediblemeds.org/healthcare-providers/</a> | Lists can be exported and printed. Can be searched and stratified by level of risk. |</p>
<table>
<thead>
<tr>
<th>Resource Name</th>
<th>URL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>QUIT smoking cessation program</td>
<td>library.com/view/0/browse.html</td>
<td>Offers 5.0 CEUs to enhance skills and knowledge in providing smoking cessation services to patients. The course covers intervention, addiction, pharmacotherapy, counselling, and creating a program within your pharmacy.</td>
</tr>
<tr>
<td>Mental Elf</td>
<td><a href="http://www.thementalelf.net/">http://www.thementalelf.net/</a></td>
<td>Updated daily by senior clinicians, mental health professionals, journal editors, researchers, academics, students and information scientists. Keep up to date with mental health resources and practices.</td>
</tr>
<tr>
<td>Switching second generation antipsychotics</td>
<td><a href="http://switchrx.ca/">http://switchrx.ca/</a></td>
<td>Information on specific regimes and potential side effects for switching,</td>
</tr>
<tr>
<td>Yellow Card</td>
<td><a href="http://medicationinfoshare.com/gallery/the-yellow-card/">http://medicationinfoshare.com/gallery/the-yellow-card/</a></td>
<td>A portable, laminated psychotropic medication information resource that folds and fits into a pocket. The information it contains is “normally hard to find”, making it a resource valued by physicians, residents, students, and mental health care providers alike.</td>
</tr>
<tr>
<td>CAMH TEACH tobacco cessation program for people with mental health and addictions problems</td>
<td><a href="http://www.camh.ca/en/education/about/AZCourses/Pages/tobacco_interventions.aspx">http://www.camh.ca/en/education/about/AZCourses/Pages/tobacco_interventions.aspx</a></td>
<td>Provided by the University of Toronto, Faculty of Medicine: Continuing Education and Professional Development. Offered via classroom learning (in Toronto).</td>
</tr>
<tr>
<td>Medication Infoshare</td>
<td><a href="http://www.medicationinfoshare.com">http://www.medicationinfoshare.com</a></td>
<td>Provides tools, publications and links to understand mental health therapies. Many tools may be downloaded and printed. Some are oriented to patients, while others will be of use to healthcare providers when educating patients.</td>
</tr>
<tr>
<td>APA Practice Guidelines (USA)</td>
<td><a href="http://www.psychiatry.org/practice/clinical-practice-guidelines">http://www.psychiatry.org/practice/clinical-practice-guidelines</a></td>
<td>Provides evidence-based resources for assessment and treatment of psychiatric disorders. Also provides links to other clinical resources.</td>
</tr>
</tbody>
</table>
Nova Scotia District Health Authorities Map

This Health Authority system will be used in the Navigator until the new system is in place.
Mental Health & Addictions Services & Supports in Communities Across Nova Scotia (Self Help Connection)

To access this and other Helping Trees online, visit [http://selfhelpconnection.ca/helping-tree](http://selfhelpconnection.ca/helping-tree) (or search “self help connection helping trees”)

### Mental Health Services & Supports in Communities Across Nova Scotia

### Mental Health Services

- **Annapolis Valley Health Authority**
  - Mental Health Services Kentville Adult (902) 679-2677 ext 2870
  - Mental Health Services Kentville Children & Youth (902) 879-2887 Ext 2873

- **Cape Breton Health Authority**
  - Emergency Crisis Services (902) 567-7767
  - Adult Outpatient Services (902) 567-7733

- **Capital District Health Authority**
  - Child/Adolescent Services (902) 567-7731
  - CMHA Cape Breton Branch (902) 567-7965

- **Keogh Health Centre**
  - Addictions (902) 424-3885 or 1-866-340-6700
  - Mobile Crisis Intervention (902) 424-3817
  - MH Services:
    - Bedford - Sackville (902) 865-3885
    - Dartmouth (902) 464-3116
    - Halifax (902) 454-1490
  - Addictions (902) 563-2050
  - SSNS Support Group 1-800-465-2601

### COLCHESTER EAST HANTS HEALTH AUTHORITY

- Mental Health Services 1-800-465-2100 Ext 5526
- Addiction Services (902) 863-5080
- SSNS Support Group 1-800-465-2601

### CUMBERLAND HEALTH AUTHORITY

- Mental Health Services (902) 976-3637
- Addiction Services (902) 977-8450
- SSNS Support Group 1-800-465-2601

### COUNTY OF ANnapolis Antigonish Strait Health Authority

- Mental Health Services (902) 863-4531
- Addiction Services (902) 863-5057
- SSNS Support Group 1-800-465-2601

### PICTOU COUNTY HEALTH AUTHORITY

- Mental Health Services (902) 755-1137
- Addiction Services (902) 755-7017
- SSNS Support Group 1-800-465-2601

### SOUTH SHORE HEALTH AUTHORITY

- Mental Health Services (902) 257-5228
- Addiction Services (902) 634-7725
- CMHA Pictou Branch (902) 752-6578

### SOUTH WEST NOVA DISTRICT HEALTH AUTHORITY

- Mental Health Services (902) 142-5222
- Addiction Services (902) 143-4200
- Mental Health Services Digby (902) 345-4709
- Addictions Yarmouth (902) 344-2606
- CMHA Yarmouth, Digby, Shelburne Branch (902) 342-0222

### USEFUL WEBSITE LINKS

#### COMMUNITY SUPPORTS
- Connections Clubhouse: [www.cbrahealth.ca/mental-health-program-connections-clubhouse](http://www.cbrahealth.ca/mental-health-program-connections-clubhouse)
- Healthy Minds Cooperative: [www.healthyminds.ns.ca](http://www.healthyminds.ns.ca)
- Laing House: [www.lainghouse.org](http://www.lainghouse.org)
- Psychosocial Rehabilitation Canada: [www.psrsn.ca](http://www.psrsn.ca)
- Self Help Connection: [www.selfhelpconnection.ca](http://www.selfhelpconnection.ca)

#### GENERAL MENTAL HEALTH
- Addiction Services [www.gov.ns.ca/health/addictions](http://www.gov.ns.ca/health/addictions)
- Canadian Mental Health Association (CMHA), Nova Scotia Division: [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca)
- Centre for Addiction & Mental Health: [www.camh.net](http://www.camh.net)
- Depression Lifelines: [www.depressionlifelines.ca](http://www.depressionlifelines.ca)
- Dist Health Authorities & WIK: [www.gov.ns.ca/health/about/CHP.asp](http://www.gov.ns.ca/health/about/CHP.asp)
- E-mentalhealth: [ementalhealth.ca](http://ementalhealth.ca)
- Mental Health Comm of Canada: [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)
- Canadian Coalition for Seniors' Mental Health (CCSMH): [www.ccsmh.ca](http://www.ccsmh.ca)
- Caregivers Nova Scotia: [www.caregivers.ns.ca](http://www.caregivers.ns.ca)
- Department of Seniors: [www.gov.ns.ca/seniors](http://www.gov.ns.ca/seniors)
- MSVU Centre for Aging: [www.msv.ca/agesite](http://www.msv.ca/agesite)
- PIECES Canada: [www.piecescanada.com](http://www.piecescanada.com)

#### SENIORS
- Help Zone: [www.gov.ns.ca/helpzone](http://www.gov.ns.ca/helpzone)
- WIK Health Centre: [www.wik.nshealth.ca](http://www.wik.nshealth.ca)
- Lang House: [www.langhouse.org](http://www.langhouse.org)
- Teen Mental Health: [www.turningpointhealth.org](http://www.turningpointhealth.org)
- Youth Suicide Prevention: [www.youthsuicide.ca](http://www.youthsuicide.ca)
- Mind Your Mind: [www.mindsyamu.org](http://www.mindsyamu.org)

**Updated Aug 19, 2012**
Annapolis Valley Health

Wolfville, Kentville, Waterville, Berwick, Middleton, Annapolis
### Principle Resources

**Annapolis Valley Health**

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Crisis Line</td>
<td>T: 1-888-429-8167</td>
<td>24/7 (all of Nova Scotia)</td>
</tr>
<tr>
<td>Annapolis Valley Crisis Line</td>
<td>T: 902-679-2870 (adult)</td>
<td>M-F, 8:30am-4:30pm</td>
</tr>
<tr>
<td></td>
<td>T: 902-679-2873 (child)</td>
<td></td>
</tr>
<tr>
<td>911 Nova Scotia</td>
<td>T: 911</td>
<td>Emergency medical care</td>
</tr>
<tr>
<td>211 Nova Scotia</td>
<td>T: 211</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 1-888-692-1382 (for the hearing impaired)</td>
<td>Free, confidential information and referral service for community and social service available across the province</td>
</tr>
<tr>
<td></td>
<td>W: ns.211.ca</td>
<td></td>
</tr>
<tr>
<td>811 Nova Scotia</td>
<td>T: 811</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 711</td>
<td>Free non-emergency health information and service</td>
</tr>
</tbody>
</table>

**Where to Start?**

**Helping Tree**
Listing of resources available in your community broken down into convenient to use “branches”

**District Mental Health Services**
More information on select mental health resources available in your community

**Community Support Services**
More information on select community support resources available in your community
My Own Resources

*Know of local resources not listed in this tool? Use this space to record information about additional resources that you use in your community.*
MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

To access the links you can find the webpage (below) by searching “Annapolis valley helping tree”
https://gallery.mailchimp.com/cd00c528d436bba41e5db1c36/files/Mental_Wellness_Helping_Tree_EN_08_2014.pdf
## District Mental Health Services

**www.avdha.nshealth.ca/program-service/mental-health-services**

### Crisis Response Service
- **T:** 902-679-2870 (adult)
- **T:** 902-679-2873 (child)
- **Available M-F, 8:30am-4:30pm**
- **For mental health, alcohol, drugs, gambling related crisis**

### Acute Care Psychiatric Inpatient Unit
- **Valley Regional Hospital**
  - **150 Exhibition St., Kentville**
  - **T:** 902-679-3315
- **Admission by psychiatrist only.**
- **Referral by another physician required.**
- **9 beds, age not spec on website**

### Adult Mental Health Education and Treatment Groups
- **King’s County Adult Program**
  - **AVH Chipman**
  - **Kentville, NS**
  - **T:** 902-679-2870
  - **F:** 902-679-1766
- **Satellite Services**
  - **EKM Community Health Centre**
  - **23 Earnscliffe Ave., Wolfville**
  - **Valley Regional Hospital**
  - **150 Exhibition St., Kentville**
  - **WKM Health Centre**
  - **121 Orchard St., Berwick**
- **† Some groups require registration or referral by a counselor in the Mental Health and Addiction Services Program.**

### Social & Recreational
- **Cornwallis Club** (drop-in program for clients of MHS)
- **Evangeline Club** (drop-in program for clients of MHS)
- **Healthy Living Club** (drop-in program for clients of MHS)
- **Munch and Crunch** (social support group for people experiencing long-term persistent MH challenges)

### Self-Esteem
- **Assertive Communication †**
- **Women’s Self-Esteem group †**
| Adult Mental Health Education and Treatment Groups | **Annapolis County**  
**Adult/Child and youth programs**  
Soldiers’ Memorial Hospital  
Middleton, NS  
T: 902-825-4825  
F: 902-825-5181  
**Satellite Service**  
Annapolis Royal Community Health Centre  
821 St. George St., Annapolis Royal  
**Support**  
MARS (Men are recently separated)  
WIN (Women Independent Now) †  
Monthly Caregiver Support group †  
Post-partum depression support group †  
**Psychoeducation**  
Early Stage Memory Loss Group †  
Chronic Pain Self-Management Program †  
Mindfulness Group †  
Transition to Change †  
**Psychotherapy**  
Dialectical Behaviour Therapy Group †  
Forensic Sexual Behaviours Program †  
Mood and Anxiety Management Group †  
Relationship Counselling Group †  
Supportive Psychotherapy †  
NB: Group offerings change frequently, contact for details |
|---|---|
| ADHD Assessment and Treatment | **Child and youth program**  
T: 902-679-2873  
F: 902-679-1766  
**Assessment, diagnosis, treatment and education for children/youth and families. Treatment: parent education, 1:1 intervention with clinicians, pediatricians, a GP and psychiatrist. School staff is consulted. Not indicated: need for referral, age.** |
| Annapolis Valley Intervention Team for Autism Program (AVITA) | **Soldiers’ Memorial Hospital**  
Middleton, NS  
T: 902-825-4825  
F: 902-825-5181  
**Assessment and treatment for young children (pre-school and school age) with Autistic Spectrum Disorder (ASD). Treatment team: is parents, 1:1 interventionists, Psychologists, Occupational Therapists and Speech-Language Pathologists.** |
<table>
<thead>
<tr>
<th>Early Intensive Behavioral Intervention (EIBI)</th>
<th>Contact relevant county Child &amp; Youth Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>EIBI is a provincial program that provides treatment using Applied Behavioural Analysis (ABA) in the home and day care settings of pre-schoolers (0-6y) diagnosed with Autism Spectrum Disorder. Selection process: diagnosis achieved by predetermined selection date (usually 4-6mo prior to enrollment in program) and random selection from 2 age group pools (&lt;4y and ≥4y). The treatment team consists of Autism Support Workers, Clinical Interventionists, and a Clinical Leader.</td>
<td></td>
</tr>
</tbody>
</table>

| Beacon Program | Andrew Livingstone  
Assistant Manager, Beacon Program  
T: 902-365-1701 Ext 2888  
E: alivingstone@avdha.nshealth.ca  
Betty Swanburg, RN  
Client Care Coordinator  
E: eswanburg@avdha.nshealth.ca |
|----------------|-----------------------------------------------|
| Community-based psychosocial rehabilitation program for individuals with severe and persistent mental illness from across NS. Voluntary, residential, 6 beds, 6 mo. duration  
Growth & Recovery programming available for clients of AVMHS  
Referrals required from referring mental health team, including endorsement from the Psychiatrist and input from applicant and family. |

| Child & Youth Health Promotion and Treatment Groups | King’s County  
Child & Youth Program  
AVH Chipman  
Kentville, NS  
T: 902-679-2873  
F: 902-679-1766  
Annapolis County  
Adult/Child and youth programs  
Soldiers’ Memorial Hospital  
T: 902-825-4825  
F: 902-825-5181 |
|---------------------------------------------------|---------------------------------------------------------------|
| Groups require registration* or referral† by a 22ounselor in the Mental Health and Addiction Services Program.  
“Chilled Teens” Anxiety Group †  
“Chilled Teens” Anxiety & Depression Group †  
“Cool Kids” Anxiety Group †  
Helping Anxious Children (for parents/ caregivers) †  
Parenting your Defiant Child*  
Parenting your Defiant Teen  
Positive Behaviour Supports for Children with Autism Spectrum Disorder) |
<table>
<thead>
<tr>
<th><strong>MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES</strong></th>
<th>ANnapolis VALLEY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Community Support Program (Adult)</strong></td>
<td>Contact relevant county Adult Service</td>
</tr>
<tr>
<td><strong>Community Support Program (Child &amp; Youth)</strong></td>
<td>Contact relevant county Child &amp; Youth Service</td>
</tr>
<tr>
<td><strong>Early Psychosis Program</strong></td>
<td>Contact relevant county Mental Health Service</td>
</tr>
<tr>
<td><strong>Older Adult Program</strong></td>
<td>Contact relevant county Adult Mental Health Service</td>
</tr>
<tr>
<td><strong>Initiative for Sexually Aggressive Youth (ISAY)</strong></td>
<td>A province-wide program coordinated by the IWK Health Centre and the provincial health authorities</td>
</tr>
</tbody>
</table>
### COMMUNITY SUPPORT SERVICES

