

MENTAL HEALTH RESOURCES

Nova Scotia Mental Health and Addictions Crisis Line (nshealth.ca)

Toll free: 1-888-429-8167 available 24/7

The Provincial Mental Health and Addictions Crisis Line provides crisis intervention for children, youth and adults experiencing a mental health crisis or mental distress. The service is available 24 hours a day, seven days a week, to support callers who present with suicidal thoughts, self-harming thoughts or behaviours, overwhelming anxiety, difficulty coping with distress, psychotic or distorted thinking, depression, substance use difficulties, or any other self-identified mental health concerns. Crisis is self-defined by the individual calling for support. The crisis line also supports families, friends, community agencies and others to manage mental health crisis through education, outreach and consultation.

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Canada Suicide Prevention Service | Crisis Services Canada

1-833-456-4566 (toll free)

Text 45645 - available 4 p.m.-12 p.m. EST (standard text messaging rates apply)

This service is available across Canada via toll-free phone, or text in English, 24/7/365. The toll-free phone service is also available in French. CSPA offers a barrier-free, non-judgmental space with supportive and responsive responders.

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Kids Help Phone

Call 1-800-668-6868 or Text 686868 to reach a trained volunteer crisis counselor

Kids Help Phone is Canada's only 24/7, national support service. They offer professional counseling, information and referrals, and volunteer-led, text-based support to young people in both English and French. Their service is completely confidential.

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Nova Scotia Mental Health and Addictions (nshealth.ca)

Intake service: 1-855-922-1122

(If you are in crisis, please call 9-1-1 or 1-888-429-8167)

This is available Monday to Friday 8:30 a.m. - 4:30 p.m., voicemail on evenings, weekends, and holidays. A clinician will help determine what services and supports best meet the client's needs.

Mental Health and Addictions Tools (nshealth.ca)

A comprehensive resource list of online resources available through NSHA and other community partners.

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IWK Mental Health and Addictions Program (MHA)

Intake and navigation services through our Central Referral line: 902-464-4110 | toll-free: 1-855-922-122

Mental Health and Addictions Program (MHA) is one of three clinical programs at the IWK Health Centre. They treat children and youth up until their nineteenth birthday, within a patient and family-centered context. Families are essential partners in the treatment of the childhood onset of mental health and addictions issues. For youth between 18 and 19 years of age who continue to require services, they begin a transition plan to adult programs/services which includes enhancing skills for self-care and self-advocacy.

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211 Nova Scotia

Call or text 2-1-1 for in-person assistance or search the online 211 database

211 is a 24/7 connection to the programs and services in the community. Their network includes everything from local community groups and non-profits to government departments across Nova Scotia. Services are available in over 150 languages.

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Wellness Together Canada (*Free, live counseling via phone or text*)

Phone: 1-866-585-0445 (Adults) | 1-888-668-6810 (Youth) | Text: WELLNESS to 741741 (Adults) or 686868 (Youth) | Frontline Workers text: FRONTLINE to 741741

Wellness Together Canada was created in response to an unprecedented rise in mental health and substance use concerns due to the COVID-19 pandemic, with funding from the Government of Canada. Services include: online community of support and coaching, one-to-one counseling, self-guided courses and apps and more.

Caregivers Nova Scotia

<https://caregiversns.org/>

Caregivers Nova Scotia provides programs, services, and strong advocacy for caregivers. With ongoing support from our funders, Board of Directors, allied organizations, volunteers, and caregivers themselves, we're dedicated to providing recognition and practical assistance to friends and family giving care.

First Nations and Inuit Hope for Wellness Helpline

Call toll free: 1-855-242-3310 | Online chat: [Hope for Wellness Chat](#)

The Hope for Wellness Help Line was established as a specific resource for First Nations and Inuit to provide immediate, culturally competent telephone counseling, 24 hours a day, seven days a week and is available in English, French, and upon request in Cree, Ojibway, and Inuktitut. Online chat services are currently available in English and French, with expansion to Indigenous languages currently being explored as this new service launches.

