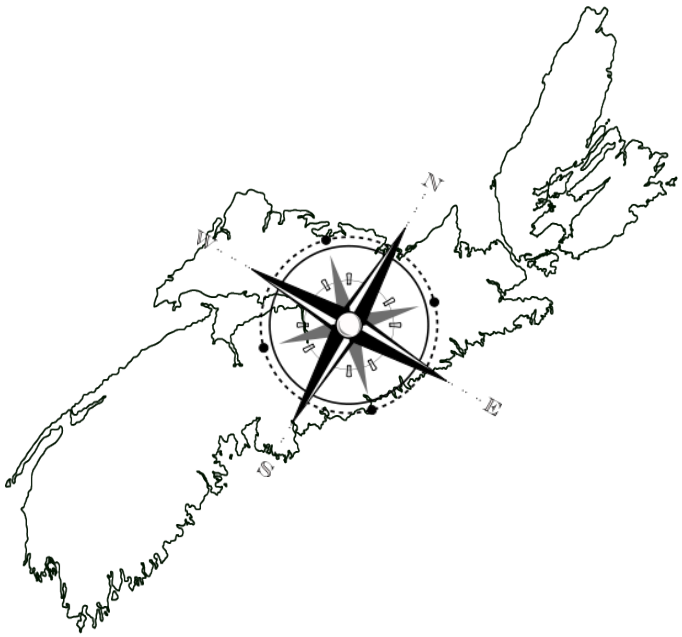
the bloom program | The mental health and addictions community pharmacy partnership program of Nova Scotia.

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

the bloom program

The mental health and addictions community pharmacy partnership program of Nova Scotia.

More Than Meds
Pharmacists & Communities Partnering for Better Mental Health

The Bloom Program
Nova Scotia Mental Health Services and Support
Navigator 2.0

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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.

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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.

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

IN A MENTAL HEALTH CRISIS?

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

When immediate medical treatment is needed:	Call Emergency Services 911
For a mental health crisis that does not require immediate medical treatment	Call the Nova Scotia Mental Health Crisis Line 1-888-429-8167

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 for an up to date list of online resources.

Website name	URL	Description
LOCAL RESOURCES		
211	http://www.ns.211.ca	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.
The Navigator	bloomprogram.ca	Our comprehensive source of local mental health and addictions services and supports across Nova Scotia
Canadian Mental Health Association: Nova Scotia	http://novascotia.cmha.ca/	Overview of CMHA Nova Scotia mental health services and supports. Offers resources, information about services, and locations.
Crossroads Clubhouse Cape Breton	http://www.crossroadscapebreton.ca/	Information about a Clubhouse program for individuals living with mental illness in Caoe 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.
Family Service of Eastern Nova Scotia	http://www.fsens.ns.ca/about_us/	Website for family services of Eastern Nova Scotia describing programs and services available. Also has contact information, resources, FAQ, and men's health information.
Lake City Employment Services	http://www.lakecityemployment.com/	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.
Nova Scotia Early Psychosis Program	http://earlypsychosis.medicine.dal.ca/	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.
Self Help Connection	http://selfhelpconnection.ca/	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.
Shelter Nova Scotia	http://www.shelternovascotia.com/	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

		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.
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.
Training, Recovery, Employment, & Empowerment Services (TREES) Truro	http://treesproject.org/	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.
IWK Mental Health Information	http://www.iwk.nshealth.ca/mental-health	Overview of IWK Mental Health and Addictions services and resources. Has information for youth, friends and family, professionals, and schools.
Kids Help Phone	www.kidshelpphone.ca/	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.
Laing House	http://www.lainghouse.org/	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.
Phoenix House	http://phoenixyouth.ca/	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.
Addiction Services Nova Scotia	http://novascotia.ca/dhw/addictions/addiction-services-offices.asp	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.
Capital Health Addictions Services	http://www.cdha.nshealth.ca/addictions-program	Information about the Capital Health Addictions Program. Outlines available services and community locations.
Crosbie House Society	http://www.crosbiehousesociety.com/	12-step addictions treatment program for up to 10 patients located in New Minas. Provides information about Crosbie

		House, treatment, resources, news, faq, and contact information.
Direction 180	http://www.direction180.ca/	Direction 180 is a community-based methadone clinic located in the North End of Halifax, Nova Scotia. Website offers information about the program, getting involved, information for family, and contact information.
Native Alcohol and Drug Abuse Counselling Association of Nova Scotia	http://www.nadaca.ca/	NADACA leads the design and delivery of alcohol and drug services to the native community. Website offers information about events, resources, and programs.
Bryony House	http://www.bryonyhouse.ca/	Bryony House is a 24-bed shelter for women and children fleeing from abuse. Website offers resources, information, and events.
Alzheimer Society Nova Scotia	http://www.alzheimer.ca/ns	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.
Capital Health Programs and Services	http://www.cdha.nshealth.ca/addictions-and-mental-health-program/programs-services	Overview of Capital Health Addictions and Mental Health Programs. Links to individual programs are listed.
EVERYONE		
Medication Infoshare	http://www.medicationinfoshare.com	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.
eMental Health	http://www.ementalhealth.ca/	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.
Insomnia - 5 Minute Med School	http://www.evanshealthlab.com/insomnia/	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.
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.
Portico Network	https://www.porticonetwork.ca/	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.
Healthy Minds Canada	http://healthymindscanada.ca/	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.
Evans Health Lab	http://www.evanshealthlab.com/	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.
National Institute for Health and Clinical Excellence (UK)	http://www.nice.org.uk/	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.
Our Healthy Minds	http://ourhealthyminds.com/	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.
Canadian Mental Health Association: Nova Scotia	http://novascotia.cmha.ca/	Overview of CMHA Nova Scotia mental health services and supports. Offers resources, information about services, and locations.
Mood Disorders Society of Canada	http://www.mooddisorderscanada.ca/	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.
Self Help Connection	http://selfhelpconnection.ca/	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.
National Institute of Mental Health (USA)	http://www.nimh.nih.gov/index.shtml	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.
National Institute on Drug Abuse (USA)	http://www.drugabuse.gov/	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.
LGBTQI		
Beyond Blue	http://www.beyondblue.org.au/	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.
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.
Pride Health	http://www.cdha.nshealth.ca/pridehealth	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.
PFLAG Canada	http://www.pflagcanada.ca/en/index.html	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.
"It Gets Better" Campaign	http://www.itgetsbetter.org/	Features videos with encouragement and stories. Offers links to resources (but mainly American).
The Youth Project	http://www.youthproject.ns.ca/	Offers events and programs for youth across NS. Provides education, consulting and workshops. Offers a variety of print and online resources.
Rainbow Health Ontario	http://www.rainbowhealthontario.ca/home.cfm	Offers an extensive searchable database of resources. Located in Ontario but offers online education and resources.
MEN		
Beyond Blue	http://www.beyondblue.org.au/	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.
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.
SENIORS		
Canadian Coalition for Seniors' Mental Health	http://www.ccsmh.ca/en/default.cfm	Aims to improve seniors' mental health by connection people, ideas, and resources. Provides tools, resources and publications for seniors, their families, and caregivers.
Alzheimer Society Nova Scotia	http://www.alzheimer.ca/ns	Provides navigation through the health care system following a diagonsis of dementia. Also provides online information about dementia for family and caregivers.
Beyond Blue	http://www.beyondblue.org.au/	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.
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.
WOMEN		

Beyond Blue	http://www.beyondblue.org.au/	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.
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.
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.
Portico Network	https://www.porticonetwork.ca/	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.
YOUTH		
Teen Mental Health	http://teenmentalhealth.org/	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.
CAMESA guideline for antipsychotic side effects in children	http://camesaguideline.org/	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.
Mind Your Mind	http://mindyourmind.ca/	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.
Ontario Centre of Excellence for Child and Youth Mental Health	http://www.excellenceforchildandyouth.ca/	A variety of resources for children, youth, and families living with mental illness. Resources include videos, learning modules, toolkits, and more.
Kids Help Phone	www.kidshelpphone.ca/	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.
Children's Mental Health Ontario	http://www.kidsmentalhealth.ca/	Resource hub for children and youth with mental illness. Also contains information for their parents, families, and health care professionals.
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.

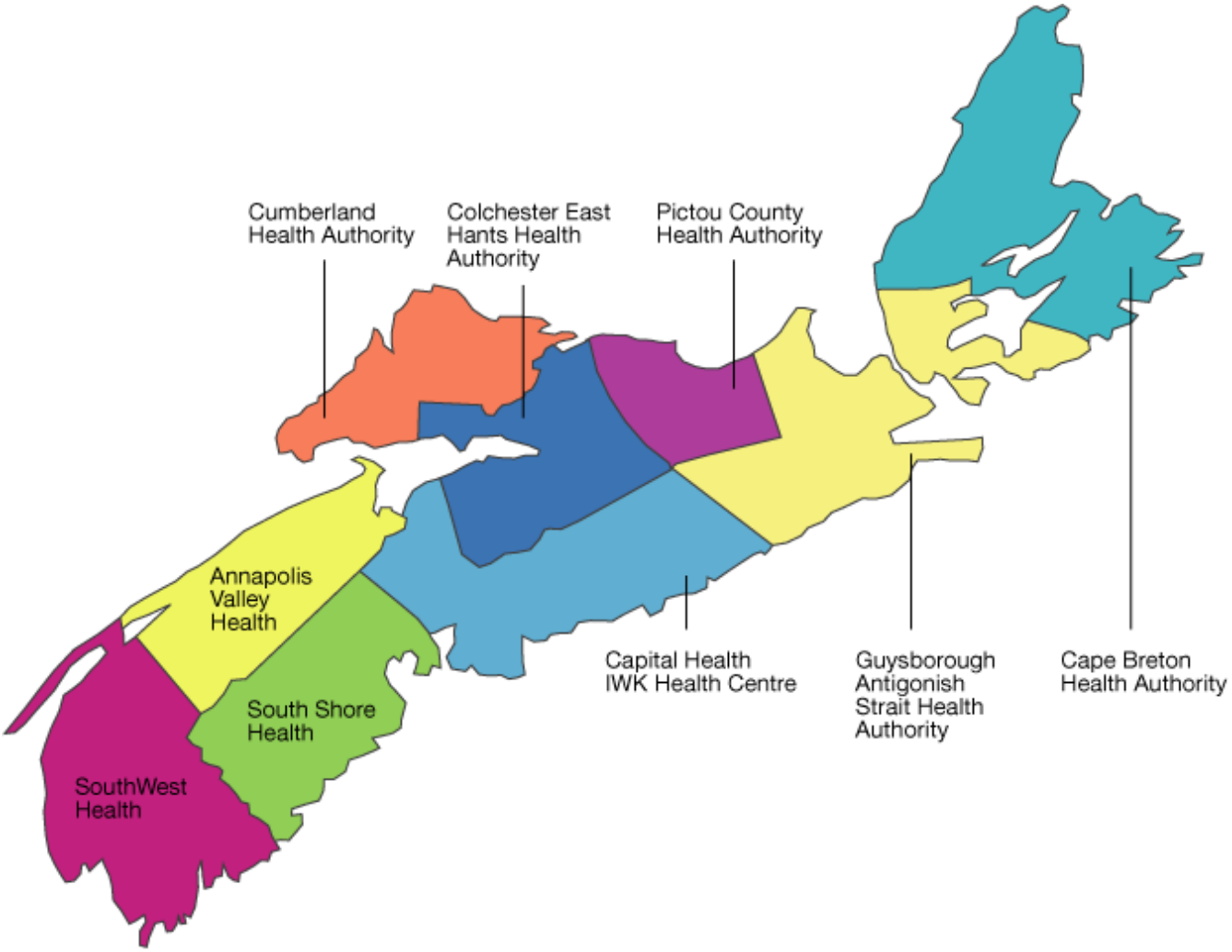
Eating Disorders - CHEO	http://www.cheo.on.ca/en/eating_disorder_info	Information for parents and caregivers on eating disorders in youth and children. Also contains information on other physical and mental health issues.
Strongest Families	http://www.strongestfamilies.com/	Strongest Families Institute 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 Substance Use	http://www.schizophreniaandsubstanceuse.ca/	This website is part of a project at the Schizophrenia Society of Canada. It provides user-friendly and accesible 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://suicideprevention.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.or	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		
Health Canada Drug Product Database	http://www.hc-sc.gc.ca/dhp-mps/prodpharma/databasdon/index-eng.php	Options to search by DIN, ATC Code, company, product name, active ingredient. Links to product monographs.
Drug information Resources - College of Pharmacy	http://www.dal.ca/diff/druginfo.html	Links to public resources as well as those accessible to Dalhousie users only. Organized by category.
National Institute for Health and Clinical Excellence (UK)	http://www.nice.org.uk/	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.
ACP Smart Medicine and AHFS DI Essentials (through PANS)	https://pans.ns.ca/	Information on diseases, screening/prevention, complementary and alternative medicine, ethical and legal issues, and procedures. Critical point-of-care drug information for prescription and OTC products.
QT Drug Interactions	https://www.crediblemeds.org/healthcare-providers/	Lists can be exported and printed. Can be searched and stratified by level of risk.
Cochrane Library	http://www.thecochranelibrary.com/view/0/index.html#http://www.thecochrane	High-level evidence on a variety of healthcare and drug topics.

	library.com/view/0/browse.html	
QUIT smoking cessation program	http://www.pharmacists.ca/index.cfm/education-practice-resources/professional-development/quit/	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.
Mental Elf	http://www.thementalelf.net/	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.
Switchwiki	http://wiki.psychiatrienet.nl/index.php/Index.html	Sections on antidepressants, antipsychotics, mood stabilizers and benzodiazepines.
Switching second generation antipsychotics	http://switchrx.ca/	Information on specific regimes and potential side effects for switching,
Yellow Card	http://medicationinfoshare.com/gallery/the-yellow-card/	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.
CAMH TEACH tobacco cessation program for people with mental health and addictions problems	http://www.camh.ca/en/education/about/AZCourses/Pages/tobacco_interventions.aspx	Provided by the University of Toronto, Faculty of Medicine: Continuing Education and Professional Development. Offered via classroom learning (in Toronto).
Medication Infoshare	http://www.medicationinfoshare.com	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.
APA Practice Guidelines (USA)	http://www.psychiatry.org/practice/clinical-practice-guidelines	Provides evidence-based resources for assessment and treatment of psychiatric disorders. Also provides links to other clinical resources.

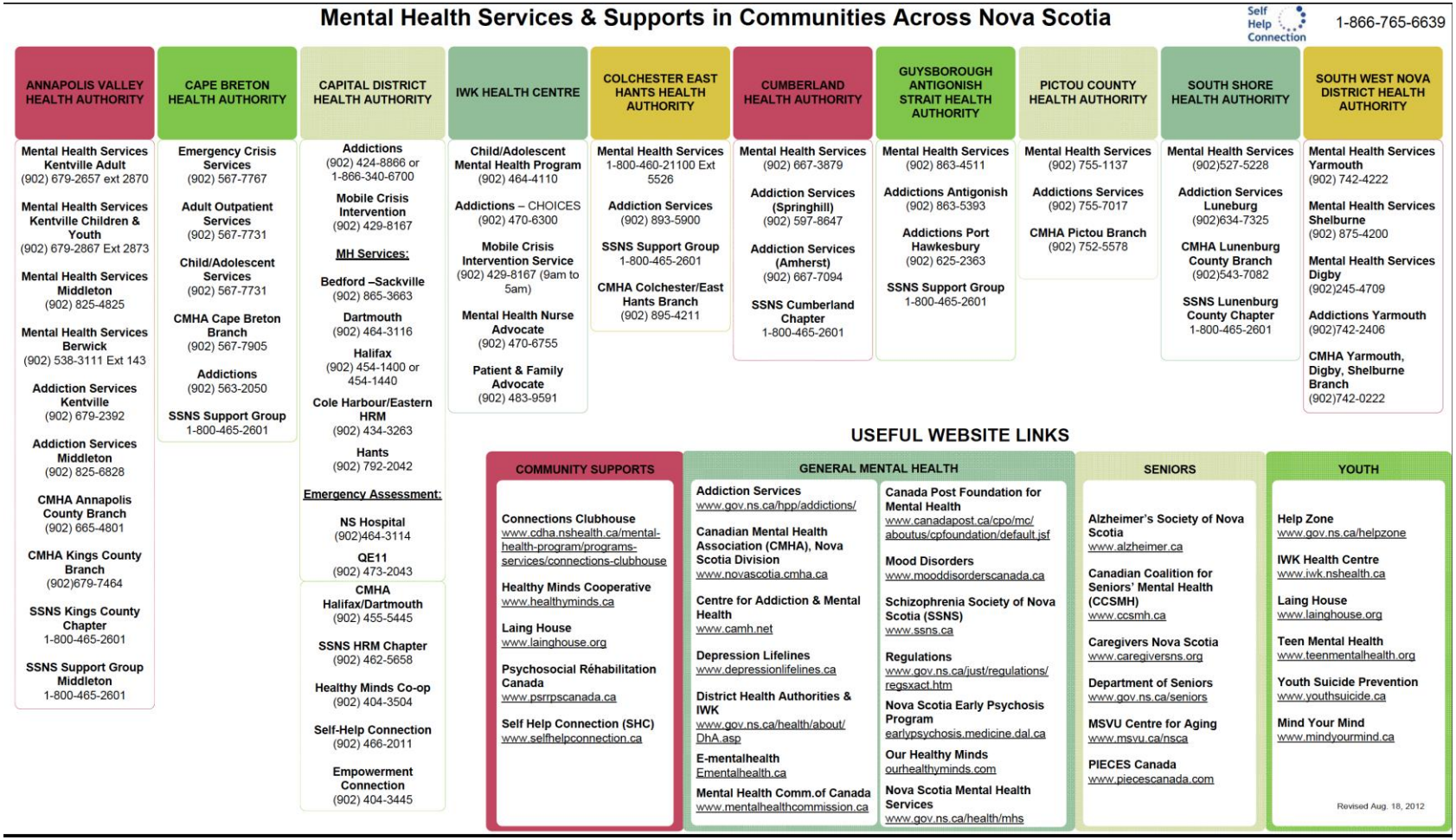
Nova Scotia District Health Authorities Map

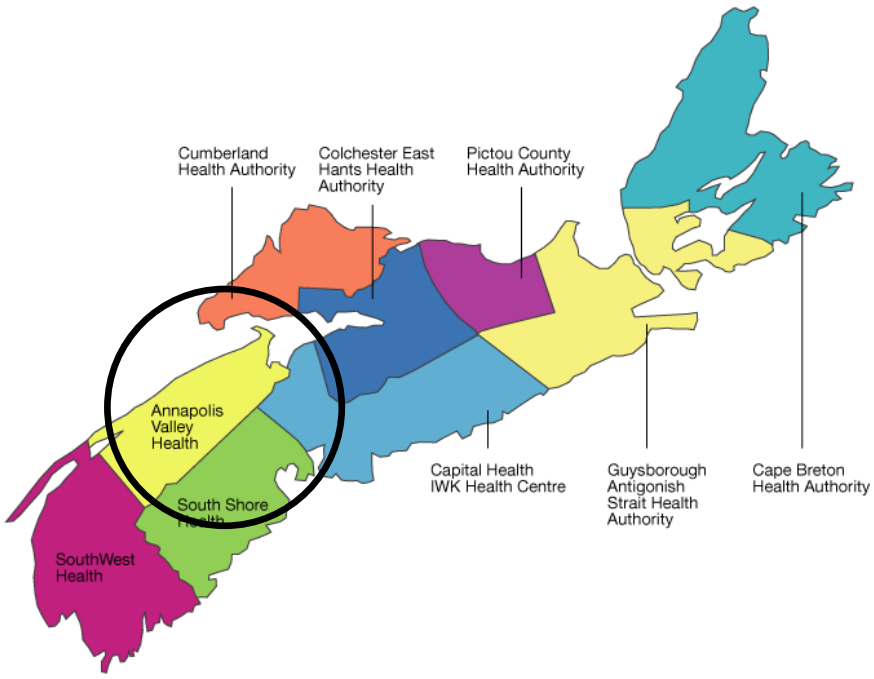
This Health Authority system will be used in the Navigator until the new system is in place



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 (or search "self help connection helping trees")





