

PICTOU COUNTY

# MENTAL WELLNESS AND RESILIENCE RESOURCE GUIDE

AN INITIATIVE OF THE PICTOU COUNTY MENTAL  
WELLNESS ROUNDTABLE



Canadian Mental  
Health Association  
Nova Scotia  
*Mental health for all*

# LAND ACKNOWLEDGEMENT

The Coordinating Committee and Toolkit Working Group of the Pictou County Mental Wellness Roundtable acknowledge that we are in Mi'kma'ki, the ancestral, unceded and current territory of the Mi'kmaq People.

This territory is covered by the Treaties of Peace and Friendship which the Mi'kmaq and Maliseet people first signed with the British in 1725.

The treaties didn't deal with the surrender of the land. Rather, they established the rules for an ongoing relationship between nations.

We are also on land that was settled and built by people of African ancestry in the 18th and 19th centuries.

African Nova Scotian settlers were formative in the building of our communities in meaningful ways and continue to contribute to the development of Nova Scotia as we know it today.

We are all treaty people.

We have responsibilities to each other and this land.

# FUNDING ACKNOWLEDGEMENT

The Canadian Mental Health Association Nova Scotia Division and the Toolkit Working Group of the Pictou County Mental Wellness Roundtable would like to acknowledge the generous funding from the Aberdeen Health Foundation that supported the development and pilot testing of the Toolkit.

Thank you for your generous contribution to this project.



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# INTRODUCTION



This Resource Guide contains a wide variety of resources for your use. Links to additional learning resources mentioned in the toolkit are also recorded here.

Each resource has been sorted into a category to help you navigate the Guide and each resource has a brief description outlining its services. Many resources offer services within a number of categories and therefore may be listed more than once throughout this guide. Others may offer services beyond those listed. Where possible, links to websites and contact information have been included.

Remember, this Resource Guide is yours to use as you see fit - it is not a complete guide! Please feel free to add any useful resources that are missing. You can also add to this list based on what is available in your local community.

If you know of additional resources for future editions of the Pictou County Mental Wellness Resource Guide, or to update a resource in the guide, please email Lynn Langille at [Lynn.Langille2@nshealth.ca](mailto:Lynn.Langille2@nshealth.ca).

We hope this Guide is helpful as you navigate your mental health journey.

# CRISIS RESOURCES

**9-1-1 | [www.911.gov/](http://www.911.gov/) | Phone: 9-1-1 (call or text)**

When you call 9-1-1, the operator will ask which service you need – police, fire, or ambulance. They will also confirm the municipality you are calling from. Next they will transfer you to the appropriate service, where you will describe your situation. The service will be dispatched to your location as soon as possible, and the operator will stay on the line with you until you're connected to the service you need. It is important to stay on the line until the operator tells you to end the call.

**Mental Health Mobile Crisis Line | Provincial Mental Health and Addictions Crisis Line | Nova Scotia Mental Health and Addictions ([nshealth.ca](http://nshealth.ca)) | Toll free: 1-888-429-8167 available 24/7**

If you are in Pictou County and are in immediate danger please call 9-1-1. In rural Nova Scotia, the Provincial Mental Health and Addictions Crisis Line provides telephone-based 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 behaviors, 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 crises through education, outreach and consultation.

**Crisis Services Canada | [www.crisisservicescanada.ca/en/](http://www.crisisservicescanada.ca/en/) | Phone (toll-free): 1-833-456-4566 | Text: 45645 – available 4 pm-12 pm EST (standard text messaging rates apply)**

Crisis Services Canada offers a barrier-free, non-judgmental space with supportive and responsive responders.

Anyone in Canada that is thinking about, is or has been affected by suicide, can reach out across a variety of media, and feel supported 24 hours a day, 7 days a week. They're here for anyone thinking about suicide.

This service is available across Canada via toll-free phone in English or French, or text in English.

# CRISIS RESOURCES

**Kids Help Phone | [kidshelpphone.ca/](http://kidshelpphone.ca/) | Call 1-800-668-6868 | Text 686868 to reach a trained volunteer crisis counsellor or connect with Kids Help Phone on Facebook Messenger**

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

**Eskasoni Crisis and Referral Center | [www.eskasonimentalhealth.org](http://www.eskasonimentalhealth.org)  
Phone: 1-902-379-2099 | Toll-free: 1-855-379-2099 or connect on Facebook:  
Eskasoni Crisis Worker**

24-hr crisis and support line available to members of Mi'kmaq communities. Provides emotional, social and educational support. Assists individuals with referrals to counselling and helps to navigate agencies and services. Services are provided in Mik'maw and English.