**Canadian Mental Health Association Regional Branch**

**Kings County Branch**
11 Opportunity Lane  
Kentville, NS  
E: programmanager@cmhakings.ns.ca  
W: www.cmhakings.ns.ca  
T: 902-679-7464  
F: 902-679-7470

Employment outreach and community outreach services

**Annapolis County Branch**
21 Hillside Drive, Lequille  
R.R. #1, Annapolis Royal, NS  
E: chapelcreekgallery@ns.sympatico.ca  
T: 902-665-4801  
F: 902-665-5084

No information about services provided on CMHA website.
### Schizophrenia Society of Nova Scotia (SSNS) chapters

<table>
<thead>
<tr>
<th>Cumberland Chapter</th>
<th>Monthly meeting on 3rd Wed of each month (excluding summer months) for mental health services users and family and friends for support, information, and education. Also conduct special workshops on schizophrenia and resources for treatment and support; conduct public presentations; consult with AVMHS; raise funds.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meeting Location</strong></td>
<td>Kentville Lions Club, 78 River St., Kentville, NS.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Annapolis County Education and Support Group</th>
<th>Contact SSNS for meeting time and place.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address</strong></td>
<td>Middleton, NS. T: 1-800-465-2601.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nova Scotia Certified Peer Support Specialist Program</th>
<th>This program will offer peer support to people transitioning from hospital back into their communities as well as to people requiring additional support as they pursue their recovery through mental health services in the community.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Contact</strong></td>
<td><a href="mailto:healthyminds@eastlink.ca">healthyminds@eastlink.ca</a>. W: <a href="http://www.healthyminds.ca/index.php?page_id=52">http://www.healthyminds.ca/index.php?page_id=52</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mental Health First Aid</th>
<th>Offered across Canada and Nova Scotia, the MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>W:</strong></td>
<td><a href="http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx">http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx</a></td>
</tr>
</tbody>
</table>
Cape Breton Health Authority

Neil’s Harbour, Cheticamp, Inverness, Baddeck, Eskasoni, New Waterford, Glace Bay, Sydney, North Sydney
### Principle Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Crisis Line</td>
<td>T: 1-888-429-8167</td>
<td>24/7 (all of Nova Scotia)</td>
</tr>
<tr>
<td>Cape Breton Crisis Line</td>
<td>T: 902-567-7767</td>
<td>Available 8:30am-8:30pm, 7 days a week</td>
</tr>
<tr>
<td>911 Nova Scotia</td>
<td>T: 911</td>
<td>Emergency medical care</td>
</tr>
<tr>
<td>211 Nova Scotia</td>
<td>T: 211</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 1-888-692-1382</td>
<td>Free, confidential information and referral service for community and social service available across the province</td>
</tr>
<tr>
<td></td>
<td>W: ns.211.ca</td>
<td></td>
</tr>
<tr>
<td>811 Nova Scotia</td>
<td>T: 811</td>
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<td>Free non-emergency health information and service</td>
</tr>
</tbody>
</table>

### Where to Start?

**District Mental Health Services**
More information on select mental health resources available in your community.

**Community Support Services**
More information on select community support resources available in your community.
My Own Resources

A space to record any additional resources that you use in your community

Found something you think others would benefit from?
We would love to hear about it (email?)
## Cape Breton Health Authority

### District Mental Health Services

[www.cbdha.nshealth.ca](http://www.cbdha.nshealth.ca) → click "Department Pages" Tab → Mental Health

<table>
<thead>
<tr>
<th>Emergency Crisis Program</th>
<th>Cape Breton Regional Hospital 1482 George St., Sydney, NS T: 902-567-7767</th>
<th>Consultative Service to Emergency Department, 24/7.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult Outpatient Service</strong></td>
<td><strong>Sydney Mental Health Clinic</strong> Cape Breton Regional Hospital, Main Level, 1482 George St. T: 902-567-7730</td>
<td>For individuals ≥19 years Referral from family practitioner/other relevant care provider “strongly suggested”; “self-referrals may be accepted in some circumstances.” Mental health assessment and treatment in Sydney, New Waterford, Glace Bay, North Sydney and Inverness; part-time services available in Cheticamp</td>
</tr>
<tr>
<td></td>
<td><strong>New Waterford Clinic</strong> New Waterford Consolidated Hospital, 716 King St., T: 902-862-7195</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Glace Bay Clinic</strong> 121 Union Street T: 902-849-4413</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>North Sydney Clinic</strong> Northside General Hospital, 520 Purves St. T: 902-794-8551</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Inverness Mental Health Clinic with satellite services to Cheticamp</strong> Inverness Consolidated Memorial Hospital T: 902-258-1911</td>
<td></td>
</tr>
<tr>
<td><strong>MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES</strong></td>
<td><strong>CAPE BRETON</strong></td>
<td></td>
</tr>
<tr>
<td>--------------------------------------------------</td>
<td>----------------</td>
<td></td>
</tr>
<tr>
<td><strong>Adult Inpatient Mental Health Unit</strong></td>
<td>Cape Breton Regional Hospital, 1482 George St., Sydney, NS T: 902-567-7975</td>
<td>Admission through family physician referral or ED assessment. For individuals ≥16 years. Bed: 8 designated short stay, 22 acute, 16 rehab. Referral through Early Response Service or Emergency Department.</td>
</tr>
<tr>
<td><strong>Eating Disorder Program</strong></td>
<td></td>
<td>For all ages. Assessment, diagnostic and treatment services are offered to individuals with anorexia nervosa, bulimia nervosa and related conditions. Also provide early identification and prevention initiatives as well as consultation to professionals and families.</td>
</tr>
<tr>
<td><strong>Adult Day Centre</strong></td>
<td></td>
<td>For adults with serious emotional disorders who do not require admission. Structured group and individual sessions are provided by a multidisciplinary team to help patients cope with emotional, social and interpersonal crises.</td>
</tr>
<tr>
<td><strong>Adult Sex Offender Program</strong></td>
<td></td>
<td>Offered in collaboration with East Coast Forensic Services.</td>
</tr>
<tr>
<td><strong>Community Rehabilitation Program</strong></td>
<td>T: 902-567-7913</td>
<td>Case management program designed to support people living with persistent mental illness to develop and maintain a safe, satisfying quality of life in the community. Provides support for clients with severe and persistent mental illness. This support includes assistance in managing mental illness, life skills, housing, employment and education.</td>
</tr>
<tr>
<td><strong>Initiative for Sexually Aggressive Youth (ISAY)</strong></td>
<td>A province-wide program coordinated by the IWK Health Centre and the provincial health authorities</td>
<td>Provincial initiative designed to address the assessment and treatment needs of youth sexually offend against others. This service is offered through a network of clinicians in the health districts across the province.</td>
</tr>
<tr>
<td><strong>Families Matter in Mental Health</strong></td>
<td>Contact relevant Mental Health and Addictions Services</td>
<td>An 11-week program free of charge that offers education, support, and coping strategies for family and friends.</td>
</tr>
</tbody>
</table>
### Seniors Mental Health
HealthPark  
45 Weatherbee Rd., Sydney, NS  
T: 902-567-1729

Provides consultation and education services to nursing homes and other care providers by community mental health nursing and psychiatry. Mental Health staff work in collaboration with local physicians and Challenging Behaviour Resource Consultants.

### Child and Youth Services
Sydney Mental Health Clinic  
Cape Breton Regional Hospital, Main Level, 1482 George St.  
T: 902-567-7731

Inverness Mental Health Clinic with satellite services to Cheticamp  
Inverness Consolidated Memorial Hospital  
T: 902-258-1911

North Sydney Clinic  
Northside General Hospital, 520 Purves St.

Glace Bay Clinic  
121 Union St.

For individuals <19 years.  
Contact Sydney or Inverness Mental Health Clinics for referral.

### Intensive Community-based Treatment Team
Inverness Mental Health Clinic with satellite services to Cheticamp  
Inverness Consolidated Memorial Hospital  
T: 902-258-1911

Provides home, community, and school-based support for children and adolescents who are having major problems in their daily lives related to severe disruptive behaviour disorders or severe and persistent mental disorders.  
Team includes psychology, social work, behavioural interventionists and case managers, and works with all relevant systems e.g., home, school, community, work, peers, justice.

### Autism
Baddeck (Child & Adolescent Clinician)  
Victoria County Memorial Hospital  
30 Margaree Rd., Baddeck

Neil’s Harbour (Child & Adolescent Clinician)  
Buchanan Memorial Hospital

For children <6 years  
Provides preschool assessment, diagnosis and behavioural intervention, as well as to help facilitate the transition to schools for children with Autism both in an outpatient and home setting. Part of a province-wide initiative and utilizes the Pivotal Response Therapy (PRT) model for early intervention for children under the age of six years.

### Neurodevelopmental Clinic
Provides assessment, diagnosis, and treatment of children with neurodevelopmental and mental disorders. Services include cognitive and behavioral interventions, behavioral management, school consultation and in-home behavioral intervention.  
The Neurodevelopmental Clinic is comprised of psychologists, behavioral interventionists and psychiatry.
## Community Support Services

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Telephone</th>
<th>Email</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canadian Mental Health Association Regional Branch</td>
<td>1482 George Street, Sydney, NS B1P 1P3</td>
<td>P 902-567 7735, F 902-567 7905</td>
<td><a href="mailto:cmhacbrh@cbdha.nshealth.ca">cmhacbrh@cbdha.nshealth.ca</a></td>
<td><a href="http://www.cmha.ca/branch_locations/cape-breton-branch/">www.cmha.ca/branch_locations/cape-breton-branch/</a></td>
<td>As a nation-wide, voluntary organization, the Canadian Mental Health Association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. The CMHA accomplishes this mission through advocacy, education, research and service.</td>
</tr>
<tr>
<td>Cape Breton Mental Health Foundation</td>
<td>P.O. Box 1051, Sydney, Nova Scotia B1P 6J7</td>
<td>Telephone: (902)-567-8093</td>
<td>E-mail: <a href="mailto:macneilk@cbdha.nshealth.ca">macneilk@cbdha.nshealth.ca</a></td>
<td>W: <a href="http://www.cbmhfoundation.ca">http://www.cbmhfoundation.ca</a></td>
<td>Provides information about mental health resources, projects, etc. in Cape Breton. Is a source for donations and project funding.</td>
</tr>
<tr>
<td>Crossroads Clubhouse</td>
<td>40 Bentinck St., Sydney, NS</td>
<td>T: 902-567-7961, F: 902-539-2827</td>
<td>E: <a href="mailto:crossroads@cbdha.nshealth.ca">crossroads@cbdha.nshealth.ca</a></td>
<td>W: <a href="http://www.crossroadscapebreton.ca">www.crossroadscapebreton.ca</a></td>
<td>Community outreach program for adults aged 19 to 65 with a persistent thought, mood or anxiety disorder who experience difficulty in daily life due to his/her mental illness. Provides peer support, social change, employment and educational opportunities.</td>
</tr>
<tr>
<td>Cairdeil Place</td>
<td>288 Bentinck St., Sydney, NS</td>
<td>T: 902-539-4228</td>
<td></td>
<td></td>
<td>Provides life skills training, support, and access to social and recreational activities for people with a mental illness.</td>
</tr>
</tbody>
</table>
| **The Missing Link Co-operative** | 648 George St., Sydney, NS  
E: misslnt@hotmail.com  
T: 902-539-6480  
F: 902-539-7062 | Provides employment opportunities for people living with mental illness. |
|---|---|---|
| **Touch on Wood** | 196 Prince St., Sydney, NS  
T: 902-539-9663 | Assists with the development of employability skills through involvement in a wood-working center, retail outlet and a cooperative employment program. |
| **Town House Community Friends** | 150 Commercial Street, Glace Bay, NS, B1A 3C1  
Meetings are held on Mondays at 1:30 pm, not running in July and August.  
T: 902-849-2449  
W: [www.townhousegb.ca](http://www.townhousegb.ca) | Community Friends is a social group of people who may have limited opportunities for social activities: due to emotional or other illnesses. |
| **Nova Scotia Certified Peer Support Specialist Program** | Contact [healthminds@eastlink.ca](mailto:healthminds@eastlink.ca).  
W: [http://www.healthminds.ca/index.php?page_id=52](http://www.healthminds.ca/index.php?page_id=52) | This program will offer peer support to people transitioning from hospital back into their communities as well as to people requiring additional support as they pursue their recovery through mental health services in the community. |
| **Eskasoni Mental Health** | Daphne Hutt-Macleod  
E: dhuttmacleod@eskasonihealth.ca  
T: (902) 379-2910  
Mental Health First Aid

W: http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx

Offered across Canada and Nova Scotia, the MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.
Capital Health

Sheet Harbour, Middle Musquodoboit, Windsor, Musquodoboit Harbour, Dartmouth, Sackville, Halifax
## Principle Resources

<table>
<thead>
<tr>
<th>Service</th>
<th>T:</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Crisis Line</td>
<td>1-888-429-8167</td>
<td>24/7 (all of Nova Scotia)</td>
</tr>
<tr>
<td>Capital Health Crisis Line</td>
<td>902-429-8167</td>
<td>24/7 telephone intervention throughout CDHA Mobile response from 1pm-1am in areas served by HRM police, including Halifax, Dartmouth, and Bedford.</td>
</tr>
<tr>
<td>911 Nova Scotia</td>
<td>911</td>
<td>Emergency medical care</td>
</tr>
<tr>
<td>211 Nova Scotia</td>
<td>211</td>
<td>Available 24/7 Free, confidential information and referral service for community and social service available across the province</td>
</tr>
<tr>
<td>811 Nova Scotia</td>
<td>811</td>
<td>Available 24/7 Free non-emergency health information and service</td>
</tr>
</tbody>
</table>

### Where to Start?

**Helping Trees**

Listing of resources available in your community broken down into convenient to use “branches” **District Mental Health Services**

More information on select mental health resources available in your community **Community Support Services**

More information on select community support resources available in your community
My Own Resources
A space to record any additional resources that you use in your community
Found something you think others would benefit from?
We would love to hear about it (email?)
MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

To access this and other Capital Health Helping Trees online, visit [http://selfhelpconnection.ca/helping-tree](http://selfhelpconnection.ca/helping-tree) (or search “self help connection helping trees”)

Newcomers’ Helping Tree

Data compiled by Bayers Road Community Mental Health. For revisions and updates, please call 454-1403.