Annapolis Valley Health

Wolfville, Kentville, Waterville, Berwick, Middleton, Annapolis

Principle Resources **Annapolis Valley Health**

Mental Health Crisis Line	**T: 1-888-429-8167**	**24/7 (all of Nova Scotia)**
Annapolis Valley Crisis Line	**T: 902-679-2870 (adult)** **T: 902-679-2873 (child)**	**M-F, 8:30am-4:30pm**
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

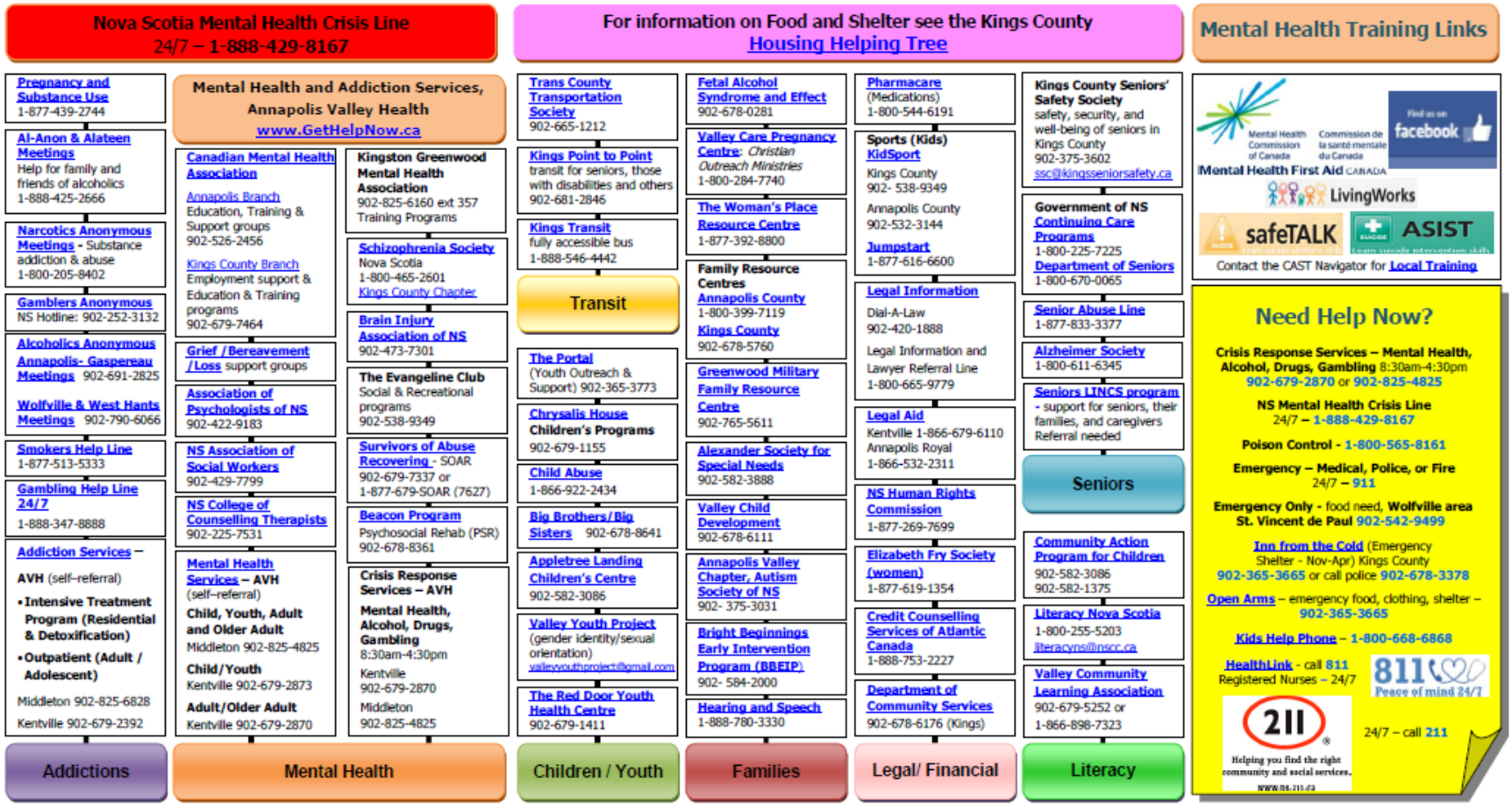
Where to Start?

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

Know of local resources not listed in this tool? Use this space to record information about additional resources that you use in your community.

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



ANNAPOLIS VALLEY HEALTH

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 <u>Satellite Service</u> Annappolis Royal Community Health Centre 821 St. George St., Annapolis Royal	<u>Support</u> MARS (Men are recently separated) WIN (Women Independent Now) † Monthly Caregiver Support group † Post-partum depression support group † <u>Psychoeducation</u> Early Stage Memory Loss Group † Chronic Pain Self-Management Program † Mindfulness Group † Transition to Change † <u>Psychotherapy</u> 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.

Early Intensive Behavioral Intervention (EIBI)	Contact relevant county Child & Youth Service	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 (<4y and ≥4y). The treatment team consists of Autism Support Workers, Clinical Interventionists, and a Clinical Leader.
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)

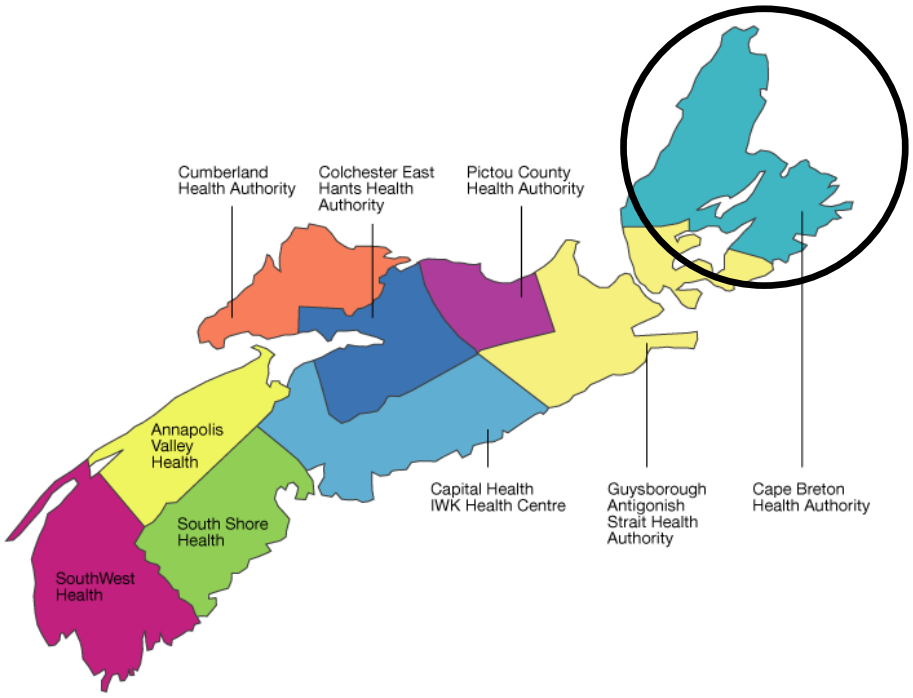
Community Support Program (Adult)	Contact relevant county Adult Service	For adults (≥18y) with severe and persistent mental illness. Community support workers work directly with individuals and together with community agencies, organizations, and families. Service (individual/organizational) is determined by client needs and preferences.
Community Support Program (Child & Youth)	Contact relevant county Child & Youth Service	For school-aged children and youth registered with the Child & Youth Mental Health program. Program supports the work of the clinical treatment plan in the child/youth's natural setting(s) – preschool, school, home, and community. Provide parents/Caregivers with education, behaviour management strategies, and skill development to support child's diagnosis. Works with child/youth and/or family depending on need.
Early Psychosis Program	Contact relevant county Mental Health Service	For youth at risk for serious mental illness and newly diagnosed young adults Assessment, intervention, community support, and ongoing follow-up as required. Services from several disciplines (i.e., Psychology, Psychiatry, Nursing, Occupational Therapy, and Community Support) from all 3 clinics (i.e., Adult Mental Health, Child & Youth Mental Health and Addictions Services). Referral from mental health service and community, including district high schools.
Older Adult Program	Contact relevant county Adult Mental Health Service	For adults ≥65y Referral from other physician required. Psychiatry consultations, assessments and follow up.
Initiative for Sexually Aggressive Youth (ISAY)	A province-wide program coordinated by the IWK Health Centre and the provincial health authorities	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.

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

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	**Cumberland Chapter** 16 Dale St., Apt. 16 Wolfville, NS T: 1-800-465-2601 W: http://openpockets.com/cumberlandcountychapter.ssns/ Meeting Location Kentville Lions Club 78 River St., Kentville, NS	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.
	Annapolis County Education and Support Group Middleton. NS T: 1-800-465-2601	Contact SSNS for meeting time and place.
Nova Scotia Certified Peer Support Specialist Program	Contact healthyminds@eastlink.ca. W: 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	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.



Cape Breton Health Authority

Neil's Harbour, Cheticamp, Inverness, Baddeck, Eskasoni, New Waterford, Glace Bay, Sydney, North Sydney

Principle Resources

Cape Breton Health Authority

Mental Health Crisis Line	**T: 1-888-429-8167**	**24/7 (all of Nova Scotia)**
Cape Breton Crisis Line	T: 902-567-7767	**Available 8:30am-8:30pm, 7 days a week**
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?

District Mental Health Services
More information on select metal 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 → *click "Department Pages" Tab → Mental Health*

Emergency Crisis Program	Cape Breton Regional Hospital 1482 George St., Sydney, NS T: 902-567-7767	Consultative Service to Emergency Department, 24/7.
Adult Outpatient Service	**Sydney Mental Health Clinic** Cape Breton Regional Hospital, Main Level, 1482 George St. T: 902-567-7730 **New Waterford Clinic** New Waterford Consolidated Hospital, 716 King St., T: 902-862-7195 **Glace Bay Clinic** 121 Union Street T: 902- 849-4413 **North Sydney Clinic** Northside General Hospital, 520 Purves St. T: 902-794-8551 **Inverness Mental Health Clinic with satellite services to Cheticamp** Inverness Consolidated Memorial Hospital T: 902-258-1911	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

Adult Inpatient Mental Health Unit	Cape Breton Regional Hospital, 1482 George St., Sydney, NS T: 902-567-7975	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.
Eating Disorder Program		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.
Adult Day Centre		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.
Adult Sex Offender Program		Offered in collaboration with East Coast Forensic Services.
Community Rehabilitation Program	T: 902-567-7913	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.
Initiative for Sexually Aggressive Youth (ISAY)	A province-wide program coordinated by the IWK Health Centre and the provincial health authorities	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.
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.

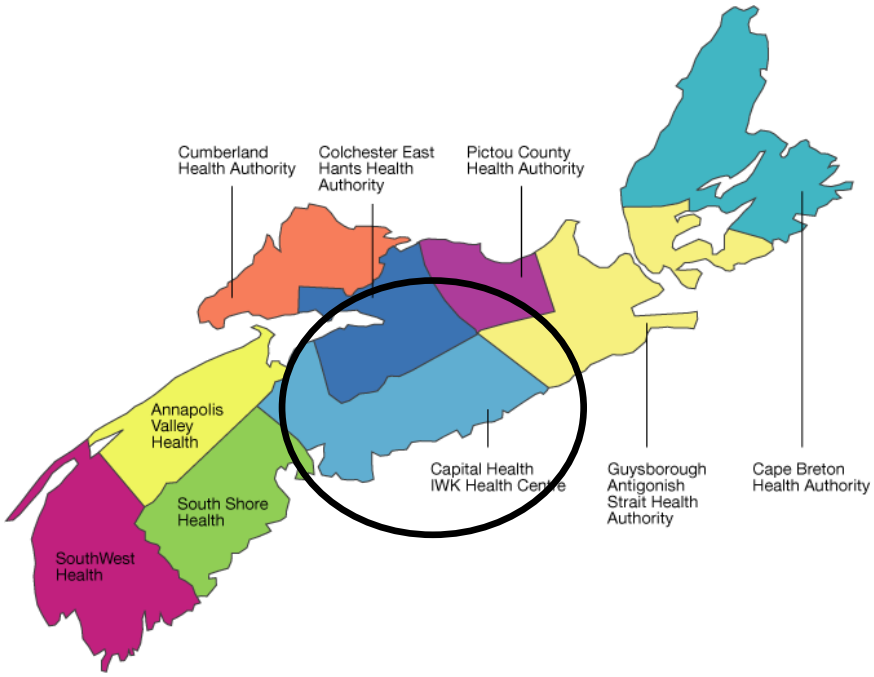
Seniors Mental Health	HealthPark 45 Weatherbee Rd., Sydney, NS T: 902-567-1729	Provides consultation and education services to nursing homes and other care providers by community mental health nursing and psychiatry. Mental Health staff work in collaboration with local physicians and Challenging Behaviour Resource Consultants.
Child and Youth Services	Sydney Mental Health Clinic Cape Breton Regional Hospital, Main Level, 1482 George St. T: 902-567-7731	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 North Sydney Clinic Northside General Hospital, 520 Purves St. Glace Bay Clinic 121 Union St.	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 pre-school 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

Canadian Mental Health Association Regional Branch	1482 George Street Sydney, NS B1P 1P3 P 902 - 567 7735 F 902 - 567 7905 E cmhacbrh@cbdha.nshealth.ca W:www.cmha.ca/branch_locations/cape-breton-branch/	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.
Cape Breton Mental Health Foundation	P.O. Box 1051 Sydney Nova Scotia B1P 6J7 Telephone: (902)-567-8093 E-mail: macneilk@cbdha.nshealth.ca W: http://www.cbmhfoundation.ca	Provides information about mental health resources, projects, etc. in Cape Breton. Is a source for donations and project funding.
Crossroads Clubhouse	40 Bentinck St., Sydney, NS, W: www.crossroadscapebreton.ca E: crossroads@cbdha.nshealth.ca T: 902-567-7961 F: 902-539-2827	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.
Cairdeil Place	288 Bentinck St., Sydney, NS T: 902-539-4228	Provides life skills training, support, and access to social and recreational activities for people with a mental illness.

The Missing Link Co-operative	648 George St., Sydney, NS E: misslint@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	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 healthyminds@eastlink.ca. W: 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.
Eskasoni Mental Health	Daphne Hutt-Macleod E: dhuttmacleod@eskasonihealth.ca T: (902) 379-2910 W: http://www.eskasoni.ca/Departments/25/	Eskasoni Mental Health and Social Work Service (EMH&SWS) provides a wide range of services to the Mi'kmaq people of Eskasoni, Cape Breton, Nova Scotia.

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

Capital Health

Mental Health Crisis Line	**T: 1-888-429-8167**	**24/7 (all of Nova Scotia)**
Capital Health Crisis Line	**T: 902-429-8167**	**24/7 telephone intervention throughout CDHA** **Mobile response from 1pm-1am in areas served by HRM police, including Halifax, Dartmouth, and Bedford.**
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 Trees

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

More information on select metal 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?)

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

Newcomers' Helping Tree

Capital Health

Bayers Road Community Mental Health

HealthLink (Health Information) Call 811

Emergency Call 911

Salvation Army ARIS Project -------477-5393

Halifax Refugee Clinic--
----------422-6736

Immigrant Settlement & Integration Services (ISIS)----------443-2937
Halifax Regional School Board (HRSB) Metro Region Immigrant Language Services--------
----------464-2868
HRSB Adult ESL ----------
----------421-7779
Frontier College----------
----------494-7003
Quinpool Road Education Centre---------
----------421-7779
Halifax Regional Library--
----------490-5990
Nova Scotia Community College----------491-4650

Kids Helpline ----------
-------1-800-668-6868

Youth Project (GLBTI)-----429-5429

African Diaspora Association of the Maritimes..404-3670

Maritime Centre for African Dance---------
----------425-7443

Children's Support
Captain William Spry
----------490-5714
Halifax North Memorial ---490-5779

YMCA School Settlement Program--
----457-9622, ext 235

Federation Acadienne de la Nouvelle-Ecosse--------
----------433-0065

Carrefour Du Grand Havre Community Centre-
----------435-3244

For information on all multicutural groups call: Multicultural Association of Nova Scotia--423-6534

Immigrants
ISIS--------423-3607
Pre-employability & Life Skills Training for Immigrant Women – YWCA ----
----423-6162, ext 270

Job Junction----------
----------455-9675
Teamworks Cooperative----------
----------422-8900

Youth Employment
Youth Employment Project------482-6425
Phoenix Learning and Employment ----
----------431-9111
ISIS---------423-3607
YMCA------457-9622

Adult Employment
Women's Employment Outreach---422-8023
Halifax Service Canada----------
------1-800-622-6232
DCS Employment Support Centre------
----------424-1780

After School Programs
Boys & Girls Club--------
----------477-9840
Family SOS/Healthy Kids----------455-5515

Child Pharmacare--------
----------1-866-424-1269
Family Pharmacare------
----------496-5667

YMCA Youth Outreach -
--------457-9622, ext 232

Family Resource Centres
Family SOS---455-5515
St. Paul's -----479-1015
Single Parent Centre----
----------479-3031
Mi'kmaq Child Development Centre----
----------422-7850
Parent/Tot Meeting Place----------443-9569
Bayers/Westwood Family Resource Centre------454-9444

Red Cross Humanitarian Services
----------423-3680

FEED NOVA SCOTIA-
----------457-1900

Furniture Bank
Hand-in-Hand----------
----------477-1954
Parker Street Furniture Bank----------453-4886

Emergency Shelters
Adsum House (Women) ----429-4443
Barry House (Women)
----------422-8324
Bryony House----------
----------423-7183
Phoenix Youth Shelter
----------446-4663
Metro Turning Point (Men)----------420-3282
Salvation Army (Men)-
----------422-2363

Housing
Habitat for Humanity---
----------464-0274
Metro Housing Authority------420-6000
Affordable Housing Association of Nova Scotia---------420-6026

Financial Planning for All Immigrants & Refugees -YWCA-----
----423-6162, ext 258

The Black Business Initiative------426-2224

ISIS---------423-3607

Addiction Services---------
----------424-8866

Pride Health----220-0643

Healing Our Nations-------
----------492-4255

Physicians Accepting New Patients---424-3047
College of Physicians and Surgeons of NS-------
----------422-5823

Interpreter Service
NS Interpreter Services--
----------425-5532

Community Mental Health (age 19+)
Mobile Crisis----429-8167
Mental Health Clinics (ages 19+):
Bayers Road ----454-1400
Bedford/Sackville----------
----------865-3663
Cole Harbour/Eastern HRM----------434-3263
Dartmouth ------466-1830
West Hants------792-2042
IWK Mental Health (0-19)----------464-4110

Emergency Services
IWK---------470-8888
QEII---------473-2043

Legal Information
Dial-A-Law---420-1888
Legal Information Society of NS--454-2198

Legal Aid
Nova Scotia (Criminal law)----------
----------420-6583
Family & Poverty Law-----
----------420-3450
Dalhousie Legal Aid------
----------423-8105

REFUGEE CLAIMANTS	LANGUAGE TRAINING	CHILDREN & YOUTH	CULTURAL ASSOCIATIONS	EMPLOYMENT AND/OR CAREER	FAMILY HELP	HOUSING/ FOOD	BUSINESS DEVELOPMENT/ FINANCIAL INFORMATION	HEALTH SERVICES	LEGAL AID

YOU START HERE

The Newcomers Helping Tree was adapted from the PEI Helping Tree. It is for informational purposes only.