**First Nations and Inuit Hope for Wellness Helpline | [www.hopeforwellness.ca/](http://www.hopeforwellness.ca/) |  
Phone (toll-free): 1-855-242-3310**

The Hope for Wellness Help Line was established as a specific resource for First Nations and Inuit to provide immediate, culturally competent telephone counselling, 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.

**Trans Lifeline | [www.translifeline.org](http://www.translifeline.org) | Phone (toll free): 1-877-330-6366**

Open 24/7 but at reduced capacity. Operators are on call 6 pm Atlantic time - 2 am Atlantic time. Outside of those hours it may take longer to get through to support. If you do not get through at first, please keep calling.

Trans Lifeline is a volunteer, trans and non-binary run hotline. Services available include a peer support hotline, whether or not someone is in crisis. A peer support hotline is also available to friends and family of trans people. Available in English and Spanish.

## ADDICTION SERVICES



**Gambling Support Network | [www.gamblingsupportnetwork.ca](http://www.gamblingsupportnetwork.ca) |  
Phone: 1-888-347-8888**

Available to those who are experiencing problems with gambling, or for loved ones who are concerned. Offers long-term support and short-term crisis counselling. Available 24/7 in French and English.

**Breaking Free | [www.wellness.breakingfreeonline.ca/home/en](http://www.wellness.breakingfreeonline.ca/home/en) | Digital Support Service**

A free online resource and app for those struggling with addiction and substance use. It provides strategies and coping skills to manage addiction, as well as peer support meetings over Zoom. Services are available in French and English.

**Alcoholics Anonymous | [www.area82aa.org](http://www.area82aa.org) | Phone: (902) 754-5390**

AA offers support groups and a 12-step program for anyone with a drinking problem.

**Al-Anon and Alateen | [www.al-anonmaritimes.ca](http://www.al-anonmaritimes.ca) | Phone: (902) 897-8604**

Available to friends and family of those with a drinking problem. Meetings and a 12-step program are offered.

**Adult Community Mental Health and Addiction Services | Phone (Pictou Landing Health Centre): (902) 755-1288 | Phone (Central Intake Service): 1-855-922-1122**

Outpatient services for members of Pictou Landing First Nation including assessment, diagnosis, treatment, outreach, and individual and group therapy. Available to individuals, families, community organizations, family physicians, and others.

**Aberdeen Hospital Recovery Support Centre | 835 East River Road  
New Glasgow, NS B2H 3S6 | For self referral: Call the Mental Health and Addictions Intake Service at 1-855-922-1122, Monday to Friday between 8:30 a.m. and 4:30 p.m.**

The centre provides withdrawal support and links people to other levels of care based on their individual needs, such as opioid-use disorder treatment and community mental health. On-site supports at the centre include education, recovery and harm reduction, and individual and group recovery. The centre is staffed by an interdisciplinary team, including nurse practitioners, physicians, nurses, social workers, peer support workers and administrative staff.

Self-referrals are accepted, as well as referrals through family physicians, emergency departments and community mental health and addiction clinics.

**IWK Mental Health and Addictions Program (MHA) |  
[www.iwk.nshealth.ca/mental-health/overview-mental-health-and-addiction-services](http://www.iwk.nshealth.ca/mental-health/overview-mental-health-and-addiction-services) | Phone (Central referral line): 902 464-4110 | Phone (Central intake line - toll-free): 1-855-922-1122**

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 19th birthday, with a transition plan to adult programs/services which includes enhancing skills for self-care and self-advocacy for those who continue to require services. They strive to include families in treatment and to partner with families to support health and wellness for their children.



# GENERAL MENTAL HEALTH SUPPORT

## PROFESSIONAL SUPPORTS

**Nova Scotia Health Authority (NSHA) Intake Service |**  
**<https://mha.nshealth.ca/en/services> | Phone: 1-855-922-1122**

Calls are answered Mon-Fri 8:30 a.m. - 4:30 p.m., and go to voicemail evenings, weekends and holidays. Voicemail messages will be returned during office hours.

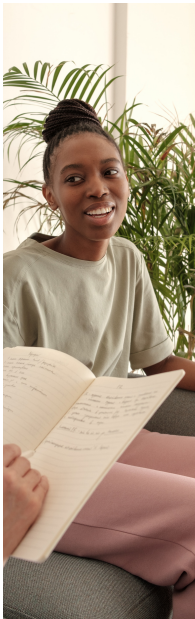
Please have a number available where you can be reached. Anyone living in Nova Scotia can call the toll-free intake service, which is designed to connect you to the services you need. It's offered through the Nova Scotia Health Authority, and you don't need a referral to call. You can call for yourself, or on behalf of someone you are concerned about.