Revised January 2013
MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

CAPITAL HEALTH

To access this and other Capital Health Helping Trees online, visit http://selfhelpconnection.ca/helping-tree (or search “self help connection helping trees”)

The Helping Tree was developed by the HRM Breastfeeding Community of Practice. It is for informational purposes only. For revisions and updates, please contact us ( Breastfeeding Community of Practice ) or 403-5868.

Last updated March 2012
To access this and other Capital Health Helping Trees online, visit http://selfhelpconnection.ca/helping-tree (or search “self help connection helping trees”) . The Acquired Brain Injury Helping Tree has 2 pages.

Acquired Brain Injury Helping Tree

If you or someone you care about is experiencing a problem in any of the areas listed, follow the arrows on the flow chart to find resources that may help.

- Emergency Call 911
- Health Link Call 811
- Alcoholics Anonymous (A.A.) 461-1119
- Choices (ages 13-19) 470-6300
- Addiction Prevention & Treatment (19+) 424-8866
- Mental Health & Suicide
- Homelessness
- Legal Problems
- Transportation

Emergency Psychiatric Assessment 473-2043
Emergency Piano 422-8167
Grief & Bereavement Services 473-1622
Mobile Outreach Street Health (MOSH) 802-9896
Reachability 429-5878
Metro Transit 490-4000
VON Driver Program 453-5800
Need-A-Lift 222-5438
Casino Taxi Accessible Cab 429-6666
Callow Wheelchair Bus 422-9433
Victims Services Halifax Regional Police 490-5300
Metro Non-Profit Housing Association & Housing Help 429-5479
Phoenix Centre for Youth (ages 12-24) 422-7656
Adsum House 429-4443
Bryony House 422-8324
Barry House 422-8324
Metro Turning Point 420-3282
Salvation Army 422-2363
Community Mental Health Cole Harbour/Eastern HRM 434-3263
Community Mental Health Dartmouth 466-1830
Community Mental Health Bedford/Sackville 865-3663
Community Mental Health Bayers Road 454-1440

Legal Information
Dial-A-Law 420-1888
Legal Information of NS 454-2198
VON Driver Program 453-5800
Need-A-Lift 222-5438
Casino Taxi Accessible Cab 429-6666
Callow Wheelchair Bus 422-9433
Victims Services Halifax Regional Police 490-5300
Metro Non-Profit Housing Association & Housing Help 429-5479
Phoenix Centre for Youth (ages 12-24) 422-7656
Adsum House 429-4443
Bryony House 422-8324
Barry House 422-8324
Metro Turning Point 420-3282
Salvation Army 422-2363
Community Mental Health Cole Harbour/Eastern HRM 434-3263
Community Mental Health Dartmouth 466-1830
Community Mental Health Bedford/Sackville 865-3663
Community Mental Health Bayers Road 454-1440

The ABI Helping Tree was adapted from the PEI Helping Tree.
Acquired Brain Injury Helping Tree

- Mi'kmaw Native Friendship Centre 420-1576
- Family Services Association 420-1980
- Independent Living Resource Centre 453-0004
- Attendant Care Check Yellow Pages "Home Health Care Services"
- Dartmouth Stroke Club 443-9600
- Canadian Red Cross Equipment Loan 423-3680
- Halifax Stroke Club 865-3741
- Frozen Favorites 454-5755
- Heart & Stroke Foundation of NS 423-7530
- VON 453-5800
- Brain Injury Association of NS 473-7301
- Meals on Wheels 429-4299
- Home Care & Self Managed Care 1-800-225-7225
- Acquired Brain Injury Navigator 473-1186
- Respite 424-6111

Legend:
* DCS - Department of Community Services

YOU START HERE

Page 2 of 2 (Acquired brain injury helping tree)
To access this and other Capital Health Helping Trees online, visit http://selfhelpconnection.ca/helping-tree (or search “self help connection helping trees”)

Bedford/Sackville Area Helping Tree

This tool was designed by the Bedford/Sackville Community Mental Health team to assist service providers and inform residents of the many helping resources available. If you or someone you care about is experiencing a problem in any of the areas listed, follow the arrows on the flow chart to find resources that may help.

For revisions and updates, please call 865-3663

Emergency Call 911

Emergency Services
- Mental Health Services
- Community & Family
- Police
- Fire
- Ambulance
- EMS
- SAR
- Other

Treatment Services
- Addictions
- Mental Health Services
- Drug & Alcohol
- Suicide Prevention
- Women's Services
- Children's Services
- Youth Services
- Children's Aid Society
- Family Services

Support Services
- Community
- Employment
- Housing
- Transportation
- Education
- Income
- Immigration
- Legal
- Medical
- Other

Resources
- Food
- Clothing
- Housing
- Utilities
- Furniture
- Medication
- Transportation
- Other

Prevention Medications
- Antiretrovirals
- Antibiotics
- Antidepressants
- Antipsychotics
- Contraceptives
- Pain Medications
- Other

Community Development
- Youth Programs
- Women's Programs
- Children's Programs
- Seniors Programs
- Cultural Programs
- Other

Volunteer Services
- Direct Support Workers
- Youth Workers
- Volunteer Coordinators
- Other

Mental Health & Counselling
- Crisis Services
- Counselling
- Support Groups
- Other

Children & Youth
- Child Care
- Early Childhood Education
- Family
- Youth
- Other

Adult Services
- Home Care
- Community Living
- Volunteer Services
- Other

Supportive Housing
- Independent Living
- Supported Housing
- Other

Functioning: Self-sufficiency
- Employment
c- Training
- Income
- Housing
- Health
- Other

Food Programs
- Community
- Federal
- Other

Accommodation
- Housing
- Homelessness
- Other

Income
- Employment
- Benefits
- Other

Housing Assistance
- Tenancy
- Homelessness
- Other

Employment
- Job Search
- Training
- Other

Healthy Minds.ca
- Selfhelpconnection.ca

Healthy Minds.ca
- Selfhelpconnection.ca

Healthy Minds.ca
- Selfhelpconnection.ca
To access this and other Capital Health Helping Trees online, visit http://selfhelpconnection.ca/helping-tree (or search “self help connection helping trees”)

Clayton Park/Fairview Area Helping Tree

Data compiled by Bayers Road Community Mental Health in conjunction with Healthy Minds Cooperative, Public Health and Chebucto West Community Health Board. For revisions and updates, please call 454-1403.
MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

To access this and other Capital Health Helping Trees online, visit [http://selfhelpconnection.ca/helping-tree](http://selfhelpconnection.ca/helping-tree) (or search “self help connection helping trees”)
To access this and other Capital Health Helping Trees online, visit [http://selfhelpconnection.ca/helping-tree](http://selfhelpconnection.ca/helping-tree) (or search “self help connection helping trees”)
MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

To access this and other Capital Health Helping Trees online, visit http://selfhelpconnection.ca/helping-tree (or search “self help connection helping trees”)

Halifax Peninsula Area Helping Tree

Revised January 2013

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To access this and other Capital Health Helping Trees online, visit [http://selfhelpleconnection.ca/helping-tree](http://selfhelpleconnection.ca/helping-tree) (or search “self help connection helping trees”)
To access this and other Capital Health Helping Trees online, visit http://selfhelpconnection.ca/helping-tree (or search “self help connection helping trees”)
Spryfield Area Helping Tree

Data compiled by Bayers Road Community Mental Health and the Spryfield District Mental Health Planning Committee in conjunction with Healthy Minds Cooperative, Public Health and Chebucto West Community Health Board. For revisions and updates, please call 454-1403.

Revised January 2013
To access this and other Capital Health Helping Trees online, visit [http://selfhelpconnection.ca/helping-tree](http://selfhelpconnection.ca/helping-tree) (or search “self help connection helping trees”)
Syrupfield Youth Connecting Tree – June 2011

<table>
<thead>
<tr>
<th>General</th>
<th>Family Support</th>
<th>Mental Health &amp; Counselling</th>
<th>General Health &amp; Sexual Health</th>
<th>Violence &amp; Sexual Assault</th>
</tr>
</thead>
<tbody>
<tr>
<td>The ARK 492-2577 <a href="http://www.arkyouthreach.com">www.arkyouthreach.com</a> drop-in centre for street involved youth</td>
<td>Abused Children &amp; Youth Support 470-8992</td>
<td>IH&amp;J Extra Support for Parents 470-7111, in-home help, open to all parents of infants, 0-6 months</td>
<td>Aids &amp; Sexual Health Inf line 455-9655</td>
<td>Avalon Sexual Assault Centre 470-0222 call in case of threats, abuse or violence</td>
</tr>
<tr>
<td>Metro Housing 420-6000 public housing and subsidized rent</td>
<td>Adolescent grief support 470-8992</td>
<td>IH&amp;J Family Support 470-7111, in-home help, open to all parents of infants, 0-6 months</td>
<td>Chebucto Community Health Team 470-0699 health/health programs, supports/programs/Navigation</td>
<td>Sexual Assault Services 422-4240</td>
</tr>
<tr>
<td>Youth Shelters</td>
<td>Abused Children &amp; Youth Support 470-8992</td>
<td>Mi’mag Health 470-1573 <a href="http://www.mimac.ca.ca">www.mimac.ca.ca</a> supports for First Nation families</td>
<td>Eating Disorders Action Group 470-5949, <a href="http://www.sados.ca">www.sados.ca</a></td>
<td>Domestic Violence LGBT Support 422-4240 – Supports for lesbian, gay, bi, trans, sex, and queer women and youth</td>
</tr>
<tr>
<td>Phoenix House <a href="http://www.jpvlondon.ca">www.jpvlondon.ca</a> Shelter 405-1863 16-24, short term; Long term housing 420-5267</td>
<td>Mi’mag Health 470-1573 <a href="http://www.mimac.ca.ca">www.mimac.ca.ca</a> supports for First Nation families</td>
<td>Mi’maq Child Development Centre 470-7856 pre-natal &amp; family programs, child care</td>
<td>Gony, Lesbian, Bisexual Youth Group 470-7752 or 470-5274</td>
<td>Burns Outreach 422-7650 women, call in case of abuse, violence</td>
</tr>
<tr>
<td>Nova Scotia 425-6417 Homeless 46-6666 ages 13-18, short term, numerous supports 420-6942</td>
<td>Mi’mag Child Development Centre 470-7856 pre-natal &amp; family programs, child care</td>
<td>PFLAG (Parents, Families and Friends of Lesbians and Gays) 470-8500 (1-800-530-6777)</td>
<td>Haliburton Sexual Health Centre 470-5055 sexual health services, pregnancy tests, options</td>
<td>L’Anse aux Meadows 470-7710 women housing and support for women</td>
</tr>
<tr>
<td>How to read this</td>
<td>Support Groups</td>
<td>Family Support</td>
<td>General Health &amp; Sexual Health</td>
<td>Violence &amp; Sexual Assault</td>
</tr>
<tr>
<td>BOLD in Syrupfield</td>
<td>MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES</td>
<td>Family Support</td>
<td>EMERGENCY SERVICES</td>
<td>410-624-2000 medical aid for up to 0-15 yrs old</td>
</tr>
<tr>
<td>Italics – in HRM</td>
<td>Family Support</td>
<td>General Health &amp; Sexual Health</td>
<td>L’ôVE 470-2250 medical aid for 15+ yrs old and older women 60+ 410-0150 medical aid for 15+ yrs old and older women 60+</td>
<td></td>
</tr>
<tr>
<td>Underlined website</td>
<td>Support Groups</td>
<td>General Health &amp; Sexual Health</td>
<td>Medicaid 470-8865 medical aid for 15+ yrs old</td>
<td>Leave Out Violence support group QEI Emergency 473-2300 medical aid for 15+ yrs old and older women 60+</td>
</tr>
<tr>
<td></td>
<td>Family Support</td>
<td>General Health &amp; Sexual Health</td>
<td>General Health &amp; Sexual Health</td>
<td>LEARN MORE ABOUT VIOLENCE SUPPORT GROUPS</td>
</tr>
<tr>
<td></td>
<td>General Health &amp; Sexual Health</td>
<td>Violence &amp; Sexual Assault</td>
<td>Resources</td>
<td>LEARN MORE ABOUT VIOLENCE SUPPORT GROUPS</td>
</tr>
<tr>
<td></td>
<td>Violence &amp; Sexual Assault</td>
<td>Capital Health</td>
<td>Resources</td>
<td>LEARN MORE ABOUT VIOLENCE SUPPORT GROUPS</td>
</tr>
</tbody>
</table>

**How to read this**
- BOLD in Syrupfield
- Italics in HRM
- Underlined website

**Syrupfield Youth Connecting Tree was created by Chebucto Connections (477-1064) & HRM Volunteer Services (490-4555). Please contact us for updates, changes or more info.**
MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

CAPITAL HEALTH

Healthy Beginnings
Middle Musquodoboit
Mental Health Helping Tree

Mental Health Mobile Crisis Team
1-888-429-8107

Addiction Prevention and Treatment Services
1-866-340-0670 or (902) 885-2611

Musquodoboit Valley Family Practice
(902) 384-2834

Gore Harbour / Eastern HRM Mental Health Services
(902) 434-3263

Family Services Association
1-888-886-5552

911 or nearest Emergency room

Social Worker
(902) 384-2220

Primary Health Care Provider
(Family Doctor, Nurse Practitioner, etc)

IWK Reproductive Mental Health Services
(902) 476-8888 or 1-888-470-5888

Musquodoboit Valley Memorial Hospital & Collaborative Emergency Center
(902) 384-2220

Public Health Nurse
(902) 384-2370

Family Resource Centre
(902) 384-2794

811

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MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

CAPITAL HEALTH

DISTRICT MENTAL HEALTH SERVICES
http://www.cdha.nshealth.ca/mental-health-program

Mental Health Mobile Crisis Team  
T: 902-429-8167  
Provides intervention and short-term crisis management for children, youth and adults experiencing a mental health crisis. Telephone intervention available throughout CDHA 24/7. Mobile response available from 1pm-1am in areas served by HRM police, including Halifax, Dartmouth, and Bedford.

Emergency Psychiatric Services  
Halifax Infirmary  
T: 902-473-2043  
Referral by family physician or ED physician. 9am-9pm and overnight (resident physician)

Adult Services- Short Stay Unit  
Abbie J. Lane Building, 6th floor  
5909 Veterans’ Memorial Ln., Halifax, NS  
T: 473-4771  
Provides intense support for people experiencing a mental health crisis who would benefit from a short period in hospital. 5 beds designated for short stay (approx 72h). Team includes nurses, a psychiatrist, social worker and unit clerk.