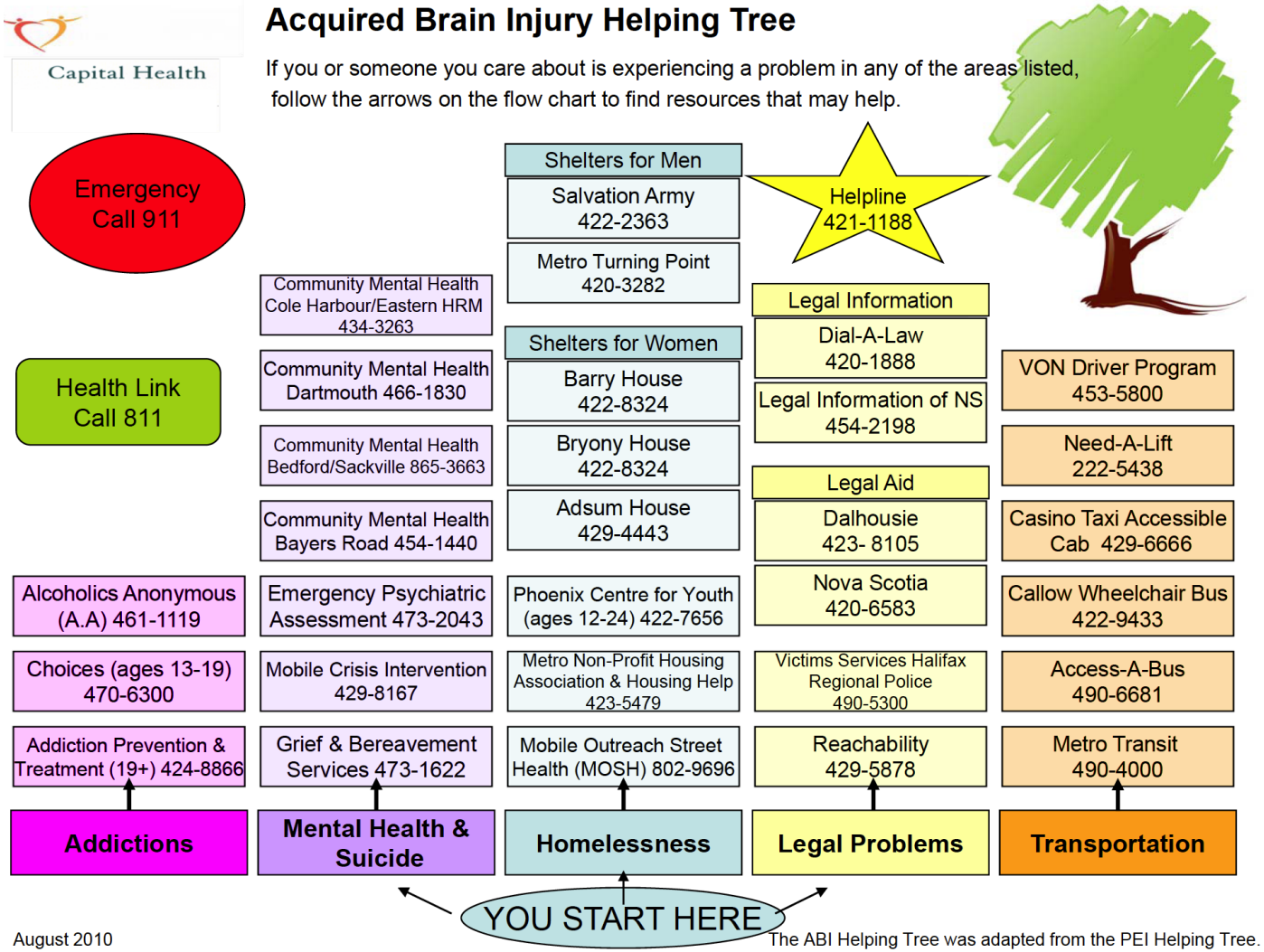
Legend
DCS- Department of Community Services
ISIS – Immigrant Settlement & Integration Services
GLBTI – Gay, Lesbian, Transgender, Bisexual, Intersex

Data compiled by Bayers Road Community Mental Health. 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 (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") . The Acquired Brain Injury Helping Tree has 2 pages.



Page 2 of 2 (Acquired brain injury helping tree)

Capital Health

Acquired Brain Injury Helping Tree

Financial, Food, Housing	Health & Community	Violence & Protection	Acquired Brain Injury Resources	In-Home Supports
	Mi'kmaq Native Friendship Centre 420-1576	Family Services Association 420-1980		
St. Vincent D'Paul Society 422-2049	Black Cultural Centre 434-6223	Family SOS 455-5515	Independent Living Resource Centre 453-0004	
Metro Regional Housing Authority 420-6000	Immigrant Settlement & Integration Services 423-3607	QEII Emergency 473-2043	Services for Persons with Disability 424-1980	Attendant Care Check Yellow Pages "Home Health Care Services"
Housing Help 423-0722	Halifax Sexual Health Centre 455-9656	IWK Emergency 470-8050	Dartmouth Stroke Club 443-9600	Canadian Red Cross Equipment Loan 423- 3680
Feed Nova Scotia 457-1900	YMCA 423-8622	Victims Services 490-5300	Halifax Stroke Club 865-3741	Frozen Favorites 454-5755
Employment Insurance 1-800-206-7218	Libraries 490-5753	Avalon Sexual Assault Centre 422-4240	Heart & Stroke Foundation of NS 423-7530	VON 453-5800
*DCS Income Assistance 1-877-424-1177	Halifax Recreation 490-6666	Bryony House 422-7650	Brain Injury Association of NS 473-7301	Meals on Wheels 429-4299
Canada Pension Plan 1-800-277-9914	IWK Health Centre Switchboard 470-8888	Children's Aid Society 425-5420	Stroke Navigator 473-1897	Home Care & Self Managed Care 1-800-225-7225
Pharmacare 429-6565	QEII Hospital Main Switchboard 473-2700	Adult Protection (DCS) 424-5074	Acquired Brain Injury Navigator 473-1186	Respite 424-6111

YOU START HERE

Legend:
* DCS- Department of Community Services

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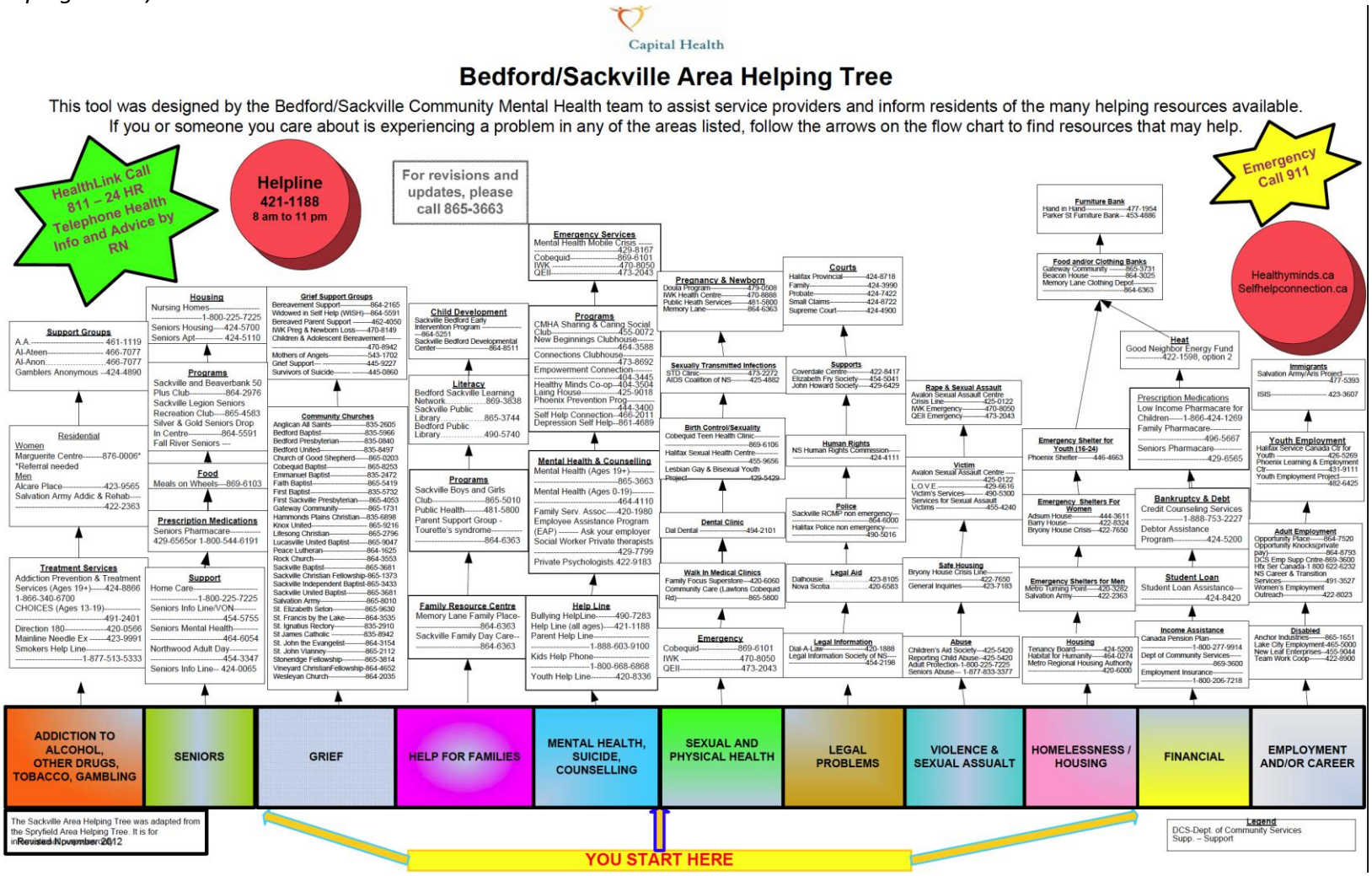

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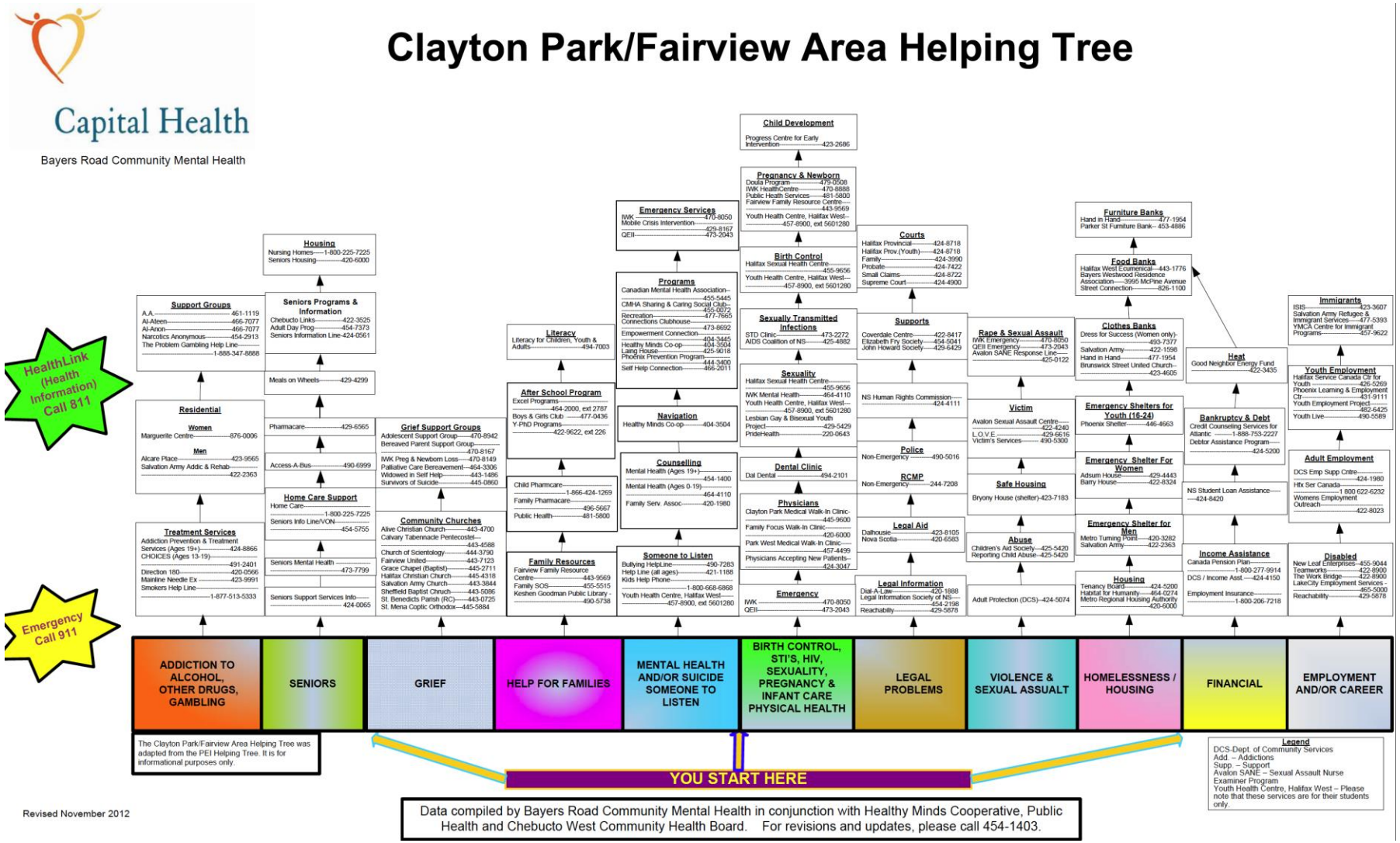

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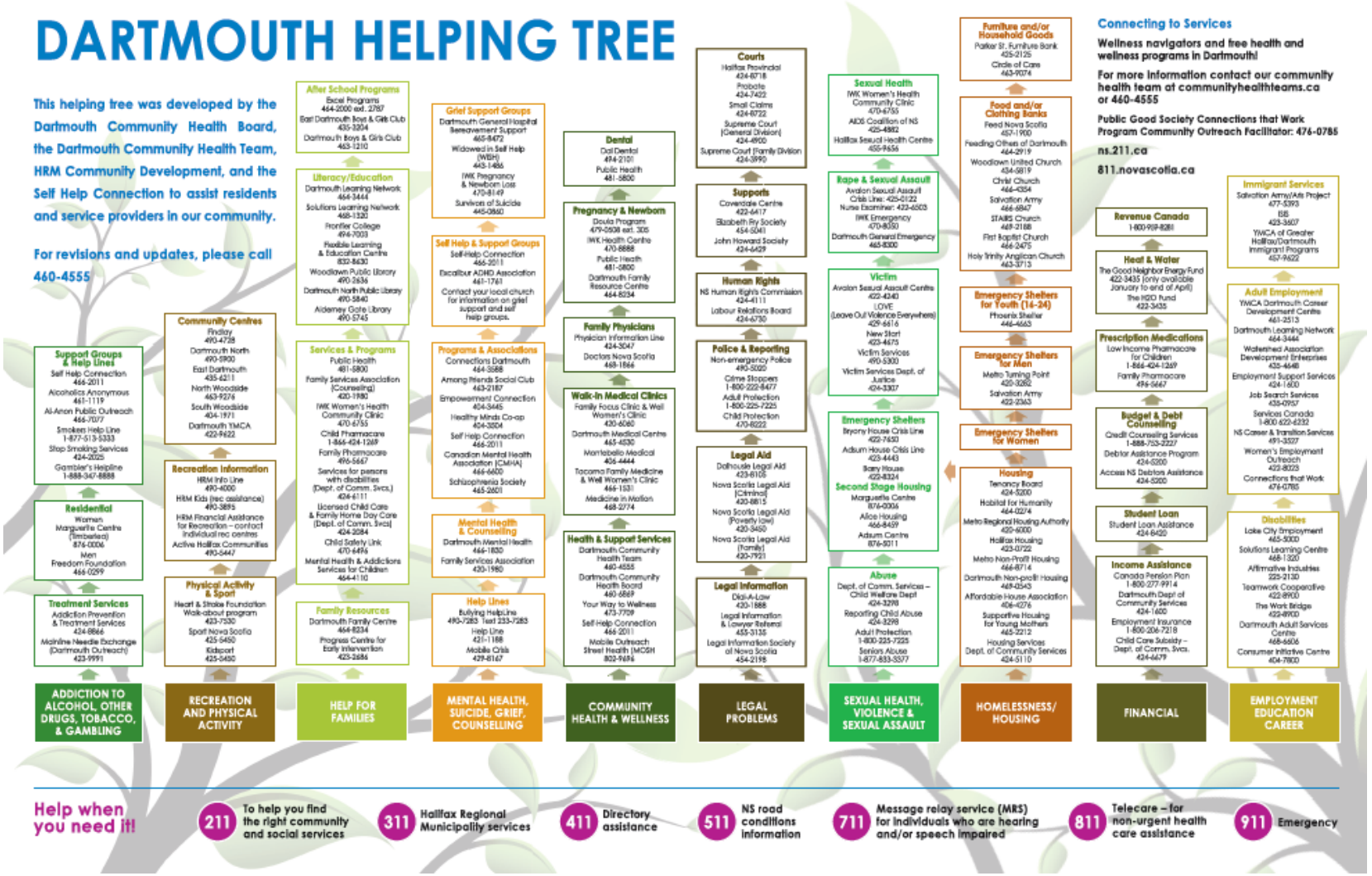

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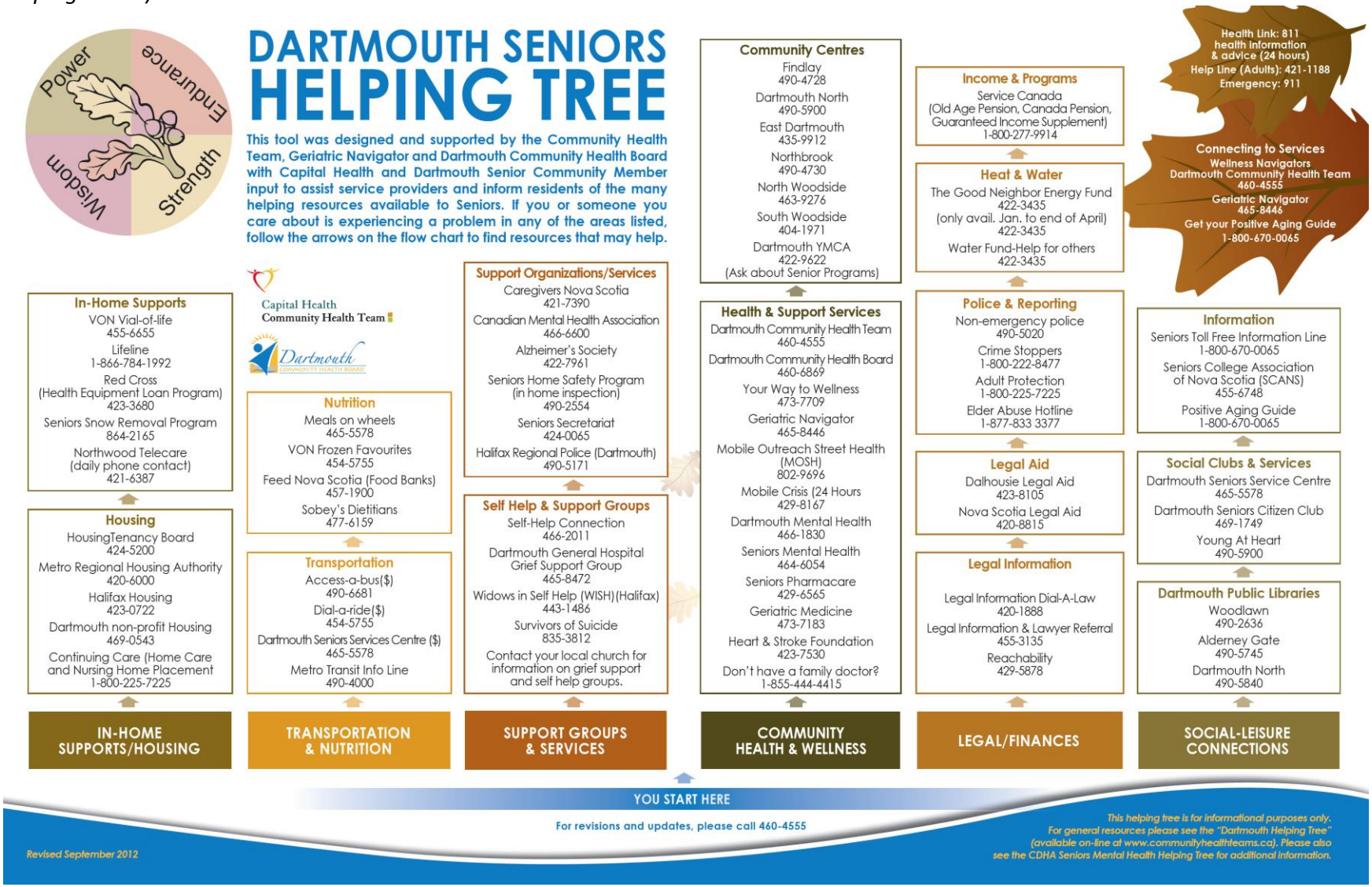