When you call the toll-free number, you'll speak with the intake clinician. They will ask you questions about why you are calling. From there, they'll help you decide what types of services would best suit your situation. This call lasts about 30 minutes.

For up to date information on average appointment wait times for community Mental Health and Addictions:  
<https://waittimes.novascotia.ca/procedure/mental-health-addictions-adult-services>

**Aberdeen Mental Health Services - New Glasgow | 3rd floor Aberdeen Hospital, 835 East River Road. New Glasgow, NS B2H 3S6**  
**Phone: 902-755-1288**

Aberdeen Mental Health Services serves the mental health needs of residents of Pictou County. They are committed to partnerships with clients, families, and community organizations, which promote mental health in our community. There are: outpatient services, child and adolescent services division, adult services division.



**2-1-1 Helplines | All Genders Helpline - NS 211 | Men's Helpline - NS 211 | Women's Helpline - NS 211 | Phone: 2-1-1 | Phone (toll-free): 1-855-466-4994 (if a phone cannot dial 2-1-1)**

A free, confidential service created in partnership with the Family Service for Eastern Nova Scotia. The Helplines are available for anyone who has concerns about their well-being, safety, and/or the safety of others. This is not a crisis line. Individuals who need to talk with someone can access a variety of professional support and services specific to their needs, including information, navigation, referrals, and free brief intervention counselling sessions. This service is available 24/7.

**Good 2 Talk | <https://good2talk.ca/> | Phone: 1-833-292-3698 or text: GOOD2TALKNS to 686868**

Available to post-secondary students in Nova Scotia and Ontario. Available 24/7. Provides access to community navigators and professional counsellors. Free, confidential support services for students to help with stress and anxiety, relationships, work and finances, substance use, crisis, and thoughts of suicide. Available in French and English.

**Wellness Together Canada | <https://wellesstogether.ca/en-CA> | Phone (Adult): 1-866-585-0445 | Phone (Youth): 1-888-668-6810 | 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 are offered at no charge and include an online community of support and coaching, one-to-one counselling, self-guided courses and apps and more.

**Landing Strong | [www.landingstrong.com](http://www.landingstrong.com) | Phone: (902) 472-2972 | Email: [info@landingstrong.com](mailto:info@landingstrong.com) | 69 Cedar Street, PO Box 397, Windsor, NS, B0N 2T0**

**Programs:** Landing Strong offers group support programs both in-person and virtual to our community of Veterans, Military members, First Responders and Front-Line workers.

Accessing services:

- No doctor referral necessary
- They're committed to removing financial barriers to care.
- They will work with you to obtain financial coverage for your programs.

**Referrals:** Clients can self-refer. There is no need for a referral from a professional, however Landing Strong accepts referrals through other healthcare providers as well. Clients can contact Landing Strong via email, or by phone.



**Eligibility for services:** If you think you might be eligible for services with Landing Strong and do not see yourself represented in this list, please call Landing Strong directly to ask about accessing their group programming.

**Canadian Armed Forces:**

- Military (active)
- Military (Veteran)

**First Responder:**

- RCMP
- Regional Police
- Corrections Officer
- Parole Office
- Probation Officer
- Fire Fighter
- Volunteer Fire Fighter
- Paramedic – EMT and EMA
- 911 Dispatcher
- Emergency room personnel- doctors, nurses, administration
- Please inquire about services if you think you might fit under the Front-Line Workers umbrella

**Care for the Care-giver Program:**

- This program is for spouses/partners of those that are suffering.

# GENERAL MENTAL HEALTH SUPPORT

## PEER SUPPORT SERVICES

**Nova Scotia Warm Line | Website: [nswarmline.com](http://nswarmline.com) | Toll-free Phone: 1-833-927-6546  
Email: [scwarmlinecoordinator@gmail.com](mailto:scwarmlinecoordinator@gmail.com) | Hours: Mondays: 1 pm- 5 p.m.,  
Tuesdays: 1-5 p.m., Wednesdays: 4-8 p.m., Thursdays: 1-5 p.m.**

A warm line is a phone line that is run by "peers," generally those who have had their own experiences of trauma that they are willing to speak of and acknowledge. Most warm line operators have been through extreme challenges themselves and are there primarily to listen. A trained peer-support volunteer will answer – someone who has been screened and interviewed, and specifically trained to listen.