All services listed below are for adults ≥19 years
<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Services- Acute Care</td>
<td>Abbie J. Lane, 6th &amp; 7th floor 5909 Veterans' Memorial Lane, Halifax, NS 6 Lane T: 902-473-6334/4268 7 Lane T: 902-473-2488/2489 Nova Scotia Hospital, Mayflower Unit, 300 Pleasant St., Dartmouth, NS T: 902-464-3322/473-3323</td>
<td>Provides short-term care and treatment for individuals experiencing sudden and severe symptoms of mental illness.</td>
<td>T: 902-473-6334/4268 7 Lane T: 902-473-2488/2489 Nova Scotia Hospital, Mayflower Unit, 300 Pleasant St., Dartmouth, NS T: 902-464-3322/473-3323</td>
</tr>
<tr>
<td>Mental Health Day Treatment Program</td>
<td>T: 473-2500/2503</td>
<td>For people with personality dysfunction, a range of psychiatric diagnoses, or significant psychological distress. Treatment consists of a 6w intensive group psychotherapy program covering topics such as goal setting; relaxation; leisure; physical activity; assertiveness training; stress, emotions, and your health; relationship with self and others; feelings group. Patients receive an individual formulation (individual) and community meeting. Referral by a psychiatrist or other mental health clinician.</td>
<td>T: 473-2500/2503</td>
</tr>
</tbody>
</table>
### Community Mental Health Services (Outpatient)

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bayers Road Community Mental Health</strong></td>
<td>Suite 109, Bayers Road Centre 7071 Bayers Road, Halifax</td>
<td>902-454-1400</td>
</tr>
<tr>
<td><strong>Bedford/Sackville Community Mental Health</strong></td>
<td>Cobequid Community Health Centre 40 Freer Lane, Lower Sackville</td>
<td>902-865-3663</td>
</tr>
<tr>
<td><strong>Cole Harbour/Eastern HRM Community Mental Health</strong></td>
<td>Cole Harbour Place 51 Forest Hills Parkway, Dartmouth</td>
<td>434-3263</td>
</tr>
<tr>
<td><strong>Dartmouth Community Mental Health</strong></td>
<td>33 Alderney Drive, Dartmouth</td>
<td>466-1830</td>
</tr>
<tr>
<td><strong>West Hants Community Hospital</strong></td>
<td>89 Payzant Drive, Windsor</td>
<td>792-2042</td>
</tr>
</tbody>
</table>

*West Hants Community Hospital serves children, youth and adults.

### Eating Disorders Clinic

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eating Disorders Clinic</strong></td>
<td>Abbie J Lane Building 5909 Veterans' Memorial Lane, Rm 3005, Halifax, NS</td>
<td>902-473-6288</td>
</tr>
</tbody>
</table>

For individuals meeting DMS-IV diagnostic criteria for anorexia nervosa, bulimia nervosa, or eating disorder NOS AND BMI ≥18

Service provides outpatient group therapy that addresses self-esteem, relationship issues, and other concerns.

Referral by physician.
<table>
<thead>
<tr>
<th>Service</th>
<th>Address/Contact Information</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Psychosis Program of Nova Scotia</td>
<td>Abbie J Lane Building, 5909 Veteran’s Memorial Lane, 3rd Floor, Halifax, NS T: 902-473-2976 F: 902-473-3456 E: <a href="mailto:EarlyPsychosisProgram@cdha.nshealth.ca">EarlyPsychosisProgram@cdha.nshealth.ca</a> W: <a href="http://earlypsychosis.medicine.dal.ca">http://earlypsychosis.medicine.dal.ca</a></td>
<td>For individuals ages 15 to 35 who are experiencing a first episode of psychosis. Program promotes early detection and provides quick and accessible assessment and treatment. Treatment includes medication, supportive psychotherapy, crisis intervention (if necessary), education, skills training and occupational counseling, liaison with community agencies, relapse prevention therapy, group therapy (learning about psychosis, wellness programs), family education program and family support group. Referrals to NSEPP can be made by anyone, including mental health care professionals, family physicians, community agencies, educators and school counselors, family members, friends and the individual.</td>
</tr>
<tr>
<td>Community Outreach Assessment and Support Team (COAST)</td>
<td>Nova Scotia Hospital, 300 Pleasant St., Dartmouth, NS T: 902-464-3032/3048</td>
<td>For individuals with dual diagnosis of mental illness and developmental disability. Biopsychosocial assessment, F/U services, crisis assessment, discharge planning, individual care planning, vocational assessment, nutrition counseling, consultation to family practitioner, support for families and care providers. Referral by general practitioner, community health professional, service provider, direct care providers and family members.</td>
</tr>
<tr>
<td>Dual Diagnosis Program (Mental Illness/Developmental Disability)</td>
<td>Nova Scotia Hospital, Emerald Hall, 300 Pleasant St., Dartmouth, NS T: 902-464-3035</td>
<td>Services include functional and mental status assessment, counseling, recreational and vocational program planning, behavioral assessment and evaluation of programs and crisis intervention strategies provided in 18 bed inpatient service. Referral by COAST assessment</td>
</tr>
<tr>
<td>Mental Health Case Management Services</td>
<td>T: 902-434-5027/6767</td>
<td>For individuals living in community with severe and persistent mental illness or concurrent mental illness and substance abuse that has a major impact on their life. Two levels of support intensity: SCOTeam (supportive community outreach team); Intensive Case Management Service. Referral from mental health professional in CDHA.</td>
</tr>
</tbody>
</table>
| Connections Clubhouse | 1221 Barrington St., Halifax, NS  
E: connections@navnet.net  
W: http://www.cdha.nshealth.ca/mental-health-program/programs-services/connections-clubhouse  
T: (902) 473-8692  
F: (902) 473-6259 | For adults with serious and recurring mental illness. Provides opportunities for skills improvement, education, social interactions, and participation in other community organizations, plus help in finding employment. Referrals can be made by a general practitioner, mental health professional, caseworker, community support person, or individual. |
| New Beginnings Clubhouse | 16 Portland Street  
Dartmouth, NS B2Y 1G9  
T: 902-464-3588  
F: 902-464-3566 | Ongoing support for adults who experience difficulties in daily functioning because of the effects of long-term psychiatric illness. Services include day support, a recreation and social program, case management, and a housing program. Provides opportunities for paid labor, activities, hobbies, and education. Self-referral accepted. |
| Seniors Services-Outpatient/Community | T: 902-473-7799 | For people ≥65 years living with mental illness and physical challenges or disabilities, and individuals with dementia who live with behavioural difficulties associated with mental illness.  
- Outreach service: assessment, consultation and where required, direct care to individuals in their homes  
- Outpatient service  
- Healthy Living Program: primary prevention resource materials and caregiver support material; psycho-educational and therapeutic treatment groups for seniors with depression and/or anxiety  
- Telehealth and tele-education: Specialty consultation to other DHAs; CME-accredited monthly Tele-education program to the other mental health districts on topics in seniors’ mental health.  
- Education, training, capacity-building for health care providers  
Referral through the family physician is the preferred. Other health care professionals, family members and individuals may contact the service and receive direction for access. |
| Seniors Services | Nova Scotia Hospital, Willow Hall, 300 | For people ≥65 years living with mental illness and physical conditions, and individuals with |
## MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

### Inpatient
| Inpatient | Pleasant St., Dartmouth, NS | T: 902-464-6054 | dementia and behavioural difficulties associated with mental illness. The unit contains 19-beds designated for acute care |

### Families Matter in Mental Health
| Families Matter in Mental Health | Contact relevant Mental Health and Addictions Services | An 11-week program free of charge that offers education, support, and coping strategies for family and friends. |

### Community Health and Wellness Centre
| Community Health and Wellness Centre | North Preston Community Centre - 44 Simmonds Road, North Preston 902-434-3807 | The Community Health & Wellness Centre provides health care services for citizens who reside in North Preston, East Preston, Cherry Brook and Lake Loon. The health care team includes family physicians, a nurse practitioner, family practice nurse, and other Capital Health and IWK community-based health care providers. |
| | W5 Mall -1900 Highway 7, Suite 201, East Preston 902-434-0824 | |
| | W: http://www.cdha.nshealth.ca/primary-health-care/programs-services/community-health-wellness-centre |

## COMMUNITY SUPPORT SERVICES

### CMHA Regional Branch
<p>| CMHA Regional Branch | Halifax-Dartmouth Branch | Peer support (Building Bridges Program) |
| | Bloomfield Centre, Rm 216 | Among Friends Social Club (social activities, advocacy, equipment loan, information, and referral) |
| | 2786 Agricola St., Halifax, NS | Sharing and Caring Club (social and recreational activities) |
| | E: <a href="mailto:cmhahal@ns.aliantzinc.ca">cmhahal@ns.aliantzinc.ca</a> | Our Voices Matter Project (living legacy archive project for adults &gt;50y) |
| | W: <a href="http://haldart.cmha.ca">http://haldart.cmha.ca</a> | Mosaic for Mental Health (Fundraising Event) |
| | T: 902-455-5445 | |
| | F: 902-455-7858 | |</p>
<table>
<thead>
<tr>
<th><strong>MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES</strong></th>
<th><strong>CAPITAL HEALTH</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Schizophrenia Society of Nova Scotia (SSNS)</strong></td>
<td>Share and Care Support Group meets on the 2nd Monday of every month at 7pm (no meetings in July, August)</td>
</tr>
</tbody>
</table>
| T: 902-462-8658  
E: hrmchapterssns@accesswave.ca  
| Meeting Location  
Halifax Infirmary, Rm 1234A,  
1796 Summer St., Halifax, NS | |
| **Healthy Minds Cooperative** | Provides peer-based services to end-users of mental health services and families.  
Programs include: creative writing group, Speakers Bureau (public speaking group), Healthy Minds Comedy Troupe, Recovery to Discovery peer support group meeting, Peer Support Worker, and workshops.  
One-time membership fee is $5 |
| Queen Square, 45 Alderney Dr. Suite 200, Dartmouth, NS  
W: [http://www.healthyminds.ca](http://www.healthyminds.ca)  
T: 902-404-3504  
F: 902-404-3584 | |
| **250 Homes** | Initiative for safe, affordable housing and case management for individuals living with mental illness |
| [http://www.healthyminds.ca](http://www.healthyminds.ca) | |
| **Laing House** | For youth aged 16 and 30 years who are living with serious mental illness.  
Provide education program (SupportEd); employment programs; independent living program; healthy living program; peer support network; creative arts program; Youth Speak (youth-led mental health workshop); hospital outreach; and family support group. |
| 1225 Barrington St., Halifax, NS  
E: visit webpage “contact us”  
W: [www.lainghouse.org](http://www.lainghouse.org)  
T: 902-425-9018  
F: 902-422-6943 | |
| **Self-Help Connection** | Helps individuals to “take control of their health by increasing their knowledge, skills, and resources for individual and collective action”. Programs include peer support (recovery support, consultations, education, self-advocacy); informatics education (computer literacy, information management, promotional material development); entrepreneurship and employability enhancement (self-assessment, business plan development, training in business and job search skills, information about accessing funding); and self-help group development |
| CMHA Building  
63 King Street, 2nd floor, Dartmouth, NS  
E: selfhelp@eastlink.ca  
W: [www.selfhelpconnection.ca](http://www.selfhelpconnection.ca)  
T: 902-466-2601 | |
<table>
<thead>
<tr>
<th>Resource Name</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake City Employment Services</td>
<td>Provides full-time and part-time paid employment and volunteer work opportunities for mental health consumers. Referral from self or psychiatrist, family practitioner, another clinician, other source.</td>
<td>386 Windmill Rd., Dartmouth, NS E: <a href="mailto:lesa@lakecityemployment.com">lesa@lakecityemployment.com</a> W: <a href="http://www.lakecityemployment.com">www.lakecityemployment.com</a> T: 902-465-5000 F: 902-465-5009</td>
</tr>
<tr>
<td>TEAM Work Cooperative/WorkBridge</td>
<td>For individuals with disabilities in the HRM. Services include a return-to-work action plan, access to the opportunity fund and Labour Market Agreement for Persons with Disabilities, employability workshops, job development training (WorkBridge), career counselling and assistance with school-to-work transition.</td>
<td>7071 Bayers Rd., Suite M278, Halifax, NS W: <a href="http://www.teamworkcooperative.ns.ca">www.teamworkcooperative.ns.ca</a> T: 902-422-8900 F: 902-422-3992</td>
</tr>
<tr>
<td>Aboriginal Mental Health Awareness Project</td>
<td>Aims to improve overall lives of urban Aboriginal people living with mental health and addictions concerns and their families. Promote workshops, information sessions, community meetings, training sessions, weekend retreats, and talking circles.</td>
<td>Mi’kmaw Native Friendship Centre 2158 Gottingen Street, Halifax, NS B3K 3B4 T: 902-420-1576 ext. 260 E: <a href="mailto:Jessica.chisolm1@gmail.com">Jessica.chisolm1@gmail.com</a></td>
</tr>
<tr>
<td>SOS Survivors of Suicide Support Group</td>
<td>Monthly meeting for individuals and families who have suffered the loss of a loved one to suicide.</td>
<td>Contact: George Tomie Meets on second Wednesday of each month T: 902-445-0860 (after 6 pm) W: <a href="http://www.sos-novascotia.com">www.sos-novascotia.com</a></td>
</tr>
<tr>
<td>Eastern Shore Mental Health</td>
<td>Support group for people living with mental health and their supporters.</td>
<td><a href="http://www.easternshorementalhealth.ca">www.easternshorementalhealth.ca</a></td>
</tr>
<tr>
<td>Adult Children of Alcoholics</td>
<td>Provide support and information to adult children of alcoholics and dysfunctional families.</td>
<td>T: 902-466-2011 Meetings held Thursdays, 7:30 pm at Calvin Presbyterian Church, Ashburn Avenue</td>
</tr>
<tr>
<td>Resource Name</td>
<td>Contact Information</td>
<td>Description</td>
</tr>
<tr>
<td>---------------</td>
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</tr>
</tbody>
</table>
| Dartmouth Adult & Youth AD/HD Empowerment Group - Dartmouth | Contact: Keith Gelhorn  
Meetings held third Wednesday of each month from 6:30 to 8:00 pm in room B210 at 21 Woodlawn Rd (NSCC Akerley Campus)  
T: 902-580-2343 or 902-580-ADHD  
E: keithgelhorn@gmail.com  
W: http://addvocacycoach.ca/ | This group is open to adults/spouses and youth/parents who have been diagnosed with AD/HD or who are interested in finding out more about it and how it affects your life or those around you. |
| Excalibur ADHD Association – Halifax/Dartmouth | Contact: Maya Warnock  
T: 902-466-2011  
E: maya@excaliburadhd.org  
W: www.excaliburadhd.org | Please call for more information. |
| Emotions Anonymous – Dartmouth | Contact: Barb L  
Meetings held in Board Room #1608 of the Dartmouth General Hospital, 325 Pleasant Street, and every Saturday from 10:00 am to 12 noon from April to November and 1:00 pm to 3:00 pm from December to March  
T: 902-866-2523  
W: www.emotionsanonymous.org | Provide peer support in dealing with depression, anxiety and anger, as well as anyone experiencing suicidal thoughts and tendency. Help people find peace of mind coping with everyday life. |
| Upstairs Kitchen Club | Contact: Jim Malone  
Meetings are held every Tuesday from 7:00 pm to 9:00 pm at Community Mental Health at Bayers Road in Halifax.  
T: 902-471-1422  
E: jmalone@eastlink.ca | To provide peer support for people experiencing depression, or anxiety and depression, and to share new ways of coping. |
### Nova Scotia Bipolar Peer Support Alliance (NSBPSA)

**Contact:** Susan Kilbride Roper  
Meet every Monday evening, 6:30pm – 8:30pm at the Abbie J Lane Building, room 4029, 5909 Veterans Memorial Lane  
E: susanroper@eastlink.ca  

Provide peer support and education for those persons living with Bipolar Disorder.