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Capital Health

Bayers Road Community Mental Health

Halifax Peninsula Area Helping Tree

HealthLink (Health Information) Call 811

Emergency Call 911

Housing — Nursing Homes 1-800-225-7225; Seniors Housing 420-6000

Support Groups — A.A. 461-1119; Al-Ateen 466-7077; Al-Anon 466-7077; Gamblers Anonymous 424-4890; Narcotics Anonymous 454-2913

Northwood Adult Day Program 454-3347; Northwood Community Centre 454-3351; Spencer House 421-6131; Chebucto Links 422-3525; Adult Day Program 454-7373

Residential

Women — Marguerite Centre 876-0006

Men — Alcare Place 423-9565; Salvation Army Addic & Rehab 422-2363

Meals on Wheels 429-4299

Pharmacare 429-6565

Access-A-Bus 490-6999

Treatment Services — Addiction Prevention & Treatment Services (Ages 19+) 424-8866; CHOICES (Ages 13-19) 491-2401; Direction 180 420-0566; Mainline Needle Ex 423-9991; Smokers Help Line 1-877-513-5333

Home Care Support — Home Care 1-800-225-7225; Seniors Info Line/VON 454-5755; Seniors Mental Health 473-7799; Seniors Support Services Info 424-0065

Grief Support Groups — Adolescent Support Group 470-7262; Bereaved Parent Support Group 470-8167; IWK Preg & Newborn Loss 470-8149; Palliative Care Bereavement 464-3306; Widowed in Self Help 443-1486; Survivors of Suicide 445-0860

Literacy — Literacy for Children, Youth & Adults 494-7003; Frontier College 494-7003; FLEC'S (Flexible Learning & Education Centre 832-8630

After School Program — Excel Programs 464-2000, ext 2787; Palooka's Club 492-4269; Y-PhD Programs 422-9622, ext 226; Community Y After School Program 422-9622

Child Pharmacare 1-866-424-1269; Family Pharmacare 496-5667; Public Health 481-5800

Family Resources — Family SOS 455-5515; North End Parent Resource Centre 429-0133; Mikmaq Child Development Centre 422-7850; Bayers Westwood Family Resource Centre 454-9444; Veith House 453-4320; Black Educators Association 424-7036; Cunard Street Children's Centre 423-6799; Youth Net 422-4614; Needham Preschool & Day Care 490-4638; North End Day Care 455-5494; Progress Centre for Early Prevention 423-2686; North End Library 490-5723; Spring Garden Road Library – Youth Services 490-5716; Adult Lending 490-5700; Salvation Army Social Services & Programs 422-1598

Emergency Services — IWK 470-8050; Mobile Crisis Intervention 429-8167; QEII 473-2043

Programs — CMHA Sharing & Caring Social Club 455-0072; Recreation 477-7665; Connections Clubhouse 473-8692; Empowerment Connection 404-3445; Healthy Minds Co-op 404-3504; Laing House 425-9018; Phoenix Prevention Prog 444-3400; Self Help Connection 466-2011

Navigation — Healthy Minds Co-Op 404-3504; Community Action 420-2186

Counselling — Mental Health (Ages 19+) 454-1400; Mental Health (Ages 0-19) 464-4110; Family Serv. Assoc 420-1980

Someone to Listen — Bullying HelpLine 490-7283; Help Line (all ages) 421-1188; Kids Help Phone 1-800-668-6868; Youth Health Centre, Citadel High 491-4444, ext 2831014

Child Development — Progress Centre for Early Intervention 423-2686

Pregnancy & Newborn — Doula Program 479-0508; IWK HealthCentre 470-8888; Public Heath Services 481-5800; Youth Health Centre, Citadel High 491-4444, ext 2831014; Crisis Pregnancy Centre 422-8539

Birth Control — Halifax Sexual Health Centre 455-9656; Youth Health Centre, Citadel High 491-4444, ext 2831014

Sexually Transmitted Infections — STD Clinic 473-2272; AIDS Coalition of NS 425-4882

Sexuality — Halifax Sexual Health Centre 455-9656; IWK Mental Health 464-4110; Lesbian Gay & Bisexual Youth Project 429-5429; PrideHealth 220-0643; Youth Health Centre, Citadel High 491-4444, ext 2831014

Dental Clinic — Dal Dental 494-2101

Mainline Needle Exchange 423-9991

Physicians — Physicians Accepting New Patients 424-3047; Family Focus Walk-In Clinic 420-6060

Emergency — IWK 470-8050; QEII 473-2043

Courts — Halifax Provincial 424-8718; Family 424-3990; Probate 424-7422; Small Claims 424-8722; Supreme Court 424-4900

Supports — Coverdale Centre 422-8417; Elizabeth Fry Society 454-5041; John Howard Society 429-6429

NS Human Rights Commission 424-4111

Police — Non-Emergency 490-5016

RCMP — Non-Emergency 244-7208

Legal Aid — Dalhousie 423-8105; Nova Scotia (Criminal law) 420-6583; Family & Poverty Law 420-3450

Legal Information — Dial-A-Law 420-1888; Legal Information Society of NS 454-2198; Reachability 429-5878

Rape & Sexual Assault — IWK Emergency 470-8050; QEII Emergency 473-2043; Avalon SANE Response Line 425-0122

Victim — Avalon Sexual Assault Centre 422-4240; L.O.V.E. 429-6616; Victim's Services 490-5300

Safe Housing — Bryony House (shelter) 423-7183

Abuse — Children's Aid Society 425-5420; Reporting Child Abuse 425-5420

Adult Protection (DCS) 424-5074

Furniture Bank — Hand in Hand 477-1954; Parker St Furniture Bank 453-4886

Free Meals — Hope Cottage 429-7968; Brunswick St.United Church 423-4605; St. David's Presbyterian 423-1944; St. Andrew's Church 422-3157; St. Matthew's United Church 423-9209

Food Banks — FEED NOVA SCOTIA 457-1900

Clothes Banks — Dress for Success (Women only) 493-7377; Salvation Army 422-1598; Hand in Hand 477-1954; Brunswick Street United Church 423-4605

Drop-Ins — ARK Outreach 429-1454; Brunswick St. Church 423-4605; The Coffee Shop 423-5479; Stepping Stone Assoc 420-0103

Emergency Shelters for Youth (16-24) — Phoenix Shelter 446-4663

Emergency Shelter For Women — Adsum House 444-3611; Barry House 422-6324; Bryony House 423-7183

Emergency Shelter for Men — Metro Turning Point 420-3282; Salvation Army 422-2363

Housing — Tenancy Board 424-5200; Habitat for Humanity 464-0274; Metro Regional Housing Authority 420-6000; Community Action 420-2186; Halifax Housing 423-0722; Non-Profit Housing 423-5479

Financial Planning for all Immigrants & Refugees – YWCA Halifax 423-6162, ext. 258

Heat — Good Neighbor Energy Fund 422-3435

Bankruptcy & Debt — Credit Counseling Services for Atlantic 423-3236; Debtor Assistance Program 424-5200

NS Student Loan Assistance 424-8420

Income Assistance — Canada Pension Plan 1-800-277-9914; DCS / Income Asst 424-4150; Employment Insurance 1-800-206-7218

Immigrants — ISIS- Salvation Army/Aris Project 477-5393; YMCA Centre for Immigrant Programs 457-9622; Halifax Refugee Clinic 422-6736; Pre-employability & Life Skills Training for Immigrant Women – YWCA Halifax 423-6162, ext 270

Youth Employment — Halifax Service Canada Ctr for Youth 426-5269; Phoenix Learning & Employment Ctr 431-9111; Youth Employment Project 482-6425; Youth Live 490-5589

Adult Employment — DCS Emp Supp Cntre 424-1980; Hfx Ser Canada-1 800 622-6232 Women's Employment Outreach 422-8023; Options Work Activity Program 453-6246; YMCA Employment Centre 422-9622; Cunard Centre 422-3451

Disabled — New Leaf Enterprises 455-9044; Teamworks 422-8900; The Work Bridge 422-8900; Reachability 429-5878

ADDICTION TO ALCOHOL, OTHER DRUGS, GAMBLING	SENIORS	GRIEF	HELP FOR FAMILIES	MENTAL HEALTH AND/OR SUICIDE SOMEONE TO LISTEN	BIRTH CONTROL, STI'S, HIV, SEXUALITY, PREGNANCY & INFANT CARE PHYSICAL HEALTH	LEGAL PROBLEMS	VIOLENCE & SEXUAL ASSUALT	HOMELESSNESS / HOUSING	FINANCIAL	EMPLOYMENT AND/OR CAREER

The Halifax Peninsula Area Helping Tree was adapted from the PEI Helping Tree. It is for informational purposes only.

YOU START HERE

Legend
DCS-Dept. of Community Services
Add. – Addictions
Supp. – Support
Avalon SANE – Sexual Assault Nurse Examiner Program
Youth Health Centre, Citadel High – Please note that these services are for their students only.

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.

Revised January 2013

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Prospect/Tantallon/Timberlea/St. Margaret's Bay Area Helping Tree

Capital Health

Bayers Road Community Mental Health

HealthLink (Health Information) Call 811

Emergency Call 911

Housing
Nursing Homes
1-800-225-7225
Seniors Housing—420-6000

St. Luke's United Church—826-2523
Prospect & Area Seniors Network-852-3653/852-3562
Upper Hammonds Plains Seniors Group—835-2670
St. Margaret's Cent. Seniors Drop In—826-2100, ext 10
Tantallon Carpet Bowling—835-0101
Kripalu Yoga St. Margaret's Bay—826-2803

Support Groups
A.A.—461-1119
Al-Ateen—466-7077
Al-Anon—466-7077
Gamblers Anonymous—424-4890
Narcotics Anonymous—454-2913

Residential
Women
Marguerite Centre—876-0006
Men
Alcare Place—423-9565
Salvation Army Addic & Rehab—422-2363

Meals on Wheels—429-4299
Pharmacare—429-6565
Access-A-Bus—490-6999

Grief Support Groups
Adolescent Support Group—470-8942
Bereaved Parent Support Group—470-8167
IWK Preg & Newborn Loss—470-8149
Palliative Care Bereavement—464-3306
Widowed in Self Help—443-1486
Survivors of Suicide—445-0860
GriefShare—852-4580

Home Care Support
Home Care—1-800-225-7225
Seniors Info Line/VON—454-5755
Seniors Mental Health—473-7799
Seniors Support Services Info—424-0065
Seniors Information Line-424-0561

Community Churches
Bayside Baptist—876-2299
New Life Worship Centre—852-4456
Our Lady of Mount Carmel Catholic and affiliated churches—852-2763
Seton Spirituality Centre—852-4212
St. James United Church—876-8329
St. Luke's United Church—826-2523
St. Paul's Anglican Church—852-3066
St. Margaret's Bay Shambhala Centre—826-2182
St. Timothy's Anglican Church—852-4580

Treatment Services
Addiction Prevention & Treatment Services (Ages 19+)—424-8866
CHOICES (Ages 13-19)—491-2401
Direction 180—420-0566
Mainline Needle Ex—423-9991
Smokers Help Line—1-877-513-5333

St. Luke's United Church—826-2523

Literacy
Literacy for Children, Youth & Adults—494-7003

After School Program
Youth Sports Drop In – St. Margaret's Centre..826-2100
Literacy Nova Scotia
Boutilier's Point—225-6320
Excel Programs—464-2000, ext 2787

Child Pharmcare—1-866-424-1269
Family Pharmacare—496-5667
Public Health—481-5800

Family Resources
Family SOS—455-5515
Tantallon Library–826-3330
J.D. Shatford Library (Hubbards)—857-9176
St. Margaret's Bay Toy Library—823-1777
Tot Time Terence Bay—876-8812
Prospect Road Co-op Nursery School—876-8329

Emergency Services
IWK—470-8050
Mobile Crisis Intervention—429-8167
QEII—473-2043

Programs
CMHA Sharing & Caring Social Club—455-0072
Recreation—477-7665
Connections Clubhouse—473-8692
Empowerment Connection—404-3445
Healthy Minds Co-op–404-3504
Laing House—425-9018
Phoenix Prevention Prog—444-3400
Self Help Connection–466-2011
DivorceCare—852-4580

Counselling
Mental Health (Ages 19+)—454-1400
Mental Health (Ages 0-19)—464-4110
Family Serv. Assoc—420-1980

Someone to Listen
Bullying HelpLine—490-7283
Help Line (all ages)—421-1188
Kids Help Phone—1-800-668-6868
Youth Health Centres, Sir John A. MacDonald—826-3222, ext 7901023
Ridgecliff Middle School—876-4381, ext 106
Five Bridges Jr. High—876-2026, ext 740-1225

Child Development
Progress Centre for Early Intervention—423-2686

Pregnancy & Newborn
Doula Program—479-0508
IWK HealthCentre—470-8888
Public Health Services—481-5800
Fairview Family Resource Centre—443-9569
Youth Health Centres, Sir John A. MacDonald—826-3222, ext 7901023
Ridgecliff Middle School—876-4381, ext 106
Five Bridges Jr. High—876-2026, ext 740-1225

Birth Control
Halifax Sexual Health Centre—455-9656
Youth Health Centres, Sir John A. MacDonald—826-3222, ext 7901023
Ridgecliff Middle School—876-4381, ext 106
Five Bridges Jr. High—876-2026, ext 740-1225

Sexually Transmitted Infections
STD Clinic—473-2272
AIDS Coalition of NS—425-4882

Sexuality
Halifax Sexual Health Centre—455-9656
IWK Mental Health—464-4110
Lesbian Gay & Bisexual Youth Project—429-5429
PrideHealth—220-0643
Youth Health Centres, Sir John A. MacDonald—826-3222, ext 7901023
Ridgecliff Middle School—876-4381, ext 106
Five Bridges Jr. High—876-2026, ext 740-1225

Dental Clinic
Dal Dental—494-2101

Physicians
Physicians Accepting New Patients—424-3047

Emergency
IWK—470-8050
QEII—473-2043

Courts
Halifax Provincial—424-8718
Family—424-3990
Probate—424-7422
Small Claims—424-8722
Supreme Court—424-4900

Supports
Coverdale Centre—422-8417
Elizabeth Fry Society—454-5041
John Howard Society—429-6429

NS Human Rights Commission—424-4111

Police
RCMP Tantallon Detachment—244-7208
RCMP Prospect Community Office—852-2235
Citizens on Patrol, 2101 Prospect Road, Hatchet Lake—852-2141

Legal Aid
Dalhousie—423-8105
Nova Scotia (Criminal law)—420-6583
Family & Poverty Law—420-3450

Legal Information
Dial-A-Law—420-1888
Legal Information Society of NS—454-2198
Reachability—429-5878

Rape & Sexual Assault
IWK Emergency—470-8050
QEII Emergency—473-2043
Avalon SANE Response Line—425-0122

Victim
Avalon Sexual Assault Centre—422-4240
L.O.V.E.—429-9616
Victim's Services—490-5300

Safe Housing
Bryony House (shelter)-423-7183

Abuse
Children's Aid Society—425-5420
Reporting Child Abuse—425-5420
Adult Protection (DCS)–424-5074

St. Luke's United Church — Freedom Renewal Centre—826-2523

Furniture Banks
Hand in Hand—477-1954
Parker St Furniture Bank—453-4886

Food Banks
FEED NOVA SCOTIA—457-1900

Clothes Banks
Dress for Success (Women only)-493-7377
Salvation Army—422-1598
Hand in Hand—477-1954
Brunswick Street United Church—423-4605

Emergency Shelters for Youth (16-24)
Phoenix Shelter—446-4663

Emergency Shelter For Women
Adsum House—429-4443
Barry House—422-8324

Emergency Shelter for Men
Metro Turning Point—420-3282
Salvation Army—422-2363

Housing
Tenancy Board—424-5200
Habitat for Humanity—464-0274
Metro Regional Housing Authority—420-6000

Heat
Good Neighbor Energy Fund—422-3435

Bankruptcy & Debt
Credit Counselling Services for Atlantic-1-888-753-2227
Debtor Assistance Program—424-5200

NS Student Loan Assistance—424-8420

Income Assistance
Canada Pension Plan—1-800-277-9914
DCS / Income Asst.—424-4150
Employment Insurance—1-800-206-7218

Immigrants
ISIS—423-3607
Salvation Army/Aris Project—477-5393
YMCA Centre for Immigrant Programs—457-9622

Youth Employment
Halifax Service Canada Ctr for Youth—426-5269
Phoenix Learning & Employment Ctr—431-9111
Youth Employment Project—482-6425
Youth Live—490-5589

Adult Employment
DCS Emp Supp Cntre-424-1980
Hfx Ser Canada-1 800 622-6232
Womens Employment Outreach—422-8023

Disabled
New Leaf Enterprises–455-9044
Teamworks—422-8900
The Work Bridge—422-8900
Reachability—429-5878

ADDICTION TO ALCOHOL, OTHER DRUGS, GAMBLING	SENIORS	GRIEF	HELP FOR FAMILIES	MENTAL HEALTH AND/OR SUICIDE SOMEONE TO LISTEN	BIRTH CONTROL, STI'S, HIV, SEXUALITY, PREGNANCY & INFANT CARE PHYSICAL HEALTH	LEGAL PROBLEMS	VIOLENCE & SEXUAL ASSUALT	HOMELESSNESS / HOUSING	FINANCIAL	EMPLOYMENT AND/OR CAREER

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YOU START HERE

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Legend
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Add. – Addictions
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Avalon SANE – Sexual Assault Nurse Examiner Program
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Revised January 2013

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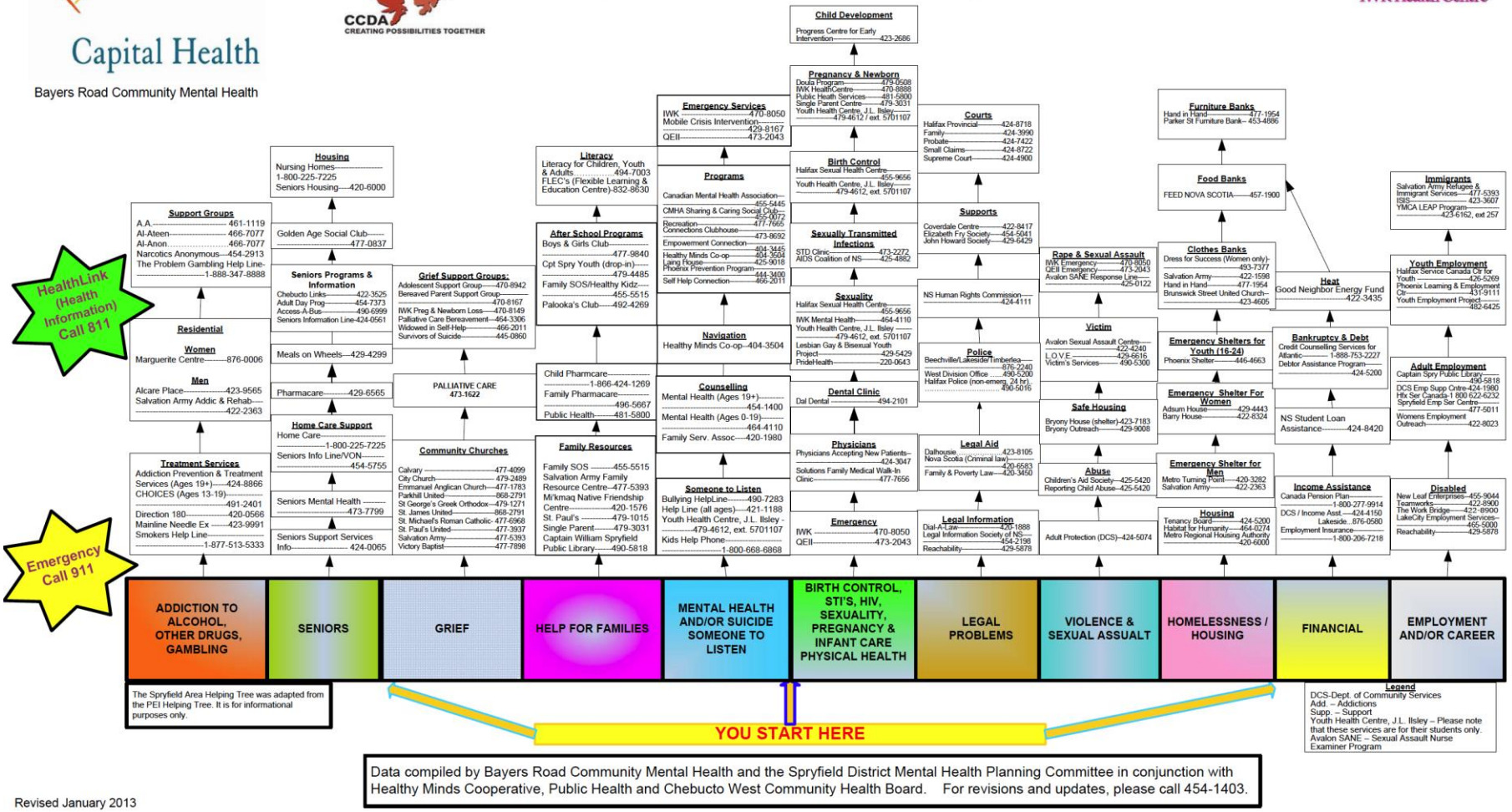
Capital Health