They will refrain from offering advice, but will listen with empathy, while helping you to identify the helps, supports, strengths and resources you already have at your disposal.

A Warm Line is NOT A CRISIS LINE. (The goal is intervention and support prior to reaching a point of crisis). If you call and are in crisis, the volunteer will call an appropriate crisis line – other than actually dialing the number, you will be able to hear everything as the transfer is made – and your call will be transferred so that you are able to receive adequate intervention.

Expect your call to last no more than 20-30 minutes, generally. It is a toll-free number, which means you will not incur any phone charges of your own for calling. All calls are confidential.

**Red Cross Friendly Calls | [www.redcross.ca/in-your-community/nova-scotia/community-support-services/friendly-calls](http://www.redcross.ca/in-your-community/nova-scotia/community-support-services/friendly-calls) | Phone: 1-833-729-0144 (call to register) | Hours: Mon – Fri 8:30 a.m. - 4:30 p.m. to register**

If you or a loved one are feeling isolated or lonely due to COVID-19, contact them to register. They will then have trained Red Cross volunteers contact you who will then arrange to call you at regular mutually agreed times in English or French. If desired, we can also provide contacts for other support services in your community.



**Peer Support Nova Scotia | [www.supportyourpeople.com/peer-support-nova-scotia/](http://www.supportyourpeople.com/peer-support-nova-scotia/) | Connect through Facebook: [www.facebook.com/pg/PeerSupportNS/events/](https://www.facebook.com/pg/PeerSupportNS/events/) | Email: [info@peersupportns.com](mailto:info@peersupportns.com)**

Free online groups, facilitated by experienced peer supporters, for adults currently facing mental health concerns. Connect with peers with lived experience in a welcoming, non-judgmental environment. Groups: Mondays: 2 p.m.-3:30 p.m. AST and Thursdays: 7 p.m.-8:30 p.m. AST

**Trans Lifeline | [www.translifeline.org/](http://www.translifeline.org/) | Phone (toll free): 1-877-330-6366  
Open 24/7 but at reduced capacity. Operators are on call 6 p.m. Atlantic time - 2 a.m. Atlantic time.**

Trans Lifeline is a volunteer, trans and non-binary run hotline. If you do not get through at first, please keep calling. Services available include a peer support hotline, whether or not someone is in crisis. A peer support hotline is also available to friends and family of trans people. Available in English and Spanish.

**Healthy Minds Cooperative | [www.healthyminds.ca/](http://www.healthyminds.ca/) | Telephone: (902) 404-3504 | Toll-free: 1-855-901-6463**

Healthy Minds Cooperative is a charitable, non-profit organization. HMC is a peer-led, member-driven organization, committed to improving the lives of people with mental illness (including addiction). The HMC focuses on advocating for better access to mental health services; public education about mental illness; reducing stigma towards mental illness; peer support and advocacy for consumers and their families; more participation in the decision-making around mental health services; wellness workshops; and connecting to existing community services. For information on programming and peer support groups please visit their events calendar.

# GENERAL MENTAL HEALTH SUPPORT

## NAVIGATIONAL SUPPORT AND SELF-SERVE ONLINE PROGRAMS

**Canadian Mental Health Association – Nova Scotia Division | [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca)  
Phone (toll-free): 1-877-466-6606**

The Canadian Mental Health Association Nova Scotia Division [CMHA NS] supports the resilience, recovery and well-being of people living with mental illness and those experiencing mental health challenges across the province. CMHA Nova Scotia provides online learning opportunities through the THRIVE Learning Centre for Mental Wellness and Well-Being, peer support groups, and educational programs and training. CMHA-NS also offers employment support through their At-Work program, and housing support through Project H.O.P.E.

**211 Nova Scotia | [www.ns.211.ca/](http://www.ns.211.ca/) | Call or text 2-1-1 for in-person assistance or search the online 211 database.**

211 is your 24/7 connection to the programs and services in your community that matter most to you. 211 also hosts non-crisis helplines. These services are available to men, women, and people of all genders including trans, non-binary, two-spirited, and gender-diverse people. For all services, including free brief counselling, simply call 2-1-1 and ask for the men's, women's, or all genders helpline. Services are available in over 150 languages.

**811 HealthLink | [www.811.novascotia.ca/](http://www.811.novascotia.ca/) | Phone: 811**

Nurses can provide advice on a broad range of everyday health concerns – in over 120 languages. If you are hearing impaired and would like to access this service, call 7-1-1 (TTY).