### Chronic Pain Support Group

**Contact:** Terry Bremner  
Meetings are held the last Monday of the month, at the Holiday Inn on Kearny Lake Road, from 7:00 pm to 9:00 pm or at the Pain Clinic in the Dixon Building from 2:30 pm to 4:00 pm.  
T: 902-449-7246  
E: tmbremner@eastlink.ca  

Provide information and support to people with chronic pain and their families.

### Emotions Anonymous

**Contact:** Barb L  
T: 902-866-2523 OR  
Contact: Louise  
T: 902-469-8809  
E: louiseleblanc8@gmail.com  
Meetings are held in the Board Room of the Dartmouth General Hospital, 325 Pleasant Street, and every Saturday from 10:00am to 12:00 pm from April to November and 1:00 pm to 3:00 pm from December to March.  
W: www.emotionsanonymous.org  

Provide peer support in dealing with depression, anxiety and anger, as well as anyone experiencing suicidal thoughts and tendency. Help people find peace of mind coping with everyday life.
### Family Support for Eating Disorders

**Contact:** Kelly Peckham  
Meetings are held at the Sobeys on Windsor Street, on the last Monday of each month at 6:30 pm.  
T: 902-488-5008

Provide support to parents of children who have an eating disorder.

### Nova Scotia Certified Peer Support Specialist Program

**Contact:** [healthyminds@eastlink.ca](mailto:healthyminds@eastlink.ca)  

This program will offer peer support to people transitioning from hospital back into their communities as well as to people requiring additional support as they pursue their recovery through mental health services in the community.

### Mental Health First Aid

**W:** [http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx](http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx)

Offered across Canada and Nova Scotia, the MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.
IWK Health Centre

A tertiary referral centre and primary care centre for children and youth of the Maritime provinces
**Principle Resources**  
**IWK (CHILDREN & YOUTH)**

<table>
<thead>
<tr>
<th>Resources</th>
<th>Contact Information</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Crisis Line</td>
<td>T: 1-888-429-8167</td>
<td>24/7 (all of Nova Scotia)</td>
</tr>
<tr>
<td>IWK Crisis Line</td>
<td>T: 902-429-8167</td>
<td>24/7 telephone intervention throughout CDHA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mobile response from 1pm-1am in areas served by HRM police, including Halifax, Dartmouth, and Bedford.</td>
</tr>
<tr>
<td>911 Nova Scotia</td>
<td>T: 911</td>
<td>Emergency medical care</td>
</tr>
<tr>
<td>211 Nova Scotia</td>
<td>T: 211</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 1-888-692-1382</td>
<td>Free, confidential information and referral service for community and social service available across the province</td>
</tr>
<tr>
<td></td>
<td>W: ns.211.ca</td>
<td></td>
</tr>
<tr>
<td>811 Nova Scotia</td>
<td>T: 811</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 711</td>
<td>Free non-emergency health information and service</td>
</tr>
</tbody>
</table>

**Where to Start?**

**District Mental Health Services**
More information on select mental health resources available in your community

**Community Support Services**
More information on select community support resources available in your community
My Own Resources

A space to record any additional resources that you use in your community

Found something you think others would benefit from?
We would love to hear about it (email?)
## IWK HEALTH CENTRE (CHILDREN & YOUTH)

### MENTAL HEALTH SERVICES

[http://www.iwk.nshealth.ca](http://www.iwk.nshealth.ca) → Click “Mental Health and Addictions” tab

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Mobile Crisis Team</td>
<td>T: 902-429-8167</td>
<td>Provides intervention and short term crisis management for children, youth and adults experiencing a mental health crisis. Telephone intervention available throughout CDHA 24/7. Mobile response available from 1pm-1am in areas served by HRM police, including Halifax, Dartmouth, and Bedford. Partners include CDHA, IWK Health Centre, HRM police, NS Department of Health.</td>
</tr>
<tr>
<td>Acute Inpatient Service (4 South)</td>
<td>Mental Health Services Central Referral Line T: 902-464-4110</td>
<td>Provides stabilization, assessment and treatment planning for children and youth with serious mental health issues.</td>
</tr>
</tbody>
</table>

All services described below are for children and youth <19 years.
### CHOICES
**Mental Health Services Central Referral Line**  
T: 902-464-4110

For youth 13 to 19 with substance abuse, mental health issues and/or gambling problems

- **Outpatient services**: individual, family and group therapy, drug information groups, evening school and wilderness experiential therapeutic outings.
- **Day Program**: M-F, P/T, F/T; onsite therapeutic school, provides individual, family and group therapy, psycho-educational groups, recreation therapy and community outreach support.
- **Inpatient** (24/7) Program: provides a structured therapeutic residential environment for youth who are in need of a more intensive treatment intervention beyond community-based therapy and/or who cannot participate in Day Program due to their home location. All youth in 24/7 Program attend the Day Program and participate in the therapeutic classroom and groups.

### Compass Centre for Collaborative Child and Family Treatment
**Mental Health Services Central Referral Line**  
T: 902-464-4110

12-bed inpatient treatment service for children <13y of age with severe behavior disorders (disruptive behaviour and anxiety disorders). Treatment occurs 24 hours/5 day per week in a residential setting with community-based support for patients and families during weekends, and at transition to home. Average length of stay is 6 months. Services include individual, group therapy (for youth and parents), recreational and occupational therapies, and an on-site therapeutic classroom.

### Adolescent Centre for Treatment (ACT)
**Mental Health Services Central Referral Line**  
T: 902-464-4110

Rehabilitative mental health treatment for teens aged 13 - 19 years with chronic and persistent mental health disorders with serious/profound functional impairment and/or severe disruptive behavior disorders. Program consists of 4-month “inpatient” component apartment-style living (4 apartments with 4 bedrooms each), followed by 4 months follow-up with Transition Team. Services include individual therapy, skill training, medication management, parent education and support, family therapy, behavior management, educational programming and liaisons with community schools and organizations.

### Adolescent Day Treatment Program
**Mental Health Services Central Referral Line**  

For youth 13 to 19y who are in need of additional support to return to full time school attendance, review diagnosis, assess medications, improve self-esteem and improve social
<table>
<thead>
<tr>
<th><strong>MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES</strong></th>
<th><strong>IWK</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES</strong></td>
<td><strong>IWK</strong></td>
</tr>
<tr>
<td></td>
<td><strong>T: 902-464-4110</strong></td>
</tr>
<tr>
<td><strong>functioning.</strong></td>
<td><strong>Voluntary program, with medium to high treatment intensity lasting up to 3 months. Services include skills-based groups on topics including anger management, school process, anxiety, self esteem and social skills training; individual and family therapy and a therapeutic classroom.</strong></td>
</tr>
<tr>
<td><strong>Child and Family Day Treatment Program</strong></td>
<td><strong>Mental Health Services Central Referral Line</strong></td>
</tr>
<tr>
<td><strong>Mental Health Services Central Referral Line</strong></td>
<td><strong>T: 902-464-4110</strong></td>
</tr>
<tr>
<td><strong>For children aged 5 to 12y in need of additional support to manage their behaviour, and who require medication review and diagnosis. Program runs for approximately 3.5 months. Services include individual therapy and group sessions for children and their families on such topics anger management, school process, parent training, social skills and relaxation training, as well as a therapeutic classroom.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Intensive Community Based Treatment Team</strong></td>
<td><strong>Mental Health Services Central Referral Line</strong></td>
</tr>
<tr>
<td><strong>Mental Health Services Central Referral Line</strong></td>
<td><strong>T: 902-464-4110</strong></td>
</tr>
<tr>
<td><strong>Home, community and school-based support for children and teenagers &lt;19y who are having major problems in their daily lives related to disruptive behaviour disorders or long term mental health disorders. Intensive program (1-4x/week), deliverd over a short term (6-8 months). Services include education re: parenting skills; family therapy; individual therapy; medication and diagnostic review; and consultation with the child/teenager, family and schools, health centers, community agencies, justice, etc., to solve problems that are creating difficulties in child and teens lives.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Community Mental Health Clinics (Outpatient)</strong></td>
<td><strong>Mental Health Services Central Referral Line</strong></td>
</tr>
<tr>
<td><strong>Mental Health Services Central Referral Line</strong></td>
<td><strong>T: 902-464-4110</strong></td>
</tr>
<tr>
<td><strong>Locations</strong></td>
<td><strong>Halifax, Dartmouth, Sackville</strong></td>
</tr>
<tr>
<td><strong>Assessment and treatment for youth and their families.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Maritime Psychiatry</strong></td>
<td><strong>Mental Health Services Central Referral Line</strong></td>
</tr>
<tr>
<td><strong>Mental Health Services Central Referral Line</strong></td>
<td><strong>T: 902-464-4110</strong></td>
</tr>
<tr>
<td><strong>Sub-specialty clinics consultation to Community Mental Health Clinics and other community services, for children and youth with mood disorders, eating disorders, pervasive developmental disorders, Tourette’s (tics) and OCD disorders, anxiety disorders, youth psychosis, and ADHD.</strong></td>
<td></td>
</tr>
</tbody>
</table>
**MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES**

IWK

Provide assessment, treatment and consultation for children and youth; and education sessions for the public on various diagnoses.

<table>
<thead>
<tr>
<th>IWK Adolescent Forensic Team</th>
<th>Nova Scotia Youth Facility 1442 County Home Road PO Box 100 Waterville, NS B0P 1V0 T 902-538-8071 F 902-538-7405</th>
<th>Provides health and mental health screening, medical monitoring of disease processes, acute care, medications management, cognitive behavioural interventions for anger management, social skills, anxiety or depression, suicide risk assessment and management, violence risk assessment, consultations with corrections staff, family therapy, individual therapy, community reintegration, liaison with services for addiction services, community resources, and outpatient services.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Court Assessment Service</td>
<td>See Forensic Team contact information</td>
<td>Provides specialized assessments for the youth justice court; mental health interventions in the community; mandated treatments in association with Probation Officers; and rehabilitation services, and advocates for services for youth.</td>
</tr>
<tr>
<td>Halifax Youth Attendance Centre (HYAC)</td>
<td>T: 491-2441</td>
<td>Community-based transition facility for children and youth referred through Probation Services. Provided in cooperation with the Department of Justice and key partners: IWK Mental Health, Department of Community Services, and the Department of Education. Services include advocacy, academic programming, mental health services, job skills training, life skills and referrals for existing services in the community.</td>
</tr>
<tr>
<td>Initiative for Sexually Aggressive Youth (ISAY)</td>
<td>T: 902-491-2459.</td>
<td>Province-wide assessment and treatment program for youth who have engaged in sexually inappropriate behaviour. Services delivered under the IWK Youth Justice Service, through a partnership between the IWK Health Centre &amp; DHAs. The IWK-ISAY team: comprehensive psychological risk assessments and consultation services province-wide; treatment services to youth in HRM.</td>
</tr>
<tr>
<td>IWK Mental Health Child Welfare Initiative</td>
<td>T: 902-864-8668</td>
<td>For children and youth exposed to maltreatment referred by Dept of Community Services. Services include comprehensive assessments of youth and family, child psychotherapy, parent and foster parent consultations relevant to the child’s mental health, and delivery of Resourceful Adolescent Program (RAP).</td>
</tr>
</tbody>
</table>
| Mental Health Advocate | Andy Cox  
| E andy.cox@iwk.nshealth.ca  
| T 902-470-7302  
| C 902-483-9591 | Available to any youth/families in any of the IWK Mental Health and Addictions programs for assistance with  
- Rights issues (e.g. involuntary status issues)  
- Individual Advocacy (one on one)  
- Systemic Advocacy (federal, provincial, local, and the IWK Mental Health and Addictions Program)  
- Navigation of the IWK Mental Health and Addictions services, government agencies (e.g. Department of Community Services, Department of Health, Department of Justice, etc.), and other resources in the community |
| Shared Care | Mental Health Services Central Referral Line  
| T: 902-464-4110 | Provides early detection, prevention and screening for mental illness for clients <19y in CDHA who may otherwise not seek mental health services from the IWK directly. Works in partnership with general practitioners, community health clinics, Phoenix Youth Programs and schools.  
Services include parent training/education, family and individual therapy, coping skills, and resources for parents. |
| Families Matter in Mental Health | Contact relevant Mental Health and Addictions Services | An 11-week program free of charge that offers education, support, and coping strategies for family and friends. |
### Community Health and Wellness Centre
North Preston Community Centre - 44 Simmonds Road, North Preston 902-434-3807

W5 Mall -1900 Highway 7, Suite 201, East Preston 902-434-0824
W: http://www.cdha.nshealth.ca/primary-health-care/programs-services/community-health-wellness-centre

The Community Health & Wellness Centre provides health care services for citizens who reside in North Preston, East Preston, Cherry Brook and Lake Loon. The health care team includes family physicians, a nurse practitioner, family practice nurse, and other Capital Health and IWK community-based health care providers.

### Community Support Services

<table>
<thead>
<tr>
<th><strong>Canadian Mental Health Authority (CMHA) Regional Branch</strong></th>
<th><strong>Halifax-Dartmouth Branch</strong></th>
<th><strong>Bloomfield Centre, Rm 216</strong></th>
<th><strong>2786 Agricola St., Halifax, NS</strong></th>
<th><strong>E: <a href="mailto:cmhahal@ns.aliantzinc.ca">cmhahal@ns.aliantzinc.ca</a></strong></th>
<th><strong>W: <a href="http://haldart.cmha.ca">http://haldart.cmha.ca</a></strong></th>
<th><strong>T: 902-455-5445</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Peer support (Building Bridges Program)</strong></td>
<td><strong>Among Friends Social Club (social activities, advocacy, equipment loan, information, and referral)</strong></td>
<td><strong>Sharing and Caring Club (social and recreational activities)</strong></td>
<td><strong>Our Voices Matter Project (living legacy archive project for adults &gt;50y)</strong></td>
<td><strong>Mosaic for Mental Health (Fundraising Event)</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Schizophrenia Society of Nova Scotia (SSNS)</strong></th>
<th><strong>T: 902-462-8658</strong></th>
<th><strong>E: <a href="mailto:hrmchapterssns@accesswave.ca">hrmchapterssns@accesswave.ca</a></strong></th>
<th><strong>W: <a href="http://openpockets.com/SSNS/index_files/HRMChapter.htm">http://openpockets.com/SSNS/index_files/HRMChapter.htm</a></strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Has a Halifax chapter among others across the province. Provides support groups (From Recovery to Discovery), education, public awareness, advocacy, and media relations. See website for up-to-date list of activities and support groups.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Healthy Minds Cooperative</strong></th>
<th><strong>7071 Bayers Rd., Suite 112, Halifax, NS</strong></th>
<th><strong>W: <a href="http://www.healthyminds.ca">http://www.healthyminds.ca</a></strong></th>
<th><strong>T: 902-404-3504</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Provides peer-based services to users of mental health services and families. Programs include: creative writing group, Speakers Bureau (public speaking group), Healthy Minds Comedy Troupe, Recovery to Discovery peer support group meeting, Peer Support Worker, and workshops. One-time membership fee is $5</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Pheonix Centre for Youth Health Program

- **Address**: 6035 Coburg Rd.
- **Website**: [http://phoenixyouth.ca](http://phoenixyouth.ca)
- **Email**: phoenix@phoenixyouth.ca
- **Phone**: 1-866-620-0676 (Centre for Youth), 1-888-878-5088 (Youth shelter)

**Offers**: at-risk and homeless youth (ages 12 – 24) the opportunity to break the cycle of homelessness and find a better path. Provides a youth shelter. Offers comprehensive on-site health care at Phoenix Centre for Youth, Phoenix Youth Shelter and Phoenix House. Services include health assessments; immunizations; nursing and physician care for some illness and injury; mental health support and coordination; STD testing; and acquisition of a health card.