Bayers Road Community Mental Health

CCDA
CREATING POSSIBILITIES TOGETHER

Spryfield Area Helping Tree

IWK Health Centre



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

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Spryfield Youth Connecting Tree – June 2011

Recreation and Free Time

Sports

Atlantic Karate Club 477-4639 www.atlantickarateclub.ca

Bike/Skateboard Bowl – Captain William Spry Centre

Briarwood 440-2363 www.briarwoodgolfclub.net

Chebucto Hiking Club 462-1458 www.chc.chebucto.org all year round hiking

Chebucto Minor Hockey 477-6887 Sept.-March www.chebuctominorhockey.com

Chimo Taekwondo 477-0538 www.chimotaekwondo.com ages 3 up to adults

Dunbrack Soccer 455-0078 www.dunbracksoccer.ns.ca

Halifax City Wanderers Soccer Club 453-0741 ages 5 and up halifaxcitysoccerclub.ns.ca

Halifax Southwest Hurricanes Lacrosse 477-2540 www.hhla.goalline.ca ages 5 & up

Herring Cove Minor Basketball 479-1895 ages 12-19 Sept-June

Herring Cove Soccer http://www.servicedeliveryoffice.com/public/herringcovesharks/start/

Ketch Harbour Yoga 868-1892

Mainland South Basketball 852-5468 www.mse.goalline.ca ages 5-15

Spryfield Minor Softball www.angelfire.com/bug/spryult

Spryfield Lions Rink & Recreation Centre 477-5466 ringette, skating

Williamswood Minor Ball 475-1662 ages 5-12

Community Centres

Captain William Spry Community Centre/wave pool 477-POOL www.halifax.ca/rec/CentresCaptainSpry.html

Captain William Spry Library- 490-5809; 490-5818 www.halifaxpubliclibraries.ca Teen programs & services

Chocolate Lake Center 490-4607 www.halifax.ca/rec/CentresChocolateLake.html

Harrietsfield/Williamswood Community Centre 446-4847 www.halifax.ca/rec/reccentres.html facility for community use

Clubs & Interest Groups

529 Armdale Kiwanis Air Cadet Squadron ages 12-19 www.aircadetleague.ns.ca

Adventure Earth Centre 490-4539 www.earthed.ns.ca outdoor programs

Barrens & Backlands 868-1892 www.publicland.ca/herringcovebacklands.html environmental group

Boys and Girls Club 477-9840 www.bgcspryfield.org activities ages 5-12, 12-19

Girl Guides of Canada 423-3735 www.girlguides.ns.ca girls groups, Sparks (5-6) Brownies (7-8), Guides (9-11), Pathfinder (12-14), Rangers (15-17)

HEAT (Helping the Earth by Acting Together) 490-4520 www.earthed.ns.ca/heat environmental group ages 13-19

Katimavik 492-3111 www.katimavik.org youth programs 12-21

Mainland South Heritage Society history/heritage Armdale/Pennants rootsweb.ancestry.com/~nsmshs

Scouts Canada 423-9227 www.ns.scouts.ca boys and girls co-ed groups, Beavers (5-7), Cubs (8-11), Scouts (11-14), Venturers (14-17), Rovers (17-26)

Connecting with Others

Connecting Places

The Centre @ Halifax Shopping Centre 446-4838, drop-in for ages 12-18

Urban Farm - Come Grow with us 477-6087 agricultural activities, ages 12 and up www.urbanfarmspryfield.com

YWCA 423-6162 ywcahalifax.com leadership program girls 12-15; lunchtime program Rockingstone, Cunard & Elizabeth Sutherland

Youth On the Radar 479-4612 innovative art project for Spryfield youth 12-18

Churches

Calvary United Baptist 477-4099

City Church 479-2489 www.citychurchhalifax.ca

Emmanuel Anglican 477-1783 www.emmanuelanglican.net

Parkhill United 868-2791

Saint Augustine's Anglican 477-5424

Saint George's Greek Orthodox 479-1271

Saint James Anglican 477-2979

Saint James United 868-1445

Saint Joseph's Monastery 475-1986

Saint John The Baptist Catholic 477-3110

Saint Michael's Roman Catholic 477-3530

Saint Paul's Roman Catholic 477-3855

Saint Paul's United 477-3937

Saint Peter's Roman Catholic 477-3855

Saint Phillips Anglican 477-2979

Salvation Army Spryfield Community Church 477-5393 www.spryfieldarmy.com

Victory Baptist Church 477-7898

Schools/Education

Central Spryfield 479-4286 www.cses.ednet.ns.ca

Chebucto Heights Elementary 479-4298 www.echs.ednet.ns.ca

Cunard Junior High 479-4418 www.cunard.ednet.ns.ca

Elizabeth Sutherland 479-4427 www.elizabethsutherland.ednet.ns.ca

Frontier College tutoring children, youth, adults 494-7003

Harrietsfield Elementary 479-4230 harrietsfield.ednet.ns.ca

Herring Cove Junior High 479-4214 www.hcjh.ednet.ns.ca

J.L. Ilsley 479-4612 www.jlihs.ednet.ns.ca

John W. MacLeod Fleming Tower 479-4437 jwmft.ednet.ns.ca

Pathways to Education www.pathwaystoeducation.ca/com m-halifax.html 471-1262 tutoring, counselling program for any Gr.9 student in Spryfield

Rockingstone Heights 479-4452 www.rhes.ednet.ns.ca

Sambro Ketch Harbour 868-2717 sambro.ednet.ns.ca

William King Elementary 479-4200 wkes.ednet.ns.ca

YOUTH ADVOCATE WORKER
Tyla Johnson
476-2562
(with youth 9-14)

HRSB COMMUNITY OUTREACH WORKER
Stephen McCracken
237-2273
(youth/family support, school liaison)

Community Groups

Chebucto Connections 477-0964 creating possibilities together with partners and residents from Armdale to Pennant www.chebuctoconnections.ca

Greystone Community Centre 431-8087

Healthy Kidz 446-3020 familysos.ca/healthy-kidz-programs club & meeting place for kids, youth

HeartWood Centre for Community Youth Development 444-5885 www.heartwood.ns.ca programs, opportunities, info for youth

Ketch Harbour Area Residents Association 868-1310

Volunteering, Grants & Funding

Active Halifax 490-5447 www.halifax.ca/activehalifax funding for groups to promote physical activities

HRM Kids 479-4760 get $$ to send kids to recreation activities www.halifax.ca/rec/hrmkids.html

HRM Youth (see box on other side) www.halifax.ca/hrmyouth

Katimavik 492-3111 www.katimavik.org volunteering

KidSport **–** financial supports for children to be in sports programs www.sportnovascotia.ca/kidsport/

Mind Shift (at J.L. Isley) www.earthed.ns.ca/mindshift

United Way Youth Grants www.unitedwayhalifax.ca/what-we-do/youth-grants.html

Employment & Income

Department of Community Services (DCS) www.gov.ns.ca/coms/employment

DCS Income Assistance 424-4262 financial helps

DCS Employment Assistance 424-4150 various job, income & training programs

Halifax Regional Police Service Youth Program 490-5397 www.policeyouth.com career help in policing profession

MetroWorks 477-5011 www.mymetroworks.ca

Phoenix Learning & Employment 431-9111 www.phoenixyouth.ca

Service Canada 426-5269 job listings www.servicecanada.gc.ca

Student Loans www.canlearn.ca, studentloans.ednet.ns.ca

YMCA Youth Outreach for Newcomers www.ymcahrm.ns.ca 422-9622

YWCA 423.6162 ywcahalifax.com LAUNCH lifeskills/employment program for young women 15-30

YMOVE 461-2513 x234 - Helping youth ages 15-30 overcome barriers to gaining employment www.yecdartmouth.ca/ymove.html

Youth Employability Project 482-6425 www.ceed.ca (see Youth Programs link) small business initiatives for youth 15-21

Youth LIVE Job Experience Program 490-5589 www.halifax.ca/police/YouthLIVE for youth 16-30 with employment barriers

How to read this

- **BOLD** in Spryfield
- *ITALICS* – in HRM but not in Spryfield
- underlined website

Spryfield Youth Connecting Tree – June 2011

Housing

General

The ARK 492-2577 www.arkoutreach.com drop-in centre for street involved youth

Metro Housing 420-6000 public housing and subsidized rent

Youth Shelters

Phoenix House www.phoenixyouth.ca *Shelter* 446-4663 ages 16-24, short term; *Long term housing* 422-5583; *Apartment Program* 431-9678

Homebridge Youth Society 466-2666 ages 12-18, short term, numerous supports www.homebridgeyouth.ca

Women Shelters

Adsum House 429-4443 www.adsumforwomen.org emergency and long term shelter

Bryony House 423-7183 www.bryonyhouse.ca short term up to 6 weeks

SHYM – Supportive Housing for Young Mothers - 465-2213 www.shym.ca full apartment units for moms 16-24 with kids

YWCA 423.6162 ywcahalifax.com various - *December 6th Fund* (for women escaping domestic violence); *WISH* (for women at risk homelessness); *HERizons* (for single mothers and their children)

How to read this

- **BOLD** in Spryfield
- *ITALICS* – in HRM but not in Spryfield
- underlined website

Family Support

811 - health info, 24-7

Adult Protection (Department of Community Services) 1-800-225-7225 for abused adults 16+ www.gov.ns.ca/health/ccs/adult_protection.asp

Al-Anon Family Groups 466-7077 www.freewebs.com/alanonmaritimes support for adult relatives of drinkers

Chebucto Family Centre 479-3031 pre-natal classes, support for new borns and more www.homeoftheguardianangel.ca

Child Protection (Department of Community Services) 425-5420 for children 0-15 in danger

Children's Aid Society of Halifax 425-5420 supports for children

Children's Reading Support 490-5714 (Captain Spry Library)

CMHA www.cmhahaldart.ca comprehensive links of mental health resources in HRM

Cowie Hill Child Care Centre 473-1234 medical and mental health services

Edward Jost Children's Centre 477-9324 daycare age 18months to 5 years, subsidy available

Emmanuel Anglican 477-1954 foodbank

Family Service Association 1-888-886-5552 www.fshalifax.com counselling service

Family SOS - 455-5515 support for kids & families familysos.ca

Feed Nova Scotia Help Line 421-1188 www.feednovascotia.ca various supports, counselling, referrals

Immigration Services (ISIS) 423-3607 www.isisns.ca supports for newcomers

IWK – Health Centre 464-4110 www.iwk.nshealth.ca mental health support

IWK Family Help and Strongest Help – 1-866-470-7111

IWK Extra Support for Parents 470-7111 in-home help, open to all parents of infants, 0-6 months

Mi'kmaq Friendship Centre 420-1576 www.mikmaq.ca supports for First Nation families

Mi'kmaq Child Development Centre 422-7850 pre-natal & family programs, child care

PFLAG (Parents,Families and Friends of Lesbians and Gays) 431-8500 (1-888-530-6777) supports for families

Transfamily 431-8500 supports for family of transgendered children, youth and adults

Progress Centre for Early Intervention 423-2686 ext.223 www.progresscentre.com assess children 0-6 for learning difficulties

Public Health Services 481-5800 www.publichealth.ns.ca programs for pregnancy, birth, breastfeeding, healthy beginnings

Salvation Army Family Centre/ Cornerstone Family Centre 477-5393 spryfieldarmy.com/ helping children, families thrive; refugee & immigrant service

Sexuality and You www.sexualityandu.ca

St. Paul's Family Resource Centre 479-1015 family & children's supports, food bank

YMCA Centre for Immigrant Programs 457-9622 www.ymcahrm.ns.ca for newcomer/refugee youth 13-18

YWCA 423.6162 ywcahalifax.com *Standing Our Ground* (for mothers being abused by teenage children)

Mental Health & Counselling

Support Groups

Adolescent grief support 470-8942

Al-Ateen 466-7077 supports for teens dealing with someone else's drinking

Smokers Help Line 1-877-513-5333

Teen Mental Health *teenmentalhealth.org* resources, videos for youth and families

Treatment & Info

IWK CHOICES - Mental Health & Addictions: Prevention and Treatment 491-2401 substance abuse programs for ages 13-19

IWK Mental Health 464-4110 for 0-18 years old

Laing House (17+) 425-9018 www.lainghouse.org peer support organization for youth with mental illness

Emergency Services

IWK Emergency 470-8888 medical aid for up to 0-15 yrs old

Metro Help line 421-1188

Mental Health Mobile Crisis 429-8167

QEII Emergency 473-2300 medical aid for 16 yrs and older

Kids Help Phone 1-800-668-6868 www.kidshelpphone.ca supports, info and helps

General Health & Sexual Health

AIDS & Sexual Health Info line 455-9656

Chebucto Community Health Team 487-0690 health/wellness programs, supports/navigation www.communityhealthteams.ca

Eating Disorders Action Group 443-9944, www.e-d-a-g.com

Gay, Lesbian, Bisexual Youth Group 423-7735 or 429-5429

Halifax Sexual Health Centre 455-9656 sexual health services, pregnancy tests, options

JL Ilsley Youth Health Centre (JL students only) 479-4612 + 570-1107

Phoenix Centre for Youth Health 420-0676

STD Clinic 473-2272

Support Group Directory dailystrength.org/support-groups/Teens

Violence & Sexual Assault

Avalon Sexual Assault Centre Crisis Line 425-0122 call in case of threats, abuse or violence
Services for Sexual Assault Victims 422-4240
Domestic Violence LGBTQ Support 422-4240 – Supports for lesbian, gay, bi, transsexual and queer

Bryony Outreach 422-7650 for women, call in case of abuse, violence

IWK Emergency 470-8888 medical aid for up to 0-15 yrs old

L.O.V.E. (13-18) 429-6616 Leave Out Violence support group

QEII Emergency 473-2300 medical aid for 16 yrs and older

Victim's Services 490-5300 supports for victims of crime, abuse

Help Lines

Teen Helpline	1-800-852-8336
Kids Help Phone	1-800-668-6868
Bullying Help line	490-7283

Emergency Numbers 911

Police - Beechville/Timberlea/Lakeside	876-2240
Police - Herring Cove	477-7242

www.hrmyouth.ca

- **events & programs** – post your event!
- **arts & culture** - ZINES , MUSIC, Art Map
- **volunteer opportunities** and **GRANTS ($$)**
- **jobs** – opportunities, career preparation
- **teen health** - Health Centres in your school, websites, Health Services, Shelters, Drop-in Centres & Soup Kitchens
- **recreation** - Skate Park Info, Dirt Bike Parks, Swimming, Weight Rooms/Fitness Centres
- **interactive** – contests, polls

Spryfield Youth Connecting Tree was created by Chebucto Connections (477-0964) & HRM Volunteer Services (490-4535). Please contact us for updates, changes or more info.

Mental Health
Mobile Crisis Team
1-888-429-8167
Addiction Prevention
and Treatment Services
1-866-340-6700 or
(902) 885-2611
Musquodoboit Valley
Family Practice
(902) 384-2834
Family Services
Association
1-888-886-5552
911 or nearest
Emergency room
Cole Harbour /
Eastern HRM Mental
Health Services
(902) 434-3263
Social Worker
(902) 384-2220
Primary Health Care Provider
(Family Doctor, Nurse Practitioner, etc)
211
811
IWK Reproductive
Mental Health Services
(902) 470-8888 or
1-888-470-5888
Musquodoboit Valley
Memorial Hospital &
Collaborative Emergency Center
(902) 384-2220
Public Health
Nurse
(902) 384-2370
Health Beginnings
Facebook page
Family Resource
Centre
(902) 384-2794
Healthy Beginnings
Middle Musquodoboit
Mental Health Helping Tree

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 shor t-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.

All services listed below are for adults ≥19 years

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.

Adult Services- Acute Care	Abbie J. Lane, 6th & 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	Provides short-term care and treatment for individuals experiencing sudden and severe symptoms of mental illness.
Mental Health Day Treatment Program	T: 473-2500/2503	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.

Community Mental Health Services (Outpatient)	**Bayers Road Community Mental Health** Suite 109, Bayers Road Centre 7071 Bayers Road, Halifax T: 902-454-1400 **Bedford/Sackville Community Mental Health** Cobequid Community Health Centre 40 Freer Lane, Lower Sackville T: 902-865-3663 **Cole Harbour/Eastern HRM Community Mental Health** Cole Harbour Place 51 Forest Hills Parkway, Dartmouth Tel: 434-3263 **Dartmouth Community Mental Health** 33 Alderney Drive, Dartmouth Tel: 466-1830 ***West Hants Community Hospital** 89 Payzant Drive, Windsor Tel: 792-2042 *serves children, youth and adults	Assessment, consultation, group therapy (anxiety/panic management, coping with depression, self-esteem/assertiveness, stress management, relationships, health living); individual therapy, psychosocial rehab, family education, prevention and promotion, community education, referral to other services. Referral by family practitioner, agency, family or individual.
Eating Disorders Clinic	Abbie J Lane Building 5909 Veterans' Memorial Lane, Rm 3005, Halifax, NS T: 902-473-6288 F: 902-473-6282	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.

Early Psychosis Program of Nova Scotia	Abbie J Lane Building 5909 Veteran's Memorial Lane, 3rd Floor, Halifax, NS T: 902-473-2976 F: 902-473-3456 E: EarlyPsychosisProgram@cdha.nshealth.ca W: http://earlypsychosis.medicine.dal.ca	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.
Community Outreach Assessment and Support Team (COAST)	Nova Scotia Hospital, 300 Pleasant St., Dartmouth, NS T: 902-464-3032/3048	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.
Dual Diagnosis Program (Mental Illness/ Developmental Disability)	Nova Scotia Hospital, Emerald Hall, 300 Pleasant St., Dartmouth, NS T: 902-464-3035	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
Mental Health Case Management Services	T: 902-434-5027/6767	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.