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Trans Life Line

Website: <https://translifeline.org/> | Call toll free: (877) 330- 6366

Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

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IBPOC (Indigenous, Black & People of Color) Mental Health Support Database

info@khyber.ca

A Resource to share information and highlight IBPOC mental health workers and services local to Kjiptuk/Halifax. About this database: “It is difficult to find adequate and culturally competent mental health support that truly meets the needs of IBPOC people in our current existing system. In response, this database was made to highlight a range of local services, programs and IBPOC mental health workers for IBPOC residents of Kjiptuk/Halifax. We have been working since August 2019 to crowdsource and compile as much information into this document as possible as part of the CARE Project, in an attempt to create an easily accessible public contact list for who is available to reach out to when we/our loved ones are having a hard time and need healing support. It will be updated regularly as we collect more information, so please do add to it and share to help spread the word!” (from Bria Miller, Co-Director of Khyber Centre for the Arts)

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Pride Health

Tel: 902-487-0470 | Email: prideHealth@nshealth.ca

Pride Health works to improve access to health services in Nova Scotia which are safe, coordinated, comprehensive, and culturally appropriate for people who are two-spirit, lesbian, gay, bisexual, transgender, queer, intersex, asexual (members of the 2SLGBTQIA+ community). Offers health resources, navigation and referrals for addictions, mental health and other health services.

Red Cross Friendly Calls (*Not a crisis service*)

Call: 1-833-729-0144 Mon. – Fri. 8:30 a.m. - 4:30 p.m. AST to register

Red Cross friendly calls are available to anyone who is feeling isolated or lonely due to COVID-19. To receive friendly calls Red Cross asks that people register. Red Cross staff and volunteers can often accommodate calls in English and French, as well as languages other than English and French but unfortunately cannot guarantee this. If desired, Red Cross can also provide contacts for other support services in your community.

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Good 2 Talk

Call: **1-833-292-3698** | Text: **GOOD2TALKNS to 686868**

Provides confidential support services for post-secondary students in Ontario and Nova Scotia.

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Association of Black Social Workers

Call: 1-855-732-1253 (*toll free from anywhere in Nova Scotia*) Mon. – Fri. 8:30 a.m. – 4:30 p.m.
(*please allow up to 12 hours for a call back*) | Email: nsabswcovid19@gmail.com

ABSW is committed to helping members of the Black community through this pandemic. They have developed a ‘toll-free’ number to help people navigate and to get the support they need.

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Men’s Help Line (*not a crisis line*)

Toll-free: 1-855-466-4994

A free, confidential service for adult men (over 18), and individuals who identify as men, who have concerns about their well-being, safety, and/or the safety of others. Men can access a variety of supports and services specific to their needs, including information, navigation, referrals and brief intervention counseling.

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National Eating Disorder Information Centre (NEDIC)

Toll free for support: 1-866-633-4220 | 11 a.m.-7 p.m. Mon.-Thurs., 11 a.m. – 5 p.m. Fri. EST
Instant chat available at nedic.ca | Email: nedic@uhn.ca

NEDIC provides information, resources, referrals and support to Canadians affected by eating disorders through their toll-free helpline and instant chat. Outreach and education programming focuses on the awareness and prevention of eating disorders and is available online across Canada and in-person in the Greater Toronto Area. NEDIC has a non-dieting, client-centred, feminist philosophy. They promote healthy lifestyles, including appropriate, enjoyable exercise and eating. NEDIC recognizes that the determinants of health are varied, and that weight is not an effective gauge of health, so do not endorse dieting or diet centres.

The Affordable Therapy Network

<https://affordabletherapynetwork.com>

The Affordable Therapy Network is an initiative to increase access to affordable therapy and counseling services across Canada.

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The Unison Benevolent Fund

Call toll free: 1-855-986-4766

The Unison Benevolent Fund offers a toll-free number to connect Canadian music professionals with resources and support for personal and practical issues. This service is free, anonymous, confidential and available 24 hours a day, 7 days a week. Before you make the call, please register with Unison on their website. Service is available in English and French.

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The Lifeline Canada App

Available for free download on [Google Play](#) or [Apple Store](#)

The LifeLine App is the national free Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. The LifeLine App also provides awareness education and prevention strategies to guide people in crisis all across the Globe.

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Togetherall

<https://togetherall.com>

Togetherall is a safe and anonymous online community where people can share what's troubling them. The service is free to all youth and young adults aged 16 – 29 in Nova Scotia and allows people to get support, take control and feel better- all in a way that is most comfortable to the individual.

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Canadian Mental Health Association – Nova Scotia Division

Toll Free: 1-877-466-6606 (not a crisis line) | If you are in crisis, please call 1-888-429-8167 or 9-1-1

Providing mental health education, resources and community-based supports and services throughout Nova Scotia. CMHA branches in Nova Scotia support the mental health of all Nova Scotians. This is achieved through the provision of community-based supports and services that promote positive mental health-quality of life and prevent mental ill-health related injury and disease.

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Eating Disorders Nova Scotia

Call: 902-229-8436 | Email: info@eatingdisordersns.ca

Eating Disorders Nova Scotia offers supports through nutrition counselling, a mentor program, peer supports and friends and families peer support.