

What to expect from your first appointment

- Your appointment will be between 60 to 90 minutes long;
- You will meet with 1 – 2 clinical staff members;
- We will discuss your mental health concerns;
- We will develop a joint understanding of your concerns; and
- Together, we will decide what would be most helpful and develop a plan. This might include:
 - Referral to another service that would better meet your needs.
 - Strategies or activities that you and your support network can do on your own.
 - Individual therapy with a clinician who has the appropriate skills to help you.
 - Group therapy offered by one of the five CMH clinics.
 - Further assessment so that we can better understand what may be contributing to your difficulties.
 - A review with a psychiatrist to discuss medication options and/or diagnostic clarification.

The Choice appointment may be all you need for now. If not, at the end of your appointment, any or all of the above options could be part of the recommended next steps.

Here are our locations and telephone numbers:

Bayers Road Community Mental Health

Suite 109, Bayers Road Centre
7071 Bayers Road, Halifax, NS
Tel: 902-454-1400

Dartmouth Community Mental Health

Belmont House
33 Alderney Drive, Dartmouth, NS
Tel: 902-466-1830

Bedford/Sackville Community Mental Health

Cobequid Community Health Centre
40 Freer Lane, Lower Sackville, NS
Tel: 902-865-3663

West Hants Community Mental Health

Hants Community Hospital
89 Payzant Drive, Windsor, NS
Tel: 902-792-2042
(serves children, youth and adults)

Cole Harbour/Eastern HRM Community Mental Health

Cole Harbour Place
51 Forest Hills Parkway, Dartmouth, NS
Tel: 902-434-3263

If you have a mental health crisis, please call the Mental Health Mobile Crisis Team at 902-429-8167 or toll-free at 1-888-429-8167. If you need help immediately, call 911 or go to your nearest Emergency Department.

*Our service is for individuals 19 years or older and there is no cost to you.

**The West Hants clinic serves children, youth and adults.



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