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 behavourial 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

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	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

CMHA Regional Branch	Halifax-Dartmouth Branch Bloomfield Centre, Rm 216 2786 Agricola St., Halifax, NS E: cmhahal@ns.aliantzinc.ca W: http://haldart.cmha.ca T: 902-455-5445 F: 902-455-7858	Peer support (Building Bridges Program) Among Friends Social Club (social activities, advocacy, equipment loan, information, and referral) Sharing and Caring Club (social and recreational activities) Our Voices Matter Project (living legacy archive project for adults >50y) Mosaic for Mental Health (Fundraising Event)

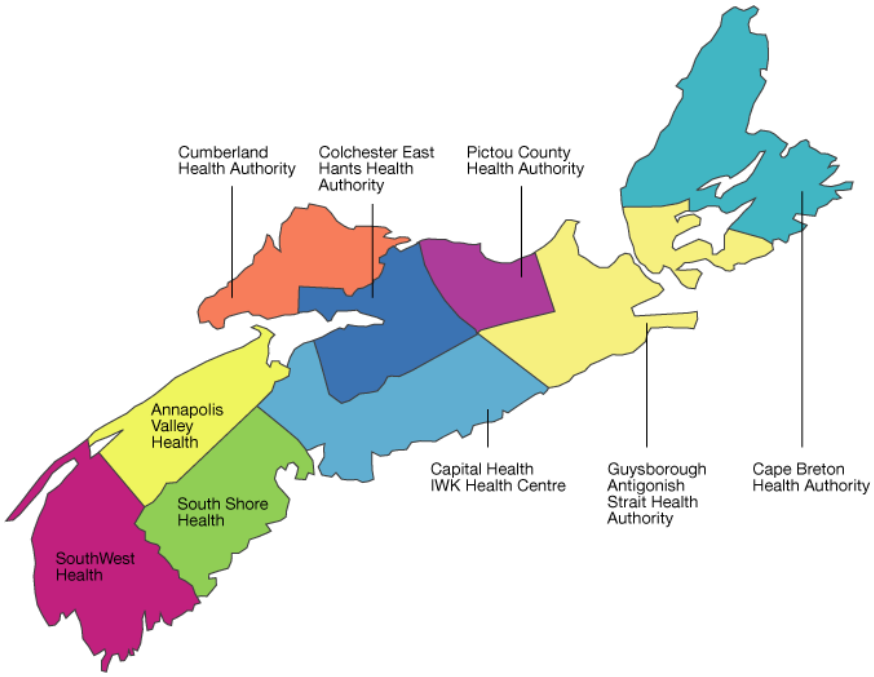
Schizophrenia Society of Nova Scotia (SSNS)	T: 902-462-8658 E: hrmchapterssns@accesswave.ca W http://openpockets.com/SSNS/index_files/HRMChapter.htm Meeting Location Halifax Infirmary, Rm 1234A, 1796 Summer St., Halifax, NS	Share and Care Support Group meets on the 2nd Monday of every month at 7pm (no meetings in July, August)
Healthy Minds Cooperative	Queen Square, 45 Alderney Dr. Suite 200, Dartmouth, NS W: http://www.healthyminds.ca T: 902-404-3504 F: 902-404-3584	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
250 Homes	http://www.healthyminds.ca	Initiative for safe, affordable housing and case management for individuals living with mental illness
Laing House	1225 Barrington St., Halifax, NS E: visit webpage "contact us" W: www.lainghouse.org T: 902-425-9018 F: 902-422-6943	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.
Self-Help Connection	CMHA Building 63 King Street, 2nd floor, Dartmouth, NS E: selfhelp@eastlink.ca W: www.selfhelpconnection.ca T: 902-466-2601	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

Lake City Employment Services	386 Windmill Rd., Dartmouth, NS E: lesa@lakecityemployment.com W www.lakecityemployment.com T 902-465-5000 F: 902-465-5009	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.
TEAM Work cooperative/ WorkBridge	7071 Bayers Rd., Suite M278, Halifax, NS W www.teamworkcooperative.ns.ca T 902-422-8900 F 902-422-3992	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.
Aboriginal Mental Health Awareness Project	Mi'kmaw Native Friendship Centre 2158 Gottingen Street, Halifax, NS B3K 3B4 T: 902-420-1576 ext. 260 E: Jessica.chisolm1@gmail.com	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.
SOS Survivors of Suicide Support Group	Contact: George Tomie Meets on second Wednesday of each month T: 902-445-0860 (after 6 pm) W: www.sos-novascotia.com	Monthly meeting for individuals and families who have suffered the loss of a loved one to suicide.
Eastern Shore Mental Health	www.easternshorementalhealth.ca	Support group for people living with mental health and their supporters.
Adult Children of Alcoholics	T: 902-466-2011 Meetings held Thursdays, 7:30 pm at Calvin Presbyterian Church, Ashburn Avenue	Provide support and information to adult children of alcoholics and dysfunctional families.

Dartmouth Adult & Youth AD/HD Empowerment Group - Dartmouth	Contact: Keith Gelhorn Meetings held third Wednesday of each month from 6:30to 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 Meets 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. W: 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	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)

Mental Health Crisis Line	**T: 1-888-429-8167**	**24/7 (all of Nova Scotia)**
IWK Crisis Line	**T: 902-429-8167**	**24/7 telephone intervention throughout CDHA** **Mobile response from 1pm-1am in areas served by HRM police, including Halifax, Dartmouth, and Bedford.**
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?

District Mental Health Services
More information on select metal 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 → *Click " Mental Health and Addictions " tab*

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. Partners include CDHA, IWK Health Centre, HRM police, NS Department of Health

All services described below are for children and youth <19 years.

Crisis Team	IWK Emergency Department Entrance: South St., near Robie St., opposite Gorsebrook Jr. High School.	Emergency mental health assessments and crisis intervention services for children, youth and their families. Available 24/7.
Acute Inpatient Service (4 South)	Mental Health Services Central Referral Line T: 902-464-4110	Provides stabilization, assessment and treatment planning for children and youth with serious mental health issues.

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

	T: 902-464-4110	functioning. 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.
Child and Family Day Treatment Program	Mental Health Services Central Referral Line T: 902-464-4110	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.
Intensive Community Based Treatment Team	Mental Health Services Central Referral Line T: 902-464-4110	Home, community and school-based support for children and teenagers <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.
Community Mental Health Clinics (Outpatient)	Mental Health Services Central Referral Line T: 902-464-4110 Locations Halifax, Dartmouth, Sackville	Assessment and treatment for youth and their families.
Maritime Psychiatry	Mental Health Services Central Referral Line T: 902-464-4110	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.

		Provide assessment, treatment and consultation for children and youth; and education sessions for the public on various diagnoses.
IWK Adolescent Forensic Team	Nova Scotia Youth Facility 1442 County Home Road PO Box 100 Waterville, NS B0P 1V0 T 902-538-8071 F 902-538-7405	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.
Youth Court Assessment Service	See Forensic Team contact information	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.
Halifax Youth Attendance Centre (HYAC)	T: 491-2441	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.
Initiative for Sexually Aggressive Youth (ISAY)	T: 902-491-2459.	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 & DHAs. The IWK-ISAY team: comprehensive psychological risk assessments and consultation services province-wide; treatment services to youth in HRM.
IWK Mental Health Child Welfare Initiative	T: 902-864-8668	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).

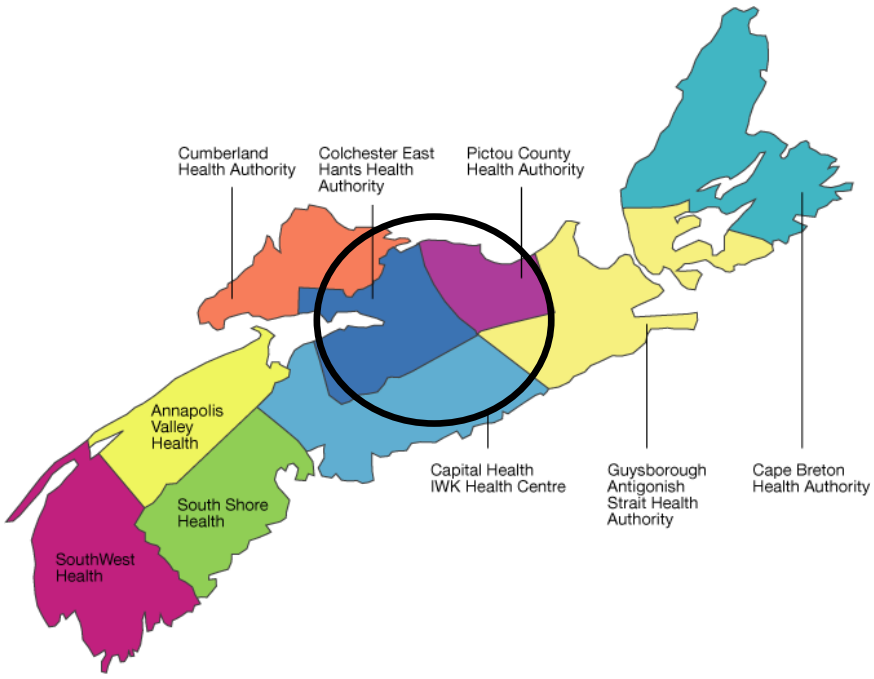
Mental Health Advocate	Andy Cox E andy.cox@iwk.nshealth.ca T 902-470-7302 C 902-483-9591	Available to any youth/families in any of the IWK Mental Health and Addictions programs for assistance with - Rights issues (e.g. involuntary status issues) - Individual Advocacy (one on one) - Systemic Advocacy (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

Canadian Mental Health Authority (CMHA) Regional Branch	Halifax-Dartmouth Branch Bloomfield Centre, Rm 216 2786 Agricola St., Halifax, NS E: cmhahal@ns.aliantzinc.ca W: http://haldart.cmha.ca T: 902-455-5445	Peer support (Building Bridges Program) Among Friends Social Club (social activities, advocacy, equipment loan, information, and referral) Sharing and Caring Club (social and recreational activities) Our Voices Matter Project (living legacy archive project for adults >50y) Mosaic for Mental Health (Fundraising Event)
Schizophrenia Society of Nova Scotia (SSNS)	T: 902-462-8658 E: hrmchapterssns@accesswave.ca W: http://openpockets.com/SSNS/index_files/HRMChapter.htm	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.
Healthy Minds Cooperative	7071 Bayers Rd., Suite 112, Halifax, NS W: http://www.healthyminds.ca T: 902-404-3504	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

Pheonix Centre for Youth Health Program	Pheonix Centre for Youth 6035 Coburg Rd. W: http://phoenixyouth.ca E: phoenix@phoenixyouth.ca T: 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	1225 Barrington St., Halifax, NS E: visit "Contact Us" on website W: www.lainghouse.org T: 902-425-9018	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.
The Youth Project	2281 Brunswick Street, Halifax, NS B3K 2Y9 W: www.youthproject.ns.ca E: youthproject@youthproject.ns.ca T: 902-429-5429	Serving 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. W: 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	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

Colchester East Hants

Mental Health Crisis Line	**T: 1-888-429-8167**	**24/7 (all of Nova Scotia)**
Colchester East Hants	**T: 902-896-2606 or 1-800-460-2100 ext. 2606**	**M-F, 9:30am-4:30pm**
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?

District Mental Health Services
More information on select metal 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?)

COLCHESTER EAST HANTS HEALTH AUTHORITY

DISTRICT MENTAL HEALTH SERVICES

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

Crisis Response Service	T: 902-896-2606 or 1-800-460-2100 ext. 2606	Available M-F, 9:30am to 4:30pm, on evenings, weekends, and holidays, go to closest hospital ED.
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, NS207 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, promtion and support of healthy relationships, crisis support, and relapse prevention. Referral does not appear to be required.
Seniors Mental Health		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

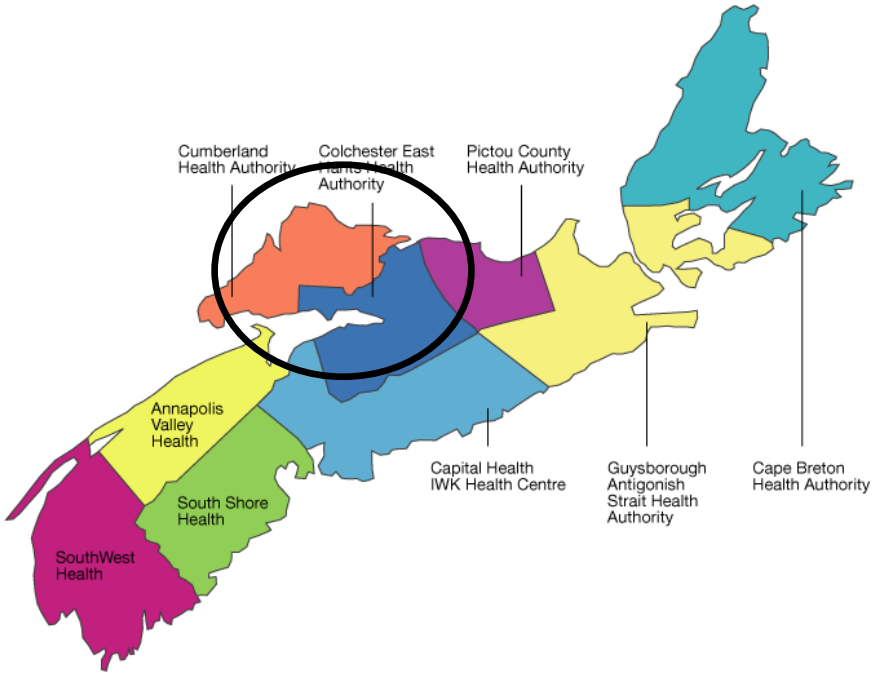
	Millbrook Health Centre 812 Willow St., Truro, NS	first time; and for all individuals with dementia. Service includes home visits (inc. long-term care facilities) throughout district. Referral by self, family practitioner, other health care professionals, or family members.
Forensic Sexual Behaviour Program	**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	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
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).

Autism Services	Contact Child, Adolescent & Family Service T: 902-480-2110 x 5536	For children <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).
Family First	Contact Child, Adolescent & Family Service T: 902-480-2110 x 5536	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.
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	Colchester East Hants 25 Revere St., Truro, NS E: visit website for "Contact Us" details W: www.cmhaceh.ca T: 902-895-4211 F: 902-895-4027	<u>Support</u> Community Living Program (support for living in the community) Friendship Club (drop in social and recreational program) Employment support (Routes to Work Program, STEP Program, TREES Project, SOUP cafe) Youth Outreach Program for youth 16 to 19 years old (Navigator, advocate, and school liaison) Community Outreach Program (transition from hospital to community, navigator and advocate) Peer Support Specialists Program Community Support Groups (drop-in) - Depression and bipolar self-help groups (Wed at 7pm) - Auricular Acupuncture (Wed at 8pm) - Addiction Support (Wed at 7 pm) - Emotions anonymous (Thurs at 8) - Survivors of suicide (second Monday of every month at 630 pm) <u>Education</u> Mental Health First Aid Course safeTALK (suicide alert helper training) Changing Minds Course (mental illness education for front line responders)
Schizophrenia Society of Nova Scotia (SSNS)	T: 1-800-465-2601 W: www.openpockets.com/SSNS	Website has a map of support groups and chapters, as well as link to a PDF with meeting location and time details.

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. W: 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	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 **Cumberland**

Mental Health Crisis Line	**T: 1-888-429-8167**	**24/7 (all of Nova Scotia)**
Cumberland Regional Health Mental Health	**T: (902) 667-3361**	**Available M-F, 8am-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 metal health resources available in your community

Community Support Services

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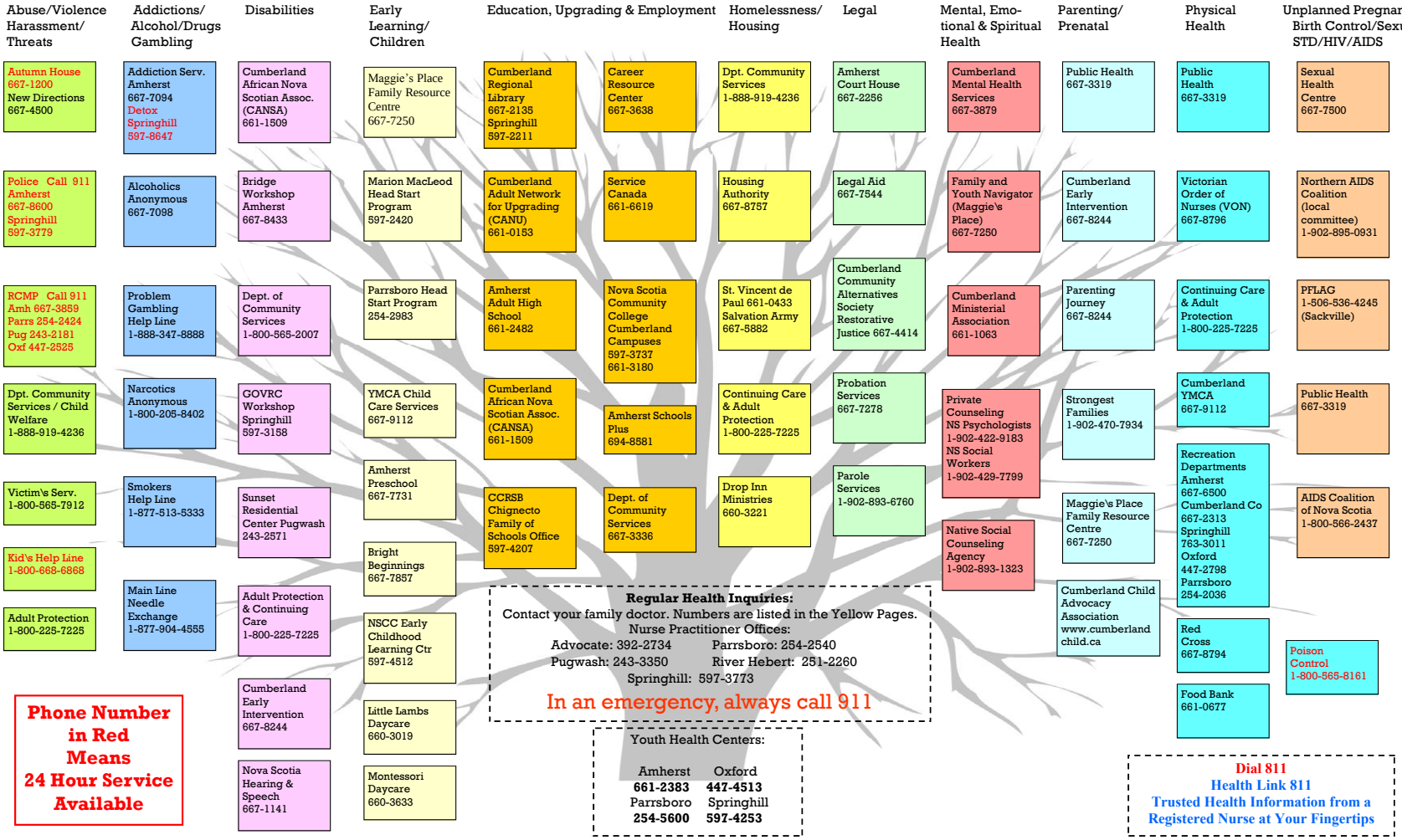
Revised: January 2012

The Cumberland County Helping Tree



CUMBERLAND HEALTH AUTHORITY

DISTRICT MENTAL HEALTH SERVICES

www.cha.nshealth.ca/mentalhealth

Early Response Service	Cumberland Regional Health Centre Emergency Department 19428 Highway #2, R.R.#6 Amherst, NS T: (902) 667-3361 F: (902) 667-6306	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.
Adult Inpatient Services	Colchester Regional Hospital 207 Willow Street Truro, Nova Scotia T: (902) 897-4357 F: (902) 895-5829	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
Adult Outpatient Services	**Cumberland Mental Health Service** 33 Havelock St., Amherst, N. S. T: (902) 667-3879 F: (902) 667-5959 <u>Satellite Services</u> **South Cumberland Community Care Centre** 50 Jenks Ave., Parrsboro, NS T: (902) 254-2540	For adults ≥18y Groups: women's, men's, AD, sexual assault, MD, socialization, relaxation training Individual and family therapy Community supports Community Outreach Consultation Referral from family/nurse practitioner (Parrsboro, Advocate, Springhill)
Child & Youth Outpatient Services		Group Programs: Topics include anger management, parenting and social skills development. Groups offered when sufficient numbers of clients referred.