### Laing House

- **Address**: 1225 Barrington St., Halifax, NS
- **Website**: [www.lainghouse.org](http://www.lainghouse.org)
- **Phone**: 902-425-9018

**For**: youth aged 16 and 30 years who are living with serious mental illness. Provides educational program (SupportEd); employment programs; independent living program; healthy living program; peer support network; creative arts program; Youth Speak (youth-led mental health workshop); hospital outreach; and family support group.

### The Youth Project

- **Address**: 2281 Brunswick Street, Halifax, NS B3K 2Y9
- **Website**: [www.youthproject.ns.ca](http://www.youthproject.ns.ca)
- **Email**: youthproject@youthproject.ns.ca
- **Phone**: 902-429-5429

**Serves**: the needs of Nova Scotia lesbian, gay, bisexual, and transgender youth 25 years old and younger. Provides support groups, referrals, supportive counselling, a resource library, educational workshops, social activities, and a food bank.

### Nova Scotia Certified Peer Support Specialist Program

- **Contact**: [healthyminds@eastlink.ca](mailto:healthyminds@eastlink.ca)

This program will offer peer support to people transitioning from hospital back into their communities as well as to people requiring additional support as they pursue their recovery through mental health services in the community.

### Mental Health First Aid

- **Website**: [http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx](http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx)

Offered across Canada and Nova Scotia, the MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.
Colchester East Hants Health Authority
Truro, Tatamagouche
### Principle Resources

<table>
<thead>
<tr>
<th>Mental Health Crisis Line</th>
<th>T: 1-888-429-8167</th>
<th>24/7 (all of Nova Scotia)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colchester East Hants</td>
<td>T: 902-896-2606 or 1-800-460-2100 ext. 2606</td>
<td>M-F, 9:30am-4:30pm</td>
</tr>
<tr>
<td>911 Nova Scotia</td>
<td>T: 911</td>
<td>Emergency medical care</td>
</tr>
<tr>
<td>211 Nova Scotia</td>
<td>T: 211</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 1-888-692-1382 (for the hearing impaired)</td>
<td>Free, confidential information and referral service for community and social service available across the province</td>
</tr>
<tr>
<td></td>
<td>W: ns.211.ca</td>
<td></td>
</tr>
<tr>
<td>811 Nova Scotia</td>
<td>T: 811</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 711</td>
<td>Free non-emergency health information and service</td>
</tr>
</tbody>
</table>

**Where to Start?**

**District Mental Health Services**
More information on select mental health resources available in your community

**Community Support Services**
More information on select community support resources available in your community
My Own Resources

A space to record any additional resources that you use in your community

Found something you think others would benefit from?

We would love to hear about it (email?)
## DISTRICT MENTAL HEALTH SERVICES

**www.cehha.nshealth.ca/Mental%20Health**

<table>
<thead>
<tr>
<th>Service</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Crisis Response Service</strong></td>
<td>T: 902-896-2606 or 1-800-460-2100 ext. 2606</td>
</tr>
</tbody>
</table>
| **Inpatient Services**        | Colchester East Hants Health Centre  
600 Abenaki Road, Truro, NS 207 Willow Street  
T: (902) 897-4357  
F: (902) 895-5829 | For individuals ≥19y with a mental illness who are in crisis (acute care).  
12 inpatient beds, of which 2 are designated for observation.  
Services include facilitation of self-help through independent reading; individual therapy; group therapy; education; community outreach; and recreation  
Referral by family practitioner, psychiatrist, crisis response service or ED physician |
| **Adult Outpatient Services** | Colchester East Hants Health Centre  
600 Abenaki Road, Truro, NS 207 Willow St., Truro, NS  
T: 902-893-5526 or 1-800-460-2110 x5526  
F: 902-893-5551 | For adults ≥19y. Services include groups and classes, individual therapy, occupational therapy, seniors services, and community outreach clinics in Truro, Elmsdale, Tatamagouche, Milbrook First Nation, Indian Brook First Nation, Rawdon, Bass River; public information sessions  
Call Truro for information or referral |
| **Community Psychosocial Rehabilitation and Support Service (COMPASS)** |  
Satellite Services Elmsdale  
Lloyd E. Matheson Centre  
15 Commerce Ct., Suite 150  
Tatamagouche  
Lillian Fraser Memorial Hospital 110 Blair Ave.  
Millbrook | Program for individuals with severe, persistent mental illness that interferes with daily life  
Services include individual support in home, community or clinic; goal and skill development, wellness education, problem solving and support, recreation groups, advocacy, early treatment, access to community resources, promotion and support of healthy relationships, crisis support, and relapse prevention.  
Referral does not appear to be required. |
<p>| <strong>Seniors Mental Health</strong>     | For individuals ≥65y who have existing psychiatric disorder that has become worse or complicated by the aging process, or who are experiencing a psychiatric disorder for the |</p>
<table>
<thead>
<tr>
<th>Service Type</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
</table>
| Forensic Sexual Behaviour Program  | Millbrook Health Centre  
812 Willow St., Truro, NS  
Indian Brook  
Indian Brook Health Centre  
529 Church St.  
Upper Rawdon  
Rawdon Hills Community Health Centre  
3889 Hwy #14 NS  
Bass River  
West Colchester Community Health Centre  
Bass River Plaza | first time; and for all individuals with dementia. Service includes home visits (inc. long-term care facilities) throughout district. Referral by self, family practitioner, other health care professionals, or family members.  
Outpatient service provided in collaboration with East Coast Forensic Hospital. Referrals go through the Dartmouth office, most often referred by the Department of Justice. |
| Child, Adolescent & Family Service | Colchester East Hants Health Centre  
600 Abenaki Road, Truro, NS  
T: 902-893-5526 or 1-800-460-2110 x. 5526  
F: 902-893-5551 | Groups, Individual and family therapy, occupational therapy, ADHD clinic, psychiatric services, outreach  
For children aged 6-12y who are suspected to have ADHD. Services include screening, assessment, diagnosis, intervention, and research. Team consists of child and school psychology, pediatrics, and child psychiatry. Referral by family practitioner, school personnel, parent/caregiver, outside community agency who works with family/school (parental consent required to make referral). |
| ADHD Clinic                        | Contact Child, Adolescent & Family Service  
T: 902-480-2110 x 5536 | For children aged 6-12y who are suspected to have ADHD. Services include screening, assessment, diagnosis, intervention, and research. Team consists of child and school psychology, pediatrics, and child psychiatry. Referral by family practitioner, school personnel, parent/caregiver, outside community agency who works with family/school (parental consent required to make referral). |
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Autism Services</td>
<td>Contact Child, Adolescent &amp; Family Service</td>
<td>For children &lt;6y who are suspected or have been diagnosed with ASD. Services include assessment, core services treatment block (available to all preschool children with ASD), and EIBI program (available to selected children).</td>
</tr>
<tr>
<td></td>
<td>T: 902-480-2110 x 5536</td>
<td></td>
</tr>
<tr>
<td>Family First</td>
<td>Contact Child, Adolescent &amp; Family Service</td>
<td>Intensive community-based services for families in need of extra in-home support. Service include group, individual, and family therapy; community support; community consultation and referral. Referral by self, family member, family practitioner, community agency working with individual or family.</td>
</tr>
<tr>
<td></td>
<td>T: 902-480-2110 x 5536</td>
<td></td>
</tr>
<tr>
<td>Families Matter in Mental Health</td>
<td>Contact relevant Mental Health and Addictions Services</td>
<td>An 11-week program free of charge that offers education, support, and coping strategies for family and friends.</td>
</tr>
</tbody>
</table>


### COMMUNITY SUPPORT SERVICES

<table>
<thead>
<tr>
<th>CMHA Regional Branch</th>
<th>Colchester East Hants</th>
<th>Support</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>25 Revere St., Truro, NS</td>
<td>Community Living Program (support for living in the community)</td>
</tr>
<tr>
<td></td>
<td>E: visit website for “Contact Us” details</td>
<td>Friendship Club (drop in social and recreational program)</td>
</tr>
<tr>
<td></td>
<td>W: <a href="http://www.cmhaceh.ca">www.cmhaceh.ca</a></td>
<td>Employment support (Routes to Work Program, STEP Program, TRES Project,</td>
</tr>
<tr>
<td></td>
<td>T: 902-895-4211</td>
<td>SOUP cafe)</td>
</tr>
<tr>
<td></td>
<td>F: 902-895-4027</td>
<td>Youth Outreach Program for youth 16 to 19 years old (Navigator, advocate,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>and school liaison)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Community Outreach Program (transition from hospital to community,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>navigator and advocate)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Peer Support Specialists Program</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Community Support Groups (drop-in)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Depression and bipolar self-help groups (Wed at 7pm)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Auricular Acupuncture (Wed at 8pm)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Addiction Support (Wed at 7 pm)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Emotions anonymous (Thurs at 8)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Survivors of suicide (second Monday of every month at 630 pm)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mental Health First Aid Course</td>
</tr>
<tr>
<td></td>
<td></td>
<td>safeTALK (suicide alert helper training)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Changing Minds Course (mental illness education for front line</td>
</tr>
<tr>
<td></td>
<td></td>
<td>responders)</td>
</tr>
</tbody>
</table>

<p>| Schizophrenia Society of Nova Scotia (SSNS) | T: 1-800-465-2601 | Website has a map of support groups and chapters, as well as link to a PDF with meeting location and time details. |
|                                              | W: <a href="http://www.openpockets.com/SSNS">www.openpockets.com/SSNS</a> |                                                                      |</p>
<table>
<thead>
<tr>
<th><strong>MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES</strong></th>
<th><strong>COLCHESTER EAST HALNS</strong></th>
</tr>
</thead>
</table>
| **Truro Adult & Youth AD/HD Empowerment Group - Truro** | Contact: Keith Gelhorn  
Meetings held on the first Wednesday of each month from 6:30 to 8:00pm in Rm 324,  
36 Arthur St, Truro (NSCC Campus)  
T: 902-580-2343 or 902-580-ADHD  
E: keithgelhorn@gmail.com  
W: http://addvocacycoach.ca/ | This group is open to adults/spouses and youth/parents who have been diagnosed with AD/HD or who are interested in finding out more about it and how it affects your life or those around you. |
| **Nova Scotia Certified Peer Support Specialist Program** | Contact [healthyminds@eastlink.ca](mailto:healthyminds@eastlink.ca),  
W: [http://www.healthyminds.ca/index.php?page_id=52](http://www.healthyminds.ca/index.php?page_id=52) | This program will offer peer support to people transitioning from hospital back into their communities as well as to people requiring additional support as they pursue their recovery through mental health services in the community. |
| **Mental Health First Aid** | W: [http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx](http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx) | Offered across Canada and Nova Scotia, the MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague. |
Cumberland Health Authority

Pugwash, Springhill, Advocate Harbour, Amherst, Parrsboro
## Principle Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Crisis Line</td>
<td>T: 1-888-429-8167</td>
<td>24/7 (all of Nova Scotia)</td>
</tr>
<tr>
<td>Cumberland Regional Health Mental Health</td>
<td>T: (902) 667-3361</td>
<td>Available M-F, 8am-4pm</td>
</tr>
<tr>
<td>911 Nova Scotia</td>
<td>T: 911</td>
<td>Emergency medical care</td>
</tr>
<tr>
<td>211 Nova Scotia</td>
<td>T: 211</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 1-888-692-1382</td>
<td>Free, confidential information and referral service for community and social service available across the province</td>
</tr>
<tr>
<td></td>
<td>W: ns.211.ca</td>
<td></td>
</tr>
<tr>
<td>811 Nova Scotia</td>
<td>T: 811</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 711</td>
<td>Free non-emergency health information and service</td>
</tr>
</tbody>
</table>

### Where to Start?

**Helping Tree**
Listing of resources available in your community broken down into convenient to use “branches”

**District Mental Health Services**
More information on select mental health resources available in your community

**Community Support Services**
More information on select community support resources available in your community
My Own Resources

A space to record any additional resources that you use in your community

Found something you think others would benefit from?
We would love to hear about it (email?)
# CUMBERLAND HEALTH AUTHORITY

## DISTRICT MENTAL HEALTH SERVICES

**www.cha.nshealth.ca/mentalhealth**

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Contact Information</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Response Service</td>
<td>Cumberland Regional Health Centre Emergency Department 19428 Highway #2, R.R.#6 Amherst, NS T: (902) 667-3361 F: (902) 667-6306</td>
<td>Available M-F, 8am-4pm Emergencies and urgent situations are assessed during weekday working hours by a therapist on call or referral from family practitioner or ERP After hours and weekend emergencies are assessed by the ERP → hospitalization or request for Mental Health Early Response for next working day.</td>
<td></td>
</tr>
<tr>
<td>Adult Inpatient Services</td>
<td>Colchester Regional Hospital 207 Willow Street Truro, Nova Scotia T: (902) 897-4357 F: (902) 895-5829</td>
<td>For individuals ≥16y ; # beds not specified Admission to Cumberland Regional Health Care Centre (brief) or Colchester Regional Hospital Referral from family practitioner, psychiatrist, Early Response Service, local ED</td>
<td></td>
</tr>
<tr>
<td>Adult Outpatient Services</td>
<td><strong>Cumberland Mental Health Service</strong> 33 Havelock St., Amherst, N. S. T: (902) 667-3879 F: (902) 667-5959</td>
<td>Referral from family/nurse practitioner (Parrsboro, Advocate, Springhill)</td>
<td></td>
</tr>
<tr>
<td>Satellite Services</td>
<td><strong>South Cumberland Community Care Centre</strong> 50 Jenks Ave., Parrsboro, NS T: (902) 254-2540</td>
<td>Group Programs: Topics include anger management, parenting and social skills development. Groups offered when sufficient numbers of clients referred.</td>
<td></td>
</tr>
<tr>
<td>Child &amp; Youth Outpatient Services</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

CUMBERLAND

F: (902) 254-2504

North Cumberland Memorial Hospital
260 Church St., Pugwash, NS
T: (902) 243-2521
F: (902) 243-2941

Offered one or more times per year.
Individual Therapy
Family Therapy
Parent Therapy
Community Outreach
Consultation

For children with ADHD and their families
Includes a Parent Group Program, school-based assessment, consultation and intervention, and individual and family intervention.