**Mindwell U | [www.app.mindwellu.com/novascotia](http://www.app.mindwellu.com/novascotia)**

A free, online mindfulness challenge designed to reduce stress by promoting mindfulness. Available in French and English.

**Togetherall | [www.togetherall.com/en-ca/?from=bwwca%2F](http://www.togetherall.com/en-ca/?from=bwwca%2F)**

Peer-to-peer online support for Nova Scotians over age 16. Provides a forum for discussion and peer support, moderated by trained practitioners. Mental health and lifestyle courses are also available for group and individual completion. Available in French and English.

### **The Lifeline Canada App | App - Available for free download on Google Play or Apple Store**

The Lifeline App is a national free Suicide Prevention and Awareness App that offers access and guidance to support 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 across the globe. In addition to connecting you with immediate help, the Lifeline app includes educational material and prevention strategies that will assist anyone struggling with suicide whether personally or as a result of someone else's needs.

### **Strongest Families Institute (coached programs) | [www.strongestfamilies.com](http://www.strongestfamilies.com) Phone: 1-866-470-7111 | Provincial Intake Line: 1-855-922-1122**

Various telephone-based programs designed to target behavior and anxiety concerns in children and adults. Programs include learning anxiety coping skills or behavior management tools and weekly telephone coaching sessions. Referrals required via family doctor or provincial intake line.

#### **Programs offered include:**

**ICAN** – anxiety program designed to teach adults coping skills. Available to Canadians over the age of 18. Program is 8 weeks long.

**Chase Worries Away** – anxiety program for children aged 6-11 to teach coping skills. Available to Canadians in French and English. Program is 10 weeks long.

**Defeat Anxiety** – anxiety program for youth aged 12 – 17 to teach coping skills. Available to Canadians in French and English. Program is 10 weeks long.

**Parents Empowering Kids** – behavior program for kids aged 3-12. Available to Canadians in French and English. Program is 12 weeks long.

**Parents Empowering Kids-The Early Years** – behavior program for kids aged 3-6, used as a preventative measure for milder cases. Available to parents and caregivers in Newfoundland, Labrador, Prince Edward Island, Nova Scotia, and New Brunswick. Program is 6 weeks long.

### **Therapy Assistance Online | [www.taoconnect.org/what\\_is\\_tao/ns/](http://www.taoconnect.org/what_is_tao/ns/)**

An online resource to strengthen your own skills and self-awareness related to stress, resilience, relationships, health, anxiety, depression, and substance use.

# THERAPY AND COUNSELLING

**Archway Counselling Association | [www.archwaycounselling.ca](http://www.archwaycounselling.ca) | Phone: (902) 695-3590 | Email: [info@archwaycounselling.ca](mailto:info@archwaycounselling.ca)**

Located in Truro, counselling sessions are offered at affordable rates and feature a sliding scale for those needing financial assistance. While the association is faith-based, anyone, regardless of religion, can access services. No referrals are needed to book an appointment. Virtual services are also available for those who cannot attend in-person.

**Association of Psychologists of Nova Scotia | [www.apns.ca/search-psychologist/](http://www.apns.ca/search-psychologist/) | Phone: (902) 422-9183**

A place to find psychologists in your area. Simply visit the website, add filters to narrow your search to your municipality, and choose a psychologist who meets your needs to learn more about their practice.

**Thoughtful Changes | [www.thoughtfulchanges.org/](http://www.thoughtfulchanges.org/) | Phone: (902) 932-7122**

A non-profit group of counselors dedicated to providing affordable care to Nova Scotians. Intake appointments are \$50, ongoing services are provided on a sliding scale from \$50-\$80/session. They also offer a pay-it-forward program where people who can afford to pay higher than the regular fee can contribute to reducing costs for people who struggle to pay the \$50 minimum.

## 2-1-1 Helplines

Access brief short term counselling through the Helplines available at 2-1-1. See "General Mental Health Services" for more information.

**The Affordable Therapy Network | [www.affordabletherapynetwork.com/](http://www.affordabletherapynetwork.com/)**

The Affordable Therapy Network is an initiative to Increase Access to Affordable Therapy and Counselling Services across Canada. Therapists listed on the database offer low-cost rates, sliding scale rates, and standard rates.