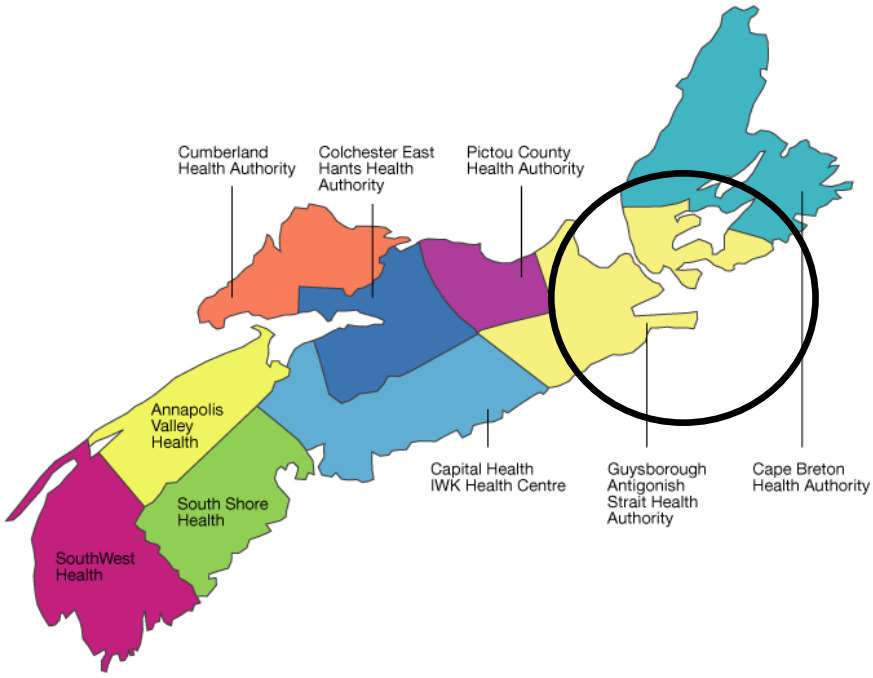
	F: (902) 254-2504 **North Cumberland Memorial Hospital** 260 Church St., Pugwash, NS T: (902) 243-2521 F: (902) 243-2941	Offered one or more times per year. Individual Therapy Family Therapy Parent Therapy Community Outreach Consultation
ADHD Program	**All Saints Hospital** 10 Princess St., Springhill, NS T: (902) 597-3773 F: (902) 597-3440	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)		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)**	Trish Pottie, Program Manager IWK Health Centre 8th floor, Pediatric Pain Research Lab 5850 University Avenue, Halifax, N.S. T: 1-866-470-7111 F: 1-866-470-7222 E: Family.help.info@dal.ca W: www.bringinghealthhome.com	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	E: bestproj@dal.ca W: http://acsweb.ucis.dal.ca/psych/	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	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	**Colchester East Hants Branch** 25 Revere Street, Truro, NS T: 902-895-4211 F: 902-895-4027 E: CMHA@eastlink.ca	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)

Schizophrenia Society of Nova Scotia (SSNS)	**Cumberland Chapter** Dr. Carson & Marion Murray Community Ctr 8 Main St., Springhill, NS T: 1-800-465-2601 W: www. cumberland.ssns.ca	Monthly meeting for mental health services users and family and friends for support, information, and education on 3rd Tuesday of each month (excluding July & August) at 7pm. **Partnership Program** (public awareness program presented by individuals with lived experiences and mental health professionals) Family Education Series
Nova Scotia Certified Peer Support Specialist Program	Contact healthyminds@eastlink.ca. W: 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	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.



Guysborough Antigonish Strait Health Authority

Cleveland, Arichat, Antigonish, Guysborough, Canso, Sherbrooke

Principle Resources

Guysborough Antigonish Strait

Mental Health Crisis Line	**T: 1-888-429-8167**	**24/7 (all of Nova Scotia)**
Guysborough Antigonish Strait Mental Health Services	**T: 902-867-4500 x4345 (adult)** **T: 902-867-4500 x4760 (child)**	**M-F, 8:30am-4:30pm**
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?

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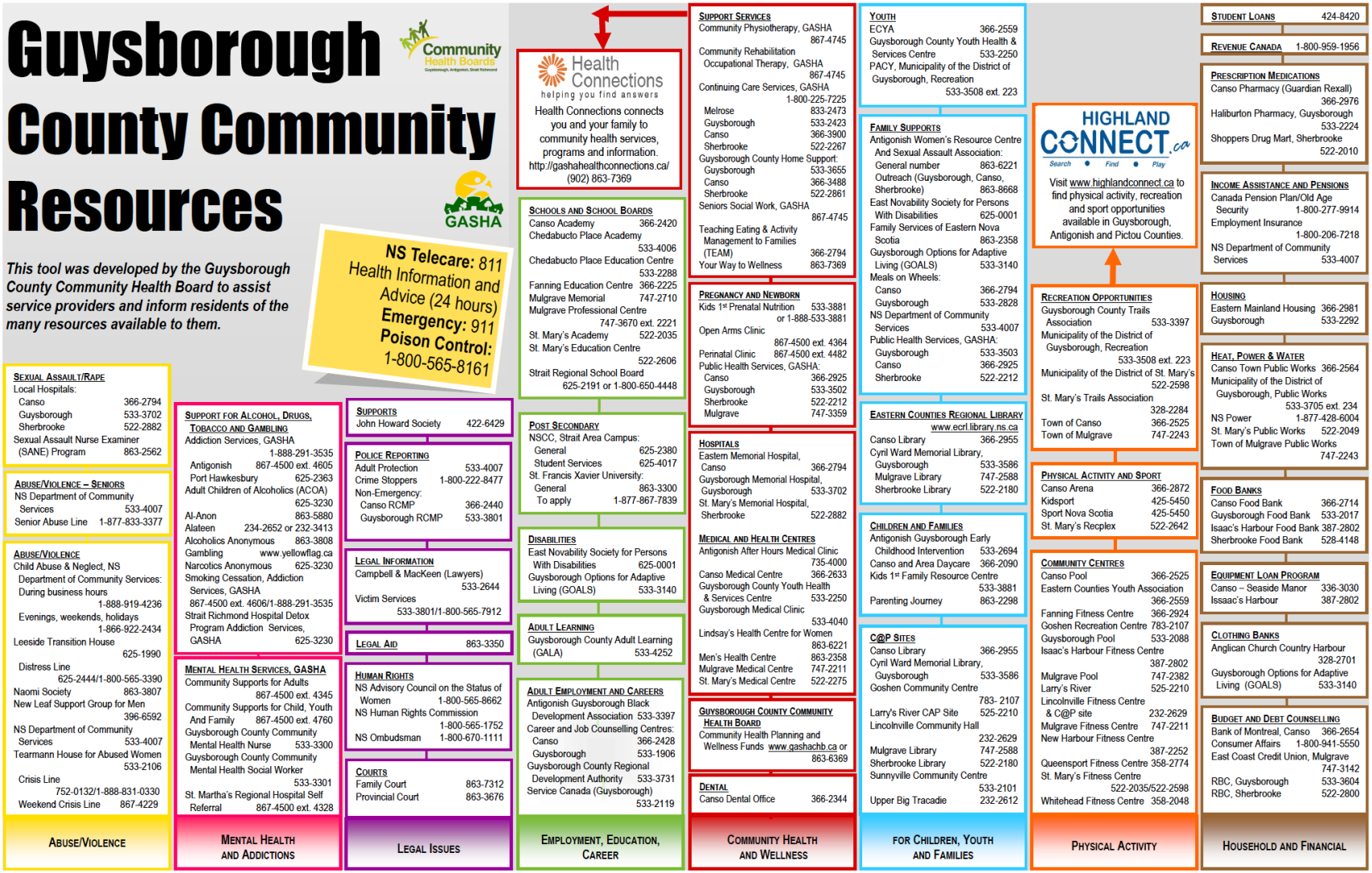

Guysborough County Community Resources
Community Health Boards
GASHA
This tool was developed by the Guysborough County Community Health Board to assist service providers and inform residents of the many resources available to them.
NS Telecare: 811
Health Information and Advice (24 hours)
Emergency: 911
Poison Control: 1-800-565-8161
Health Connections
helping you find answers
Health Connections connects you and your family to community health services, programs and information.
http://gashahealthconnections.ca/
(902) 863-7369
HIGHLAND CONNECT.ca
Search • Find • Play
Visit www.highlandconnect.ca to find physical activity, recreation and sport opportunities available in Guysborough, Antigonish and Pictou Counties.
Sexual Assault/Rape
Local Hospitals:
Canso 366-2794
Guysborough 533-3702
Sherbrooke 522-2882
Sexual Assault Nurse Examiner (SANE) Program 863-2562
Abuse/Violence – Seniors
NS Department of Community Services 533-4007
Senior Abuse Line 1-877-833-3377
Abuse/Violence
Child Abuse & Neglect, NS Department of Community Services:
During business hours 1-888-919-4236
Evenings, weekends, holidays 1-866-922-2434
Leeside Transition House 625-1990
Distress Line 625-2444/1-800-565-3390
Naomi Society 863-3807
New Leaf Support Group for Men 396-6592
NS Department of Community Services 533-4007
Tearmann House for Abused Women 533-2106
Crisis Line 752-0132/1-888-831-0330
Weekend Crisis Line 867-4229
Abuse/Violence
Support for Alcohol, Drugs, Tobacco and Gambling
Addiction Services, GASHA 1-888-291-3535
Antigonish 867-4500 ext. 4605
Port Hawkesbury 625-2363
Adult Children of Alcoholics (ACOA) 625-3230
Al-Anon 863-5880
Alateen 234-2652 or 232-3413
Alcoholics Anonymous 863-3808
Gambling www.yellowflag.ca
Narcotics Anonymous 625-3230
Smoking Cessation, Addiction Services, GASHA 867-4500 ext. 4606/1-888-291-3535
Strait Richmond Hospital Detox Program Addiction Services, GASHA 625-3230
Mental Health Services, GASHA
Community Supports for Adults 867-4500 ext. 4345
Community Supports for Child, Youth And Family 867-4500 ext. 4760
Guysborough County Community Mental Health Nurse 533-3300
Guysborough County Community Mental Health Social Worker 533-3301
St. Martha's Regional Hospital Self Referral 867-4500 ext. 4328
Mental Health and Addictions
Supports
John Howard Society 422-6429
Police Reporting
Adult Protection 533-4007
Crime Stoppers 1-800-222-8477
Non-Emergency:
Canso RCMP 366-2440
Guysborough RCMP 533-3801
Legal Information
Campbell & MacKeen (Lawyers) 533-2644
Victim Services 533-3801/1-800-565-7912
Legal Aid 863-3350
Human Rights
NS Advisory Council on the Status of Women 1-800-565-8662
NS Human Rights Commission 1-800-565-1752
NS Ombudsman 1-800-670-1111
Courts
Family Court 863-7312
Provincial Court 863-3676
Legal Issues
Schools and School Boards
Canso Academy 366-2420
Chedabucto Place Academy 533-4006
Chedabucto Place Education Centre 533-2288
Fanning Education Centre 366-2225
Mulgrave Memorial 747-2710
Mulgrave Professional Centre 747-3670 ext. 2221
St. Mary's Academy 522-2035
St. Mary's Education Centre 522-2606
Strait Regional School Board 625-2191 or 1-800-650-4448
Post Secondary
NSCC, Strait Area Campus:
General 625-2380
Student Services 625-4017
St. Francis Xavier University:
General 863-3300
To apply 1-877-867-7839
Disabilities
East Novability Society for Persons With Disabilities 625-0001
Guysborough Options for Adaptive Living (GOALS) 533-3140
Adult Learning
Guysborough County Adult Learning (GALA) 533-4252
Adult Employment and Careers
Antigonish Guysborough Black Development Association 533-3397
Career and Job Counselling Centres:
Canso 366-2428
Guysborough 533-1906
Guysborough County Regional Development Authority 533-3731
Service Canada (Guysborough) 533-2119
Employment, Education, Career
Support Services
Community Physiotherapy, GASHA 867-4745
Community Rehabilitation Occupational Therapy, GASHA 867-4745
Continuing Care Services, GASHA 1-800-225-7225
Melrose 833-2473
Guysborough 533-2423
Canso 366-3900
Sherbrooke 522-2267
Guysborough County Home Support:
Guysborough 533-3655
Canso 366-3488
Sherbrooke 522-2861
Seniors Social Work, GASHA 867-4745
Teaching Eating & Activity Management to Families (TEAM) 366-2794
Your Way to Wellness 863-7369
Pregnancy and Newborn
Kids 1st Prenatal Nutrition 533-3881 or 1-888-533-3881
Open Arms Clinic 867-4500 ext. 4364
Perinatal Clinic 867-4500 ext. 4482
Public Health Services, GASHA:
Canso 366-2925
Guysborough 533-3502
Sherbrooke 522-2212
Mulgrave 747-3359
Hospitals
Eastern Memorial Hospital, Canso 366-2794
Guysborough Memorial Hospital, Guysborough 533-3702
St. Mary's Memorial Hospital, Sherbrooke 522-2882
Medical and Health Centres
Antigonish After Hours Medical Clinic 735-4000
Canso Medical Centre 366-2633
Guysborough County Youth Health & Services Centre 533-2250
Guysborough Medical Clinic 533-4040
Lindsay's Health Centre for Women 863-6221
Men's Health Centre 863-2358
Mulgrave Medical Centre 747-2211
St. Mary's Medical Centre 522-2275
Guysborough County Community Health Board
Community Health Planning and Wellness Funds www.gashachb.ca or 863-6369
Dental
Canso Dental Office 366-2344
Community Health and Wellness
Youth
ECYA 366-2559
Guysborough County Youth Health & Services Centre 533-2250
PACY, Municipality of the District of Guysborough, Recreation 533-3508 ext. 223
Family Supports
Antigonish Women's Resource Centre And Sexual Assault Association:
General number 863-6221
Outreach (Guysborough, Canso, Sherbrooke) 863-8668
East Novability Society for Persons With Disabilities 625-0001
Family Services of Eastern Nova Scotia 863-2358
Guysborough Options for Adaptive Living (GOALS) 533-3140
Meals on Wheels:
Canso 366-2794
Guysborough 533-2828
NS Department of Community Services 533-4007
Public Health Services, GASHA:
Guysborough 533-3503
Canso 366-2925
Sherbrooke 522-2212
Eastern Counties Regional Library www.ecrl.library.ns.ca
Canso Library 366-2955
Cyril Ward Memorial Library, Guysborough 533-3586
Mulgrave Library 747-2588
Sherbrooke Library 522-2180
Children and Families
Antigonish Guysborough Early Childhood Intervention 533-2694
Canso and Area Daycare 366-2090
Kids 1st Family Resource Centre 533-3881
Parenting Journey 863-2298
C@P Sites
Canso Library 366-2955
Cyril Ward Memorial Library, Guysborough 533-3586
Goshen Community Centre 783- 2107
Larry's River CAP Site 525-2210
Lincolnville Community Hall 232-2629
Mulgrave Library 747-2588
Sherbrooke Library 522-2180
Sunnyville Community Centre 533-2101
Upper Big Tracadie 232-2612
For Children, Youth and Families
Recreation Opportunities
Guysborough County Trails Association 533-3397
Municipality of the District of Guysborough, Recreation 533-3508 ext. 223
Municipality of the District of St. Mary's 522-2598
St. Mary's Trails Association 328-2284
Town of Canso 366-2525
Town of Mulgrave 747-2243
Physical Activity and Sport
Canso Arena 366-2872
Kidsport 425-5450
Sport Nova Scotia 425-5450
St. Mary's Recplex 522-2642
Community Centres
Canso Pool 366-2525
Eastern Counties Youth Association 366-2559
Fanning Fitness Centre 366-2924
Goshen Recreation Centre 783-2107
Guysborough Pool 533-2088
Isaac's Harbour Fitness Centre 387-2802
Mulgrave Pool 747-2382
Larry's River 525-2210
Lincolnville Fitness Centre & C@P site 232-2629
Mulgrave Fitness Centre 747-2211
New Harbour Fitness Centre 387-2252
Queensport Fitness Centre 358-2774
St. Mary's Fitness Centre 522-2035/522-2598
Whitehead Fitness Centre 358-2048
Physical Activity
Student Loans 424-8420
Revenue Canada 1-800-959-1956
Prescription Medications
Canso Pharmacy (Guardian Rexall) 366-2976
Haliburton Pharmacy, Guysborough 533-2224
Shoppers Drug Mart, Sherbrooke 522-2010
Income Assistance and Pensions
Canada Pension Plan/Old Age Security 1-800-277-9914
Employment Insurance 1-800-206-7218
NS Department of Community Services 533-4007
Housing
Eastern Mainland Housing 366-2981
Guysborough 533-2292
Heat, Power & Water
Canso Town Public Works 366-2564
Municipality of the District of Guysborough, Public Works 533-3705 ext. 234
NS Power 1-877-428-6004
St. Mary's Public Works 522-2049
Town of Mulgrave Public Works 747-2243
Food Banks
Canso Food Bank 366-2714
Guysborough Food Bank 533-2017
Isaac's Harbour Food Bank 387-2802
Sherbrooke Food Bank 528-4148
Equipment Loan Program
Canso – Seaside Manor 336-3030
Issaac's Harbour 387-2802
Clothing Banks
Anglican Church Country Harbour 328-2701
Guysborough Options for Adaptive Living (GOALS) 533-3140
Budget and Debt Counselling
Bank of Montreal, Canso 366-2654
Consumer Affairs 1-800-941-5550
East Coast Credit Union, Mulgrave 747-3142
RBC, Guysborough 533-3604
RBC, Sherbrooke 522-2800
Household and Financial

GUYSBOROUGH ANTIGONISH STRAIT HEALTH AUTHORITY

DISTRICT MENTAL HEALTH SERVICES

http://www.gasha.nshealth.ca/programs/communityhealth/mentalhealth

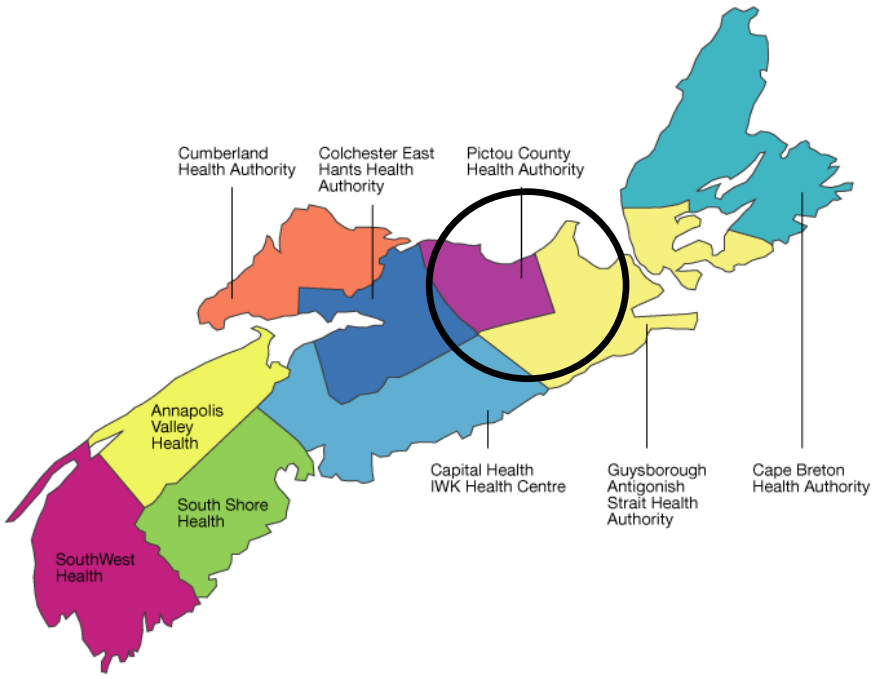
Non-medical Crisis Response Service	**Adult Service** St. Martha's Regional Hospital, 3rd floor 25 Bay St., Antigonish, NS T: 902 867-4500 x4345 F: 902-863-4496 **Child Service** Martha Centre, 2nd floor 25 Bay St., Antigonish, NS T: 902-867-4500 x4760 F: 902-867-4761	Available M-F 8:30am to 4:30pm at St. Martha's Regional Hospital. After hours, contact ED of nearest local hospital.
Adult Inpatient Service	Adult Service (General Intake) T: 902 867-4500 x4345 Mental Health Unit (Nurses' Station) T: 902-867-4500 x4328 F: 902-867-4402	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	Adult Service (General Intake) T: 902 867-4500 x4345 F: 902-863-4496	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.

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

CMHA Regional Branch	**Pictou Branch** 825 East River Rd., New Glasgow, NS E: drobins@pchg.net T: 902-752-5578	No regional branch in GASHA, closest office is in New Glasgow.
Schizophrenia Society of Nova Scotia (SSNS)	**Antigonish Education & Support Group** T: 1-800-465-2601 W: www.openpockets.com/SSNS	No meeting information available online. Website suggests contacting main SSNS line for meeting time and place.
Antigonish Mental Health Awareness & Support Group	Sandra Silver smsilver@live.ca	Inaugural meeting was March 2013. Planning for monthly meetings.
Nova Scotia Certified Peer Support Specialist Program	Contact healthyminds@eastlink.ca. W: 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	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.