Early Identification and Intervention Service (EIIS)

All Saints Hospital
10 Princess St., Springhill, NS
T: (902) 597-3773
F: (902) 597-3440

Early assessment and treatment for children <6y with suspected Autism Spectrum Disorder (ASD).
Members of this team work with children and their families in their home and preschool/daycare environments to identify challenges and provide supports.
Team collaborates with speech/language pathologists, School Transition Workers, other school board staff, staff of Early Intervention and staff of daycares and preschools.

Early Intensive Behavioural Intervention (EIBI)

EIBI is a provincial program. The Cumberland EIBI team includes a Clinical Interventionist and Autism Support workers from Cumberland MHS and Speech-Language Pathologists from NS Hearing and Speech Centres.
Team collaborates with Cumberland Early Intervention Program, local daycare, preschool and school staff.

Child & Youth Inpatient Services

Admission to Cumberland Regional Health Care Centre (brief) or IWK
Referral from family practitioner, psychiatrist, Early Response Service, local ED
### Family Help Program**

(Provincial Program)

<table>
<thead>
<tr>
<th>Trish Pottie, Program Manager</th>
</tr>
</thead>
<tbody>
<tr>
<td>IWK Health Centre</td>
</tr>
<tr>
<td>8th floor, Pediatric Pain Research Lab</td>
</tr>
<tr>
<td>5850 University Avenue, Halifax, N.S.</td>
</tr>
<tr>
<td>T: 1-866-470-7111</td>
</tr>
<tr>
<td>F: 1-866-470-7222</td>
</tr>
<tr>
<td>E: <a href="mailto:Family.help.info@dal.ca">Family.help.info@dal.ca</a></td>
</tr>
<tr>
<td>W: <a href="http://www.bringinghealthhome.com">www.bringinghealthhome.com</a></td>
</tr>
</tbody>
</table>

Distance treatment program for families with children who have mild to moderate difficulties with disruptive behaviour disorders, ADHD, bedwetting, anxiety, recurrent headaches and abdominal pain. Referral required through family practitioner.

### Behaviour Education Support Treatment (BEST) Program

<table>
<thead>
<tr>
<th>E: <a href="mailto:bestproj@dal.ca">bestproj@dal.ca</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>W: <a href="http://acsweb.ucis.dal.ca/psych/">http://acsweb.ucis.dal.ca/psych/</a></td>
</tr>
</tbody>
</table>

Multi-agency early-intervention & prevention program for young children with behavioral and social difficulties and their families. Involves school, individual, group, home and parent interventions.

### Families Matter in Mental Health

<table>
<thead>
<tr>
<th>Contact relevant Mental Health and Addictions Services</th>
</tr>
</thead>
</table>

An 11-week program free of charge that offers education, support, and coping strategies for family and friends.

## COMMUNITY SUPPORT SERVICES

### CMHA Regional Branch

**Colchester East Hants Branch**

<table>
<thead>
<tr>
<th>25 Revere Street, Truro, NS</th>
</tr>
</thead>
<tbody>
<tr>
<td>T: 902-895-4211</td>
</tr>
<tr>
<td>F: 902-895-4027</td>
</tr>
<tr>
<td>E: <a href="mailto:CMHA@eastlink.ca">CMHA@eastlink.ca</a></td>
</tr>
</tbody>
</table>

No regional branch in Cumberland county; closest office is in Truro.

**Support:**
- Community Living Program (support for living in the community)
- Friendship Club (drop in social and recreational program)
- Employment support (Routes to Work Program and TREES Project)
- Community Support Groups (drop-in)
  - Depression and bipolar self-help groups (Wed at 7pm)
  - Auricular Acupuncture (Wed at 8pm)

**Education:**
- Mental Health First Aid Course
- safeTALK (suicide alert helper training)
- Changing Minds Course (mental illness education for front line responders)
<table>
<thead>
<tr>
<th><strong>Schizophrenia Society of Nova Scotia (SSNS)</strong></th>
<th><strong>Cumberland Chapter</strong> Dr. Carson &amp; Marion Murray Community Ctr 8 Main St., Springhill, NS T: 1-800-465-2601 W: <a href="http://www.cumberland.ssns.ca">www.cumberland.ssns.ca</a></th>
<th>Monthly meeting for mental health services users and family and friends for support, information, and education on 3rd Tuesday of each month (excluding July &amp; August) at 7pm. <strong>Partnership Program</strong> (public awareness program presented by individuals with lived experiences and mental health professionals) Family Education Series</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nova Scotia Certified Peer Support Specialist Program</strong></td>
<td>Contact <a href="mailto:healthyminds@eastlink.ca">healthyminds@eastlink.ca</a>. W: <a href="http://www.healthyminds.ca/index.php?page_id=52">http://www.healthyminds.ca/index.php?page_id=52</a></td>
<td>This program will offer peer support to people transitioning from hospital back into their communities as well as to people requiring additional support as they pursue their recovery through mental health services in the community.</td>
</tr>
<tr>
<td><strong>Mental Health First Aid</strong></td>
<td>W: <a href="http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx">http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx</a></td>
<td>Offered across Canada and Nova Scotia, the MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.</td>
</tr>
</tbody>
</table>
Guysborough Antigonish Strait Health Authority

Cleveland, Arichat, Antigonish, Guysborough, Canso, Sherbrooke
## Principle Resources

### Guysborough Antigonish Strait

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Crisis Line</td>
<td>T: 1-888-429-8167</td>
<td>24/7 (all of Nova Scotia)</td>
</tr>
<tr>
<td>Guysborough Antigonish Strait Mental Health Services</td>
<td>T: 902-867-4500</td>
<td>M-F, 8:30am-4:30pm</td>
</tr>
<tr>
<td></td>
<td>x4345 (adult)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>T: 902-867-4500</td>
<td></td>
</tr>
<tr>
<td></td>
<td>x4760 (child)</td>
<td></td>
</tr>
<tr>
<td>911 Nova Scotia</td>
<td>T: 911</td>
<td>Emergency medical care</td>
</tr>
<tr>
<td>211 Nova Scotia</td>
<td>T: 211</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 1-888-692-1382</td>
<td>Free, confidential information and referral service for community and social service available across the province</td>
</tr>
<tr>
<td></td>
<td>(for the hearing impaired)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>W: ns.211.ca</td>
<td></td>
</tr>
<tr>
<td>811 Nova Scotia</td>
<td>T: 811</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>TTY: 711</td>
<td>Free non-emergency health information and service</td>
</tr>
</tbody>
</table>

### Where to Start?

#### Helping Tree
Listing of resources available in your community broken down into convenient to use “branches”

#### District Mental Health Services
More information on select mental health resources available in your community

#### Community Support Services
More information on select community support resources available in your community
My Own Resources
A space to record any additional resources that you use in your community
Found something you think others would benefit from?
We would love to hear about it (email?)
### GUYSBOROUGH ANTIGONISH STRAIT HEALTH AUTHORITY

#### DISTRICT MENTAL HEALTH SERVICES
http://www.gasha.nshealth.ca/programs/communityhealth/mentalhealth

**Non-medical Crisis Response Service**

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult Service</strong></td>
<td>St. Martha’s Regional Hospital, 3rd floor</td>
<td>T: 902 867-4500 x4345</td>
</tr>
<tr>
<td></td>
<td>25 Bay St., Antigonish, NS</td>
<td>F: 902-863-4496</td>
</tr>
<tr>
<td><strong>Child Service</strong></td>
<td>Martha Centre, 2nd floor</td>
<td>T: 902-867-4500 x4760</td>
</tr>
<tr>
<td></td>
<td>25 Bay St., Antigonish, NS</td>
<td>F: 902-867-4761</td>
</tr>
</tbody>
</table>

Available M-F 8:30am to 4:30pm at St. Martha’s Regional Hospital. After hours, contact ED of nearest local hospital.

**Adult Inpatient Service**

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult Service (General Intake)</strong></td>
<td>T: 902 867-4500 x4345</td>
<td></td>
</tr>
<tr>
<td><strong>Mental Health Unit (Nurses’ Station)</strong></td>
<td>T: 902-867-4500 x4328</td>
<td>F: 902-867-4402</td>
</tr>
</tbody>
</table>

For individuals ≥16y
10 beds, voluntary and involuntary acute care service.
Services include Individual therapy, psychoeducation, medication and specialized treatment, self-help, and referral for outpatient care.
Referral from family practitioner, psychiatrist, crisis responder, ED physician.

**Adult Outpatient Services**

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Location</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td><strong>Adult Service (General Intake)</strong></td>
<td>T: 902 867-4500 x4345</td>
<td></td>
</tr>
</tbody>
</table>

For adults ≥19y with mental health diagnosis and/or mental health-related issues.
Services include individual therapy, group treatment/support, psychiatric assessment and medication management, community education and consultation, referral to community-based resources.
Referral from self, family practitioner, mental health provider or community agency.
<table>
<thead>
<tr>
<th><strong>MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES</strong></th>
<th><strong>GUYSBOROUGH ANTIGONISH STRAIGHT</strong></th>
</tr>
</thead>
</table>
| **Community Supports for Adults** | For adults ≥19y experiencing difficulties with daily living as result of severe, persistent mental illness.  
Services include individual counseling and support, psychiatric assessment, case management, education, medication, relapse prevention, consumer wellness initiatives, and work ordered day activities.  
Referral from self, family practitioner, mental health provider, or community agency. |
| **Child, Youth & Family Service** | Child, Youth & Family Team  
T: 902-867-4500 x4760  
F: 902-867-4761  
For children and youth >19y and their families with primary mental health diagnoses and/or mental health related issues.  
Services include rapid Response, group programs, individual (general MH), neurodevelopmental, early autism intervention and EIBI, and community supports.  
Referral from client/guardian, family practitioner, health provider, or community agency. |
| **Neurodevelopmental Team** | For clients who have a diagnosis related to neurological dysfunction (including ASD) (no age range specified).  
Services include assessment, diagnosis, and treatment.  
Referral from client/guardian, family practitioner, health provider, or community agency. |
| **Rapid Response** | For youth who need mental health services on an emergency or urgent basis.  
Services include assessment of risk to self/others and short-term solution-focused treatment (1-3 sessions) in hospital, with potential for other services as indicated.  
Referral from client/guardian, family practitioner, health provider, or community agency |
| **Community Partnerships initiative** | Senior Director, Mental Health Services  
T: 902-867-4500 x4345  
F: 902-863-4496  
Leadership, special projects, public presentations and education, partner in other community initiatives for mental health.  
Requests for involvement of MHS prevention and mental health promotion should be directed to Senior Director and Mental Health Leadership Team. |
| Families Matter in Mental Health | Contact relevant Mental Health and Addictions Services | An 11-week program free of charge that offers education, support, and coping strategies for family and friends. |
## COMMUNITY SUPPORT SERVICES

<table>
<thead>
<tr>
<th>ServiceYELLOW</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CMHA Regional Branch</strong></td>
</tr>
<tr>
<td>825 East River Rd., New Glasgow, NS</td>
</tr>
<tr>
<td>T: 902-752-5578</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Schizophrenia Society of Nova Scotia (SSNS)</strong></td>
</tr>
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<tr>
<td></td>
</tr>
<tr>
<td><strong>Antigonish Mental Health Awareness &amp; Support Group</strong></td>
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<td></td>
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<tr>
<td></td>
</tr>
<tr>
<td><strong>Nova Scotia Certified Peer Support Specialist Program</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Mental Health First Aid</strong></td>
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</table>
Pictou County Health Authority

Pictou, New Glasgow
# Principle Resources

## Pictou County

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health Crisis Line</td>
<td>T: 1-888-429-8167</td>
<td>24/7 (all of Nova Scotia)</td>
</tr>
<tr>
<td>Pictou County Mental Health Services &amp; Crisis Line</td>
<td>T: 902-755-1137</td>
<td>M-F, 8:30am-4:30pm</td>
</tr>
<tr>
<td>Pictou County Helpline</td>
<td>T: 902-752-5952</td>
<td>Daily 2-10 pm, 365 days a year</td>
</tr>
<tr>
<td>911 Nova Scotia</td>
<td>T: 911</td>
<td>Emergency medical care</td>
</tr>
<tr>
<td>211 Nova Scotia</td>
<td>T: 211, TTY: 1-888-692-1382 (for the hearing impaired)</td>
<td>Available 24/7</td>
</tr>
<tr>
<td></td>
<td>W: ns.211.ca</td>
<td>Free, confidential information and referral service for community and social service available across the province</td>
</tr>
<tr>
<td>811 Nova Scotia</td>
<td>T: 811, TTY: 711</td>
<td>Available 24/7</td>
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<td></td>
<td></td>
<td>Free non-emergency health information and service</td>
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**Where to Start?**

**District Mental Health Services**
More information on select mental health resources available in your community

**Community Support Services**
More information on select community support resources available in your community
My Own Resources

* A space to record any additional resources that you use in your community
* Found something you think others would benefit from?
* We would love to hear about it (email?)
## DISTRICT MENTAL HEALTH SERVICES

[www.pcha.nshealth.ca/mentalhealthservices](http://www.pcha.nshealth.ca/mentalhealthservices)

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Contact Information</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Inpatient Service</td>
<td>Mental Health Services main desk T: 902-755-1137 F: 902-928-0297</td>
<td>Voluntary, acute, short stay unit for individuals ≥16y. Services provided include individual counseling and support, education, medication and specialized treatment, self-help through independent reading, referral for continued outpatient care. Referral through family practitioner, crisis response service, ED physician.</td>
</tr>
<tr>
<td>Adult Outpatient Services</td>
<td>Mental Health Services main desk T: 902-755-1137 F: 902-928-0297</td>
<td>For adults ≥19y. Services include individual, family, and group therapy; medication management; community education; consultation &amp; referral; outreach clinics. Referral by self or designate, family practitioner, community agency.</td>
</tr>
<tr>
<td>Life Management Program</td>
<td><strong>Mental Health Services</strong> T: 902-755-1137 F: 902-928-0297 <strong>New Hope Site</strong> 352 East River Rd., New Glasgow, T: 902-</td>
<td>For clients of adult services division “experiencing mental health difficulties [who] feel distressed and alone with their concerns” – Services include life management groups (managing anger, coping with depression and anxiety, building positive living skills), and rapid response individual supports. Referral from within mental health service required.</td>
</tr>
<tr>
<td>Service Type</td>
<td>Contact Information</td>
<td>Description</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>-------------------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Community support for adults</td>
<td>755-1838 T: 902-755-1137 F: 902-928-0297 New Hope Site 352 East River Rd., New Glasgow</td>
<td>For adults with severe and persistent mental illness. Services include individual counseling support, community support, education, medication management and delivery, relapse prevention, discharge planning. Services at New Hope Site include group, life skills instruction, and recreation. Referral from family practitioner, psychiatrist, other adult mental health service staff.</td>
</tr>
<tr>
<td>Seniors Mental Health</td>
<td>755-1838 T: 902-755-1137 F: 902-928-0297 New Hope Site 352 East River Rd., New Glasgow</td>
<td>Services include psychiatry involvement in home or long-term care facilities and Seniors challenging behaviour resource consultant who works in collaboration with Continuing Care and Mental Health Services. Referral from in-house support person, Continuing Care facilities, care coordinator in Home Care agencies, family practitioner, support agency, family or self-referral.</td>
</tr>
<tr>
<td>Child/Adolescent Outpatient services</td>
<td>755-1838 T: 902-755-1137 F: 902-928-0297 New Hope Site 352 East River Rd., New Glasgow</td>
<td>For children/youth &lt;19y struggling with emotional, behavioural or learning difficulties. Services include family, individual and group therapy; medication management; community consultation and inpatient consultation. Referral from parent/caregiver, family practitioner, community agency, school personnel, self (youth with capacity to consent).</td>
</tr>
<tr>
<td>Autism service</td>
<td>755-1838 T: 902-755-1137 F: 902-928-0297 New Hope Site 352 East River Rd., New Glasgow</td>
<td>EIIS is accessible to all children 0-6y with diagnosis of ASD. Service team includes autism skills workers, psychologists, occupational therapists, speech language pathologists and psychiatrists. EIBI (provincial program) is accessible to selected children. Referral from parent, family practitioner, agency or professional familiar with child.</td>
</tr>
</tbody>
</table>
MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

Intensive community-based treatment team

For children and youth <19y and their families who are dealing with early onset of severe and persistent MI and/or significant disruptive behaviour. Services include individual counseling and support; intensive in-home interventions; multi-systemic case management; consultation and collaboration with other agencies & referrals. Referral from within mental health service.

Families Matter in Mental Health

Contact relevant Mental Health and Addictions Services

An 11-week program free of charge that offers education, support, and coping strategies for family and friends.

COMMUNITY SUPPORT SERVICES

CMHA Regional Branch

Pictou Branch
825 East River Rd., New Glasgow, NS
E: drobins@pchg.net
T: 902-752-5578

No information about services provided on CMHA website.

Schizophrenia Society of Nova Scotia (SSNS)

Pictou Education & Support Group
Meets on 2nd Tuesday of each month at 7pm
NSCC Pictou Campus, Rm B166
39 Acadia Ave., Stellarton, NS

Monthly meeting for mental health services users and family and friends for support, information, and education. (No meetings in July, August)

Roots House

Pictou County Roots for Youth Society
Drop-in 4-8 pm 7 days a week
603 East River Road, New Glasgow, NS B2H 5G2
T: 902 695 3241
W: www.pictoucountyrootsforyouth.com

Providing services for youth experiencing difficulties in regard to homelessness.
<table>
<thead>
<tr>
<th>Nova Scotia Certified Peer Support Specialist Program</th>
<th>Contact <a href="mailto:healthyminds@eastlink.ca">healthyminds@eastlink.ca</a>. W: <a href="http://www.healthyminds.ca/index.php?page_id=52">http://www.healthyminds.ca/index.php?page_id=52</a></th>
<th>This program will offer peer support to people transitioning from hospital back into their communities as well as to people requiring additional support as they pursue their recovery through mental health services in the community.</th>
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<td>Offered across Canada and Nova Scotia, the MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.</td>
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</table>
South Shore Health

Lunenburg, Bridgewater, Liverpool, Caledonia
## Principle Resources

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<tr>
<th>Resource</th>
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<tbody>
<tr>
<td>Mental Health Crisis Line</td>
<td>T: 1-888-429-8167</td>
<td>24/7 (all of Nova Scotia)</td>
</tr>
<tr>
<td>South Shore Health Mental Health Services</td>
<td>T: 902-527-5228</td>
<td>M-F, 8:30am-4:30pm</td>
</tr>
<tr>
<td>911 Nova Scotia</td>
<td>T: 911</td>
<td>Emergency medical care</td>
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<tr>
<td>211 Nova Scotia</td>
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**District Mental Health Services**
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**Community Support Services**
More information on select community support resources available in your community
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Found something you think others would benefit from?

We would love to hear about it (email?)
# SOUTH SHORE HEALTH

## DISTRICT MENTAL HEALTH SERVICES
[www.mentalhealthsouthshore.com](http://www.mentalhealthsouthshore.com)

**Early Response Service**
- **Bridgewater**
  Dawson Centre, 197 Dufferin St.,
  2nd floor, Bridgewater, NS
  T: 902-527-5228

**Satellite Sites**
- **Liverpool**
  Nurses Residence, Queens General Hospital
  175 School St., Liverpool, NS
  T: 902-354-2721
- **Chester**
  3762 Highway #3, Chester, NS
  T: 902-275-2373

Available M-F 8:30am to 4:30pm in Bridgewater.

## Adult- Outpatient Services
- **Bridgewater**
  Dawson Centre, 197 Dufferin St.,
  2nd floor, Bridgewater, NS
  T: 902-527-5228

For individuals ≥19 years
Provide individual and family therapy, group education and therapy
Referral by self or family practitioner.
### Adult- Inpatient Mental Health Unit

**Bridgewater**  
Dawson Centre, 197 Dufferin St., 2nd floor, Bridgewater, NS  
T: 902-527-5228

**Inpatient Mental Health Unit**  
South Shore Regional Hospital, 90 Glen Allan Dr, Bridgewater, NS  
T: 902-527-5208

For individuals ≥19 years  
10 bed acute care unit for voluntary and involuntary treatment  
Referral through Early Response Service or Emergency Department.

### Adult- Community Support Services

**Bridgewater**  
Dawson Centre, 197 Dufferin St., 2nd floor, Bridgewater, NS  
T: 902-527-5228

**Drop-In Locations**  
**Bridgewater**: Mon 3:00-5:00 p.m.  
Dawson Centre, Conference room, 197 Dufferin St.  
**Liverpool**: Tues 1:00-2:30 p.m.  
Zion United Church, Main St.

For adults who are living with a mental illness  
Services include individual community support (housing, finances, activities of daily living, school/work, health services, relationships, legal) and drop-in leisure, social, and recreational programs  
Referral from self, mental health services provider, physicians, or community agencies.

### Child and Youth Service- Outpatient

**Early Response Service**  
T: 902-543-4604 x2449

For individuals ≤18 years  
Services include individual and family therapy; group education/therapy sessions for children/youth and families  
- “Cool Kids” and “Chilled Teens” anxiety group (referral req’d)  
- “Great Parenting Strategies” (GPS) for caregivers of challenging children & teens  
Referral by parent or family practitioner

### Child and Youth Service- Inpatient

**Early Response Service**  
T: 902-543-4604 x2449

Referral to IWK through Early Response Service.

### Child and Youth

Contact Early Response Service  
T: 902-543-4604 x2449

No specific information about age or diagnostic status required for services.  
Services include: Diagnostic assessment (wait time 11mo) and provincial Early Intensive
<table>
<thead>
<tr>
<th>Service- Autism</th>
<th>4604 x2449</th>
<th>Behavioral intervention (EIBI) program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child and Youth Service –Community Support Services</td>
<td>Services include in-home intervention and programming on topics such as parenting skills, behaviour management, anger/stress/anxiety management, social skills, mental health information, home management skills, and intervention for school refusals and behaviour issues. Referral from within mental health service.</td>
<td></td>
</tr>
<tr>
<td>Families Matter in Mental Health</td>
<td>Contact relevant Mental Health and Addictions Services</td>
<td>An 11-week program free of charge that offers education, support, and coping strategies for family and friends.</td>
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### COMMUNITY SUPPORT SERVICES

<table>
<thead>
<tr>
<th>CMHA Regional Branch</th>
<th>Lunenburg/Queens</th>
<th>E: <a href="mailto:cmha.lqb2011@gmail.com">cmha.lqb2011@gmail.com</a></th>
<th>T: 902-521-1153 ??</th>
<th>Support</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Family Support Group</td>
<td>Strengthening Families Together</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Changing Minds Course (mental illness education for front line responders)</td>
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</table>

<table>
<thead>
<tr>
<th>Schizophrenia Society of Nova Scotia (SSNS)</th>
<th>Lunenburg Queens Support Group</th>
<th>E: <a href="mailto:ssnsiq@gmail.com">ssnsiq@gmail.com</a></th>
<th>W: <a href="http://ssnslcc.blogspot.ca">http://ssnslcc.blogspot.ca</a></th>
<th>T: 902-527-1893</th>
<th>Share and Care Support Group meets on the 3rd Tuesday of every month at 7pm (no meetings in July, August)</th>
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<td></td>
<td>Holy Trinity Anglican Church, 68 Alexandra Ave., Bridgewater, NS</td>
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<tr>
<td><strong>MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES</strong></td>
<td><strong>SOUTH SHORE</strong></td>
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<tr>
<td><strong>Changing Rhythms for Mental Health Association</strong></td>
<td><strong>A Drop-In for persons living with Mental Health issues</strong></td>
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</tbody>
</table>
| Contact: Shane Brown  
Meetings every Monday 3pm-5pm, 2nd floor, 197 Dufferin Street, Dawson Centre, Bridgewater, NS  
T: 902-543-4604 Ext. 2322 |  |
| **Nova Scotia Certified Peer Support Specialist Program** | **This program will offer peer support to people transitioning from hospital back into their communities as well as to people requiring additional support as they pursue their recovery through mental health services in the community.** |
| Contact [healthyminds@eastlink.ca](mailto:healthyminds@eastlink.ca)  
| **Mental Health First Aid** | **Offered across Canada and Nova Scotia, the MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.** |
| W: [http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx](http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx) |  |
South West Health

Digby, Shelburne, Yarmouth
Principle Resources

South West

Mental Health Crisis Line
T: 1-888-429-8167
24/7 (all of Nova Scotia)

SouthWest Health
T: 902-742-4222 (Yarmouth)
T: 902-875-4200 (Shelburne)
T: 902-245-4709 (Digby)
M-F, 8:30am-4pm

911 Nova Scotia
T: 911
Emergency medical care

211 Nova Scotia
T: 211
TTY: 1-888-692-1382 (for the hearing impaired)
W: ns.211.ca
Available 24/7
Free, confidential information and referral service for community and social service available across the province

811 Nova Scotia
T: 811
TTY: 711
Available 24/7
Free non-emergency health information and service

Where to Start?
Helping Tree
Listing of resources available in your community broken down into convenient to use “branches”

District Mental Health Services
More information on select mental health resources available in your community

Community Support Services
More information on select community support resources available in your community
My Own Resources

A space to record any additional resources that you use in your community

Found something you think others would benefit from?

We would love to hear about it (email?)
MENTAL HEALTH, ADDICTIONS, AND OTHER RESOURCES

SOUTH WEST

For an updated version of this, check the web by searching “Digby Counting Helping Tree”

Digby County Helping Tree

This tool was designed to assist service providers and inform residents of community resources. If you or someone you care about is experiencing a problem in any of the areas listed, use this flow chart to find resources that may help.

For revisions and updates, please call 245-1911 or 645-3533.

ADDITION TO ALCOHOL OTHER DRUGS, TOBACCO, GAMBLING
RECREATION PHYSICAL ACTIVITY
HELP FOR FAMILIES MENTAL HEALTH, SUICIDE, GRIEF, PSYCHOSOCIAL HEALTH, WELLNESS
LEGA PROBLEMS SEXUAL HEALTH, VIOLENCE, SEXUAL ASSAULT
HOUSING/ HOMELESSNESS FINANCIAL
EMPLOYMENT/EDUCATION CAREER

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For an updated version of this, check the web by searching “Shelburne Counting Helping Tree”
For an updated version of this, check the web by searching “Yarmouth Counting Helping Tree”
SOUTHWEST HEALTH

DISTRICT MENTAL HEALTH SERVICES
www.swndha.nshealth.ca/pages/mentalhealth.htm

Early Response Service

Yarmouth Mental Health Centre
Yarmouth Regional Hospital
60 Vancouver St., Yarmouth, NS
T: 902-742-4222
F: 902-742-2320

Shelburne Mental Health Centre
Roseway Hospital, 2nd Floor
1606 Lake Rd., PO Box 610,
Shelburne, NS
T: 902-875-4200
F: 902-875-3493

Digby Mental Health Centre
Digby General Hospital, 3rd Floor
75 Warwick St., PO Box 820,
Digby, NS
T: 902-245-4709
F: 902-245-2145

Available M-F 8:30am to 4pm at Yarmouth Regional, Roseway, and Digby General Hospitals. Referral is triaged by early response service nurse as emergent (seen same day), urgent (seen within 5 days), or routine (seen within 90 days). After hours, contact ED of nearest local hospital.
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Description</th>
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<tbody>
<tr>
<td>Adult Service</td>
<td>Contact relevant county mental health centre.</td>
<td>For individuals aged ≥19y Services include individual assessment and treatment; community supports for adults with chronic mental illness; consultation service and education sessions for seniors; consultation to health care providers and community agencies; treatment groups and individual counseling for stress, anxiety, depression, anger; medication clinics and community education. Team includes psychiatrists, psychologists, social workers, nurses, physicians, community support workers, and occupational therapists. Referral by self, family practitioner, or community agency.</td>
</tr>
<tr>
<td>Inpatient Service</td>
<td>Yarmouth Mental Health Centre Yarmouth Regional Hospital 60 Vancouver St., Yarmouth, NS T: 902-742-4222</td>
<td>Acute service for adults (no age range specified) # beds or services provided not specified on website</td>
</tr>
<tr>
<td>Child and Youth Service</td>
<td>Contact relevant county mental health centre.</td>
<td>Services include individual assessment and treatment; community supports for children with mental health and/or emotional problems and families; treatment groups and individual counseling for emotional problems, coping with loss, body image issues, effects of abuse, anxiety and mood swings; services for children with ASD and community education.</td>
</tr>
<tr>
<td>Families Matter in Mental Health</td>
<td>Contact relevant Mental Health and Addictions Services</td>
<td>An 11-week program free of charge that offers education, support, and coping strategies for family and friends.</td>
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</tbody>
</table>
## COMMUNITY SUPPORT SERVICES

### CMHA Regional Branch
- **Yarmouth Digby Shelburne**
  - 37 Brunswick St., Yarmouth, NS
  - E: info@cmhayds.com
  - W: www.cmhayds.com
  - T: 902-742-0222
  - F: 902-742-9301
- **Support**
  - Bipolar Disorder & Schizophrenia Support Group
  - Shelburne Association Supporting Inclusion (SASI, vocational and residential programs and supports)
  - Recovery Inc (support group)
  - Website contains a “Tri-County Private Therapist Directory” revised Sept. 2011
- **Education**
  - New Attitudes (public education group)
  - Resources and information assembled in partnership with CMHA-YDS branch available at district public libraries.

### Schizophrenia Society of Nova Scotia (SSNS)
- T: 1-800-465-2601
- W: www.openpockets.com/SSNS
- No support group in the SWNDHA.
  - Website has a map of support groups and chapters, as well as link to a PDF with meeting location and time details.

### Nova Scotia Certified Peer Support Specialist Program
- Contact healthyminds@eastlink.ca.
- This program will offer peer support to people transitioning from hospital back into their communities as well as to people requiring additional support as they pursue their recovery through mental health services in the community.

### Mental Health First Aid
- W: http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx
- Offered across Canada and Nova Scotia, the MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.
For more, visit

bloomprogram.ca