Pictou County Health Authority

Pictou, New Glasgow

Principle Resources

Pictou County

Mental Health Crisis Line	**T: 1-888-429-8167**	**24/7 (all of Nova Scotia)**
Pictou County Mental Health Services & Crisis Line	**T: 902-755-1137**	**M-F, 8:30am-4:30pm**
Pictou County Helpline	**T: 902-752-5952**	**Daily 2-10 pm, 365 days a year**
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?

District Mental Health Services
More information on select metal 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?)

PICTOU COUNTY HEALTH AUTHORITY

DISTRICT MENTAL HEALTH SERVICES

www.pcha.nshealth.ca/mentalhealthservices

Crisis Response Service	Mental Health Services Aberdeen Regional Hospital 835 East River Rd., New Glasgow, NS T: 902-755-1137 F: 902-928-0297 Emergency Department T: 902-752-7600, x2430	Available M-F, 8:30am to 4:30pm. On evenings, weekends, and holidays, contact Aberdeen Hospital Emergency Department or .Nova Scotia Mental Health Crisis Line: 1-888-429-8167.
Adult Inpatient Service	Mental Health Services main desk T: 902-755-1137 F: 902-928-0297	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
Adult Outpatient Services	Mental Health Services main desk T: 902-755-1137 F: 902-928-0297	For adults ≥19y. Services include individual, family, and group therapy; medication management; community education; consultation & referral; outreach clinics. Referral by self or designate, family practitioner, community agency.
Life Management Program	**Mental Health Services** T: 902-755-1137 F: 902-928-0297 **New Hope Site** 352 East River Rd., New Glasgow, T: 902-	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.

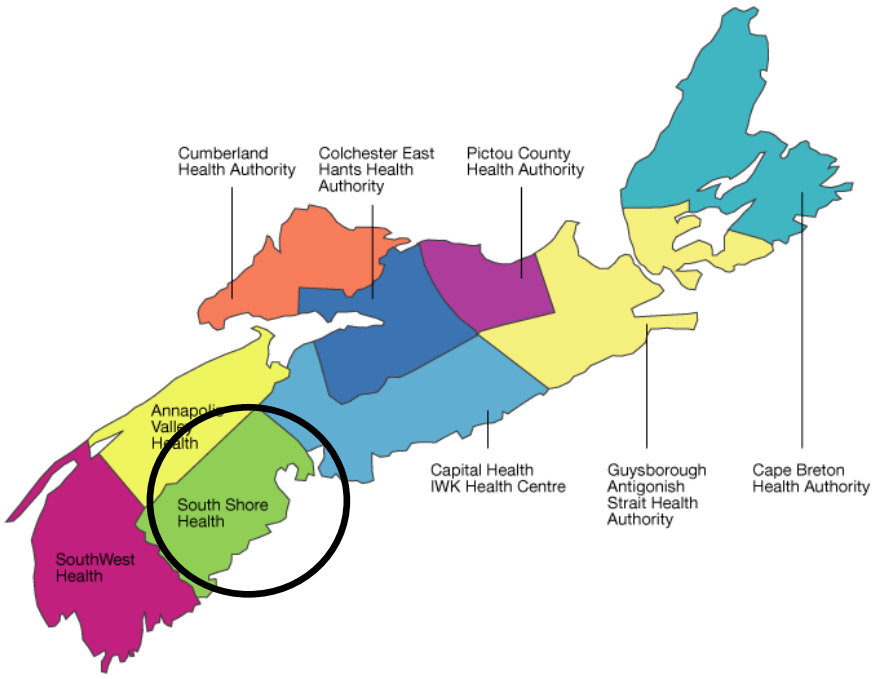
Community support for adults	755-1838 **Mental Health Services** T: 902-755-1137 F: 902-928-0297 **New Hope Site** 352 East River Rd., New Glasgow, T: 902-755-1838	For adults with severe and persistent mental illness. Services include individual counseling support, community support, education, medication 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.
Seniors Mental Health		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.
Child/Adolescent Outpatient services	Mental Health Services T: 902-755-1137 F: 902-928-0297	For children/youth <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).
Autism service		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.

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.

Nova Scotia Certified Peer Support Specialist Program	Contact healthyminds@eastlink.ca. W: 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	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.



South Shore Health

Lunenburg, Bridgewater, Liverpool, Caledonia

Principle Resources

South Shore

Mental Health Crisis Line	**T: 1-888-429-8167**	**24/7 (all of Nova Scotia)**
South Shore Health Mental Health Services	**T: 902-527-5228**	**M-F, 8:30am-4:30pm**
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?

District Mental Health Services
More information on select metal 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?)

SOUTH SHORE HEALTH

DISTRICT MENTAL HEALTH SERVICES
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.

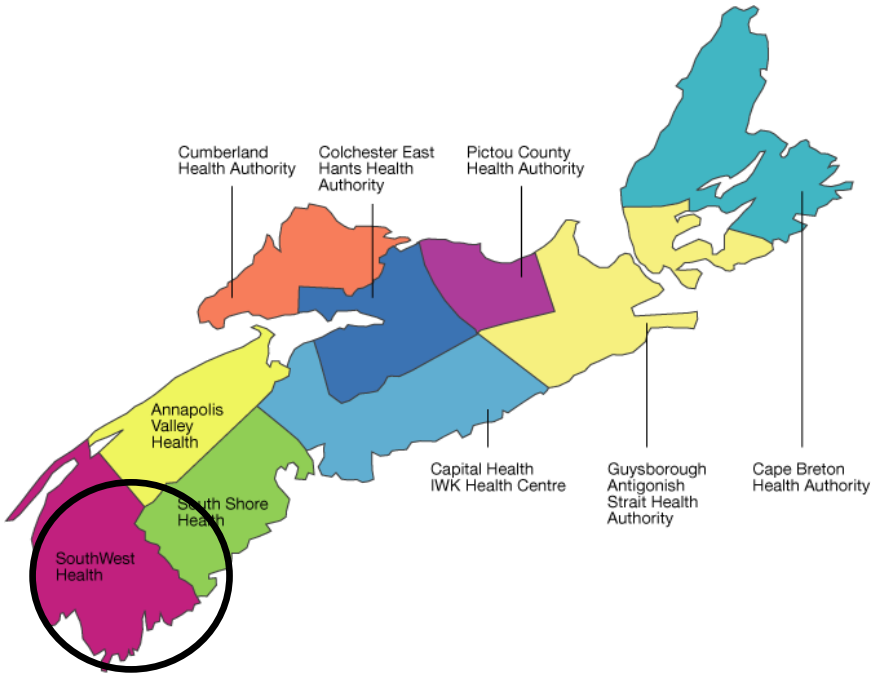
Adult- Inpatient Mental Health Unit	**Bridgewater** Dawson Centre, 197 Dufferin St., 2nd floor, Bridgewater, NS T: 902-527-5228 **Inpatient Mental Health Unit** South Shore Regional Hospital, 90 Glen Allan Dr, Bridgewater, NS T: 902-527-5208	For individuals ≥19 years 10 bed acute care unit for voluntary 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-	No specific information about age or diagnostic status required for services. Services include: Diagnostic assessment (wait time 11mo) and provincial Early Intensive

Service- Autism	4604 x2449	Behavioral intervention (EIBI) program
Child and Youth Service –Community Support Services		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.
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	**Lunenburg/Queens** 17-450 LaHave St., Bridgewater, NS E: cmha.lqb2011@gmail.com T: 902-521-1153 ??	Support Family Support Group Strengthening Families Together Education Changing Minds Course (mental illness education for front line responders)
Schizophrenia Society of Nova Scotia (SSNS)	**Lunenburg Queens Support Group** 17-450 LaHave St., Bridgewater, NS E: ssnslq@gmail.com W: http://ssnslcc.blogspot.ca T: 902-527-1893	Share and Care Support Group meets on the 3rd Tuesday of every month at 7pm (no meetings in July, August) Holy Trinity Anglican Church, 68 Alexandra Ave., Bridgewater, NS

Changing Rhythms for Mental Health Association	Contact: Shane Brown Meetings every Monday 3pm-5pm, 2nd floor, 197 Dufferin Street, Dawson Centre, Bridgewater, NS T: 902-543-4604 Ext. 2322	A Drop-In for persons living with Mental Health issues
Nova Scotia Certified Peer Support Specialist Program	Contact healthyminds@eastlink.ca. W: 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	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.



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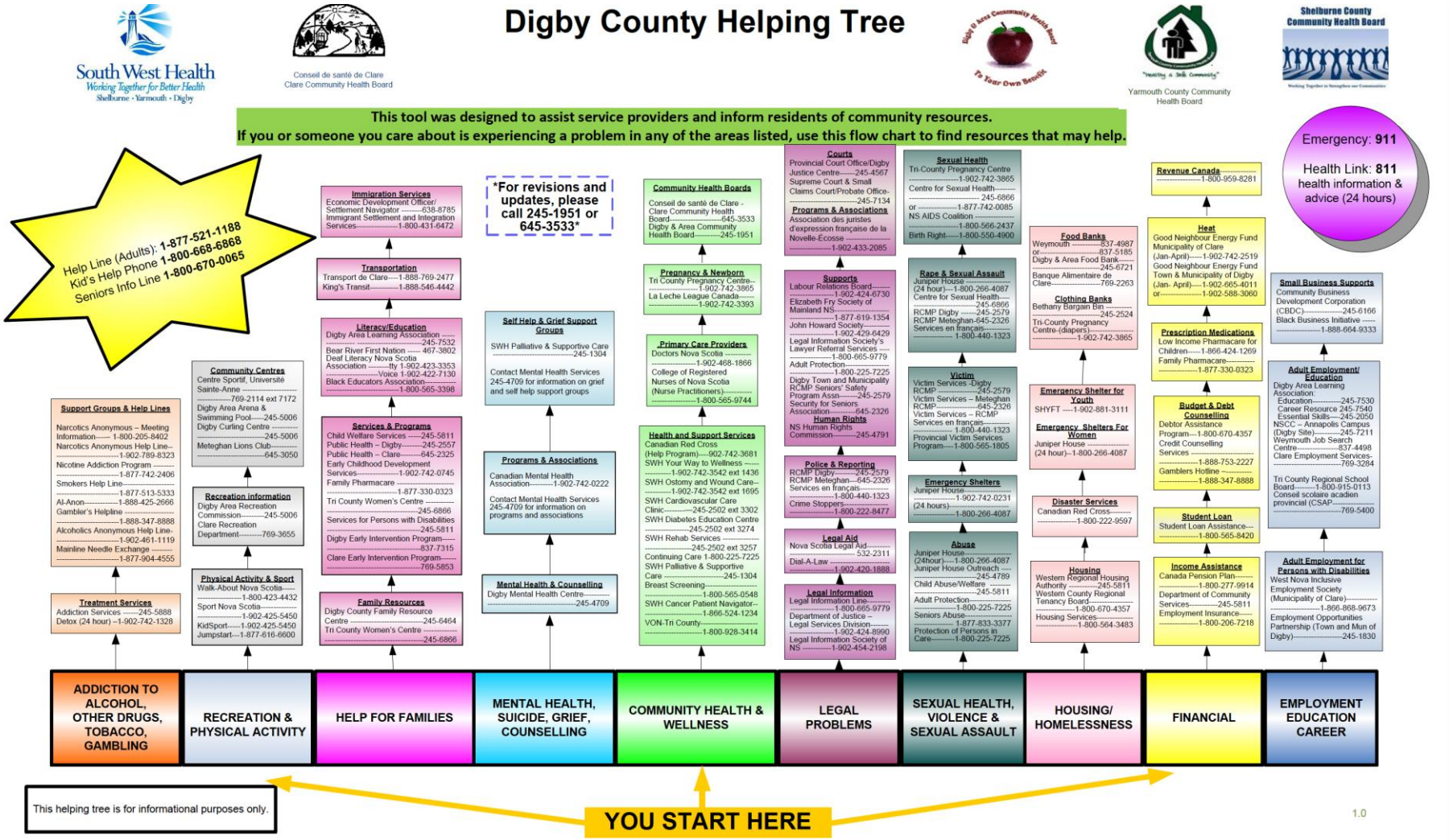
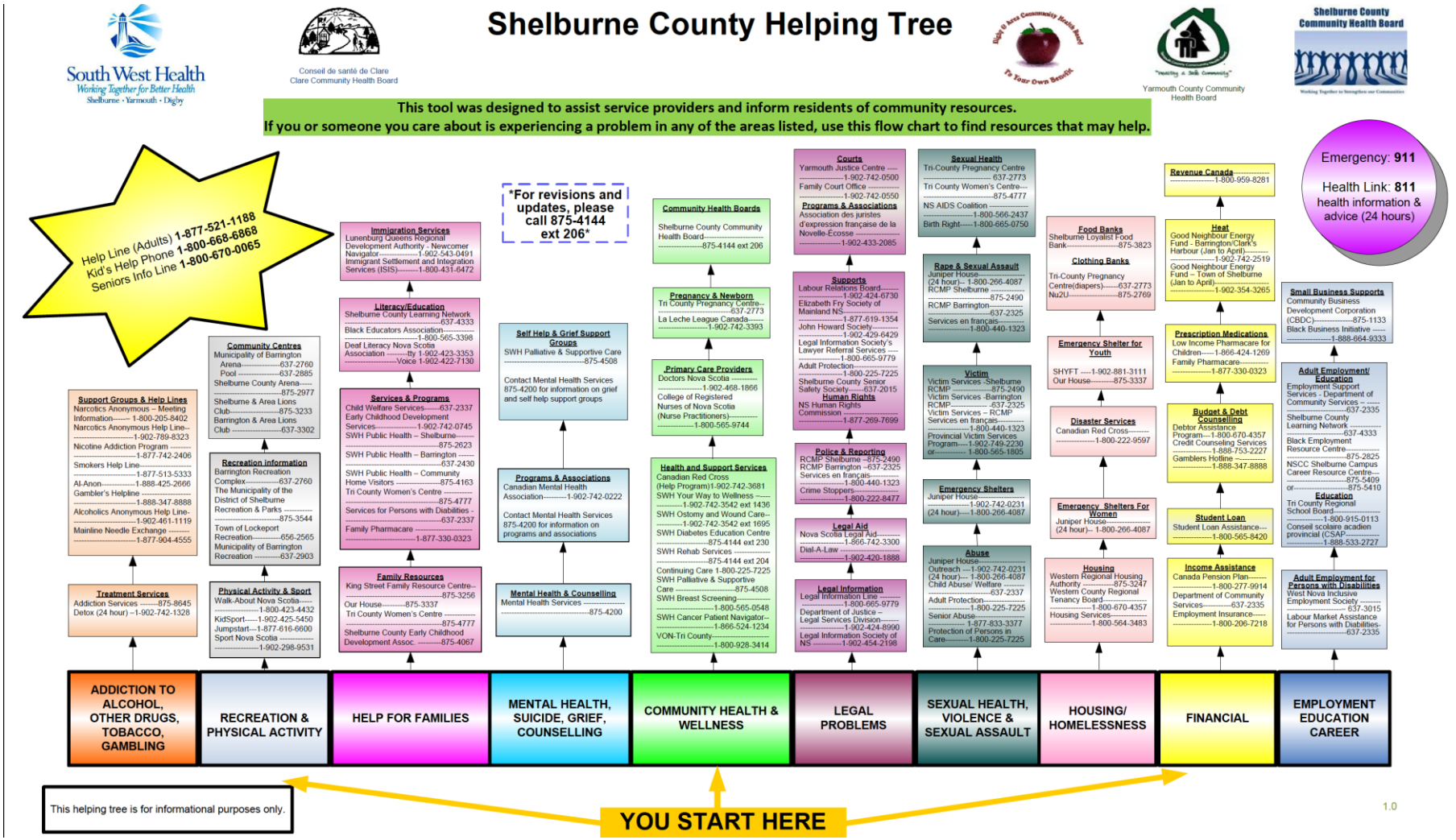
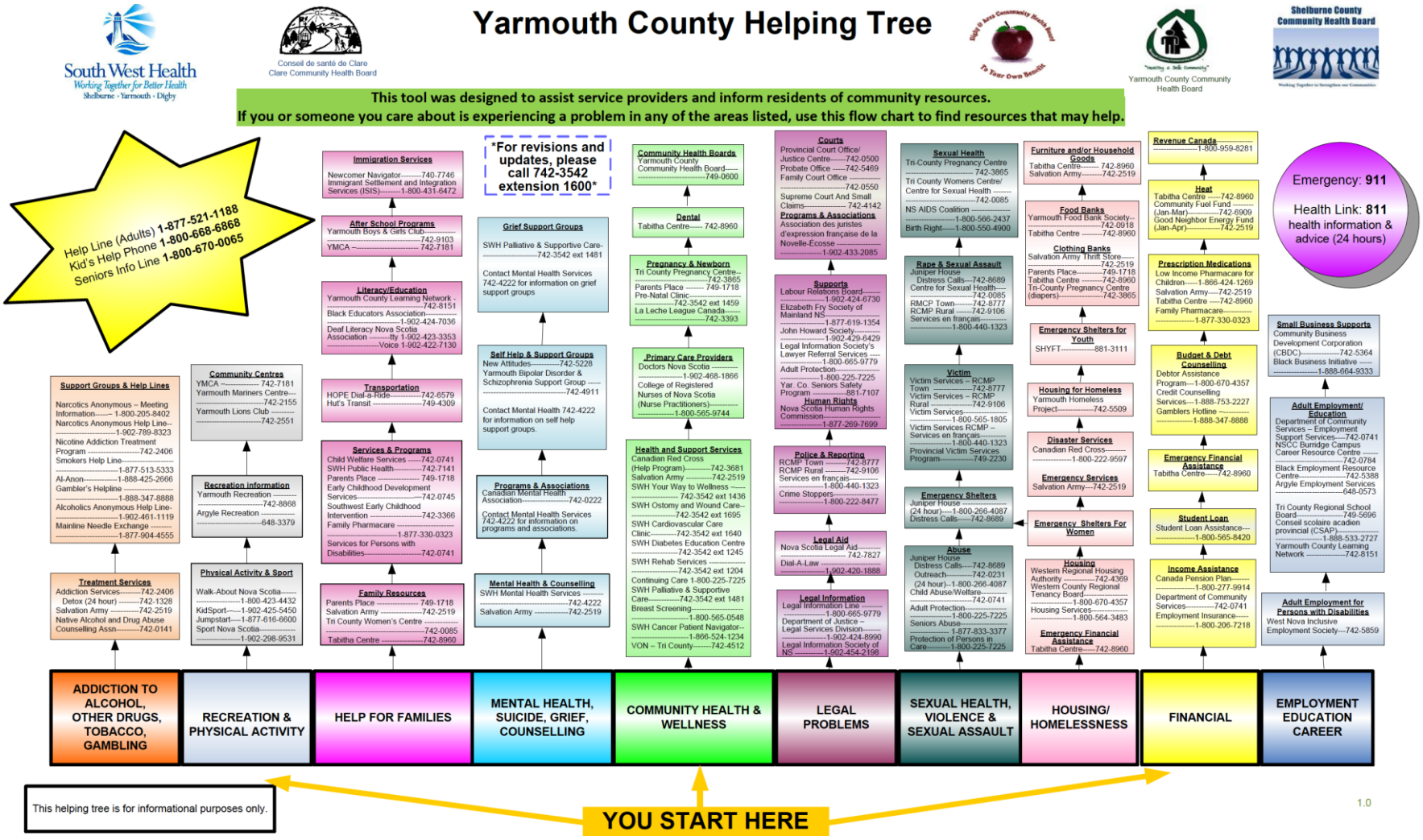
For an updated version of this, check the web by searching "Digby Counting Helping Tree"



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.

Adult Service	Contact relevant county mental health centre.	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.
Inpatient Service	Yarmouth Mental Health Centre Yarmouth Regional Hospital 60 Vancouver St., Yarmouth, NS T: 902-742-4222	Acute service for adults (no age range specified) # beds or services provided not specified on website
Child and Youth Service	Contact relevant county mental health centre.	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.
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	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. W: 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.
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NOTES

the bloom program | The mental health and addictions community pharmacy partnership program of Nova Scotia.

For more, visit

bloomprogram.ca