**The Unison Benevolent Fund | Counselling & Health Solutions Supported by RBC Foundation | Unison Fund | Phone (toll-free): 1- 855-986-4766**

The Unison Benevolent Fund offers Canadian music professionals with resources and support for personal and practical issues. This service is free, anonymous, confidential and available 24/7. Unison offers five hours of counselling for music industry professionals and their family members. Arrangements can be made for additional help, as needed. Before you make the call, please register with Unison on their website. Services are available in English and French.

**Pictou County Women's Resource & Sexual Assault Centre | [www.womenscentre.ca](http://www.womenscentre.ca) Phone: (902) 755-4647**

The work of the centre is to offer support and advocacy to individual women, and to unite women with their communities and government in order to work towards equality for all women. Their programs and services include individual support counselling and crisis intervention, information and referrals, individual advocacy and accompaniment, programs, outreach, community education and community development initiatives.

**IBPOC (Indigenous, Black & People of Color) Mental Health Database | [IBPOC Mental Health Support Database](#) | [The Khyber Centre For The Arts](#)**

A Resource to share Information and highlight IBPOC mental health workers and services local to Kijipuktuk/Halifax. From their site: "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 Kijipuktuk/HRM."

**Wellness Together Canada | [www.wellnesstogether.ca/en-CA](http://www.wellnesstogether.ca/en-CA) | Phone (Adult): 1-866-585-0445 | Phone (Youth): 1-888-668-6810 | 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 are offered at *no charge* and include an online community of support and coaching, [free one-to-one counselling](#), self-guided courses and apps and more.

**New Leaf | [www.newleafpictoucounty.ca/](http://www.newleafpictoucounty.ca/) | Phone: 1-902-396-2440, leave a message if no answer | Fax: 1-902-396-2441 | Connect on Facebook: <https://www.facebook.com/newleafpictoucounty/>**

New Leaf's mission statement: "To provide an opportunity for men to take responsibility for their abusive behaviour and to effect social change so that the underlying power imbalances no longer exist. To provide support, and to mentor males to ensure real and long term change in their attitudes and behaviours towards females and perception of themselves."

New Leaf supports men who are trying to develop and maintain healthy intimate relationships.

If you think New Leaf might be right for you, call and speak to a worker about self-referrals to the program.



**Landing Strong | [www.landingstrong.com](http://www.landingstrong.com) | Phone: (902) 472-2972 | Email: [info@landingstrong.com](mailto:info@landingstrong.com) | 69 Cedar Street, PO Box 397, Windsor, NS, B0N 2T0**

**Programs:** Landing Strong offers group support programs both in-person and virtual to our community of Veterans, Military members, First Responders and Front-Line workers.

**Referrals:** Clients can self-refer. There is no need for a referral from a professional, however Landing Strong accepts referrals through other healthcare providers as well. Clients can contact Landing Strong via email, or by phone.

**Eligibility for services:**

If you think you might be eligible for services with Landing Strong and do not see yourself represented in this list, please call Landing Strong directly to ask about accessing their group programming.

**Accessing services:**

- No doctor referral necessary
- They're committed to removing financial barriers to care.
- They will work with you to obtain financial coverage for your programs.

**Canadian Armed Forces:**

- Military (active)
- Military (Veteran)

**First Responder:**

- RCMP
- Regional Police
- Corrections Officer
- Parole Office
- Probation Officer
- Fire Fighter
- Volunteer Fire Fighter
- Paramedic – EMT and EMA
- 911 Dispatcher
- Emergency room personnel- doctors, nurses, administration
- Please enquire about services if you think you might fit under the Front-Line Workers umbrella

**Care for the Care-giver Program**

- This program is for spouses/partners of those that are suffering.

# EATING DISORDERS



**Eating Disorders Nova Scotia | <https://eatingdisordersns.ca/> | Phone: 902-229-8436  
Email: [info@eatingdisordersns.ca](mailto:info@eatingdisordersns.ca)**

Eating Disorders Nova Scotia offers support to individuals through nutrition counselling, peer supports for individuals and friends and families, workshops, drop-in groups, text-based chats, and 1:1 mentoring. Also offer professional services with a dietician.

Services are free, however there is a sliding scale of pricing for professional services. The team is also available to help with resource navigation for those looking to access further mental health support. This resource works to be a safer space for members of the 2SLGBTQIA community.

**National Eating Disorder Information Centre | Phone (toll-free): 1- 866- 633-4220**

**Hours: 11 a.m.-7 p.m. Mon -Thurs, 11 a.m. – 5 p.m. Fri. EST | Instant chat available at [nedic.ca](http://nedic.ca) |Email: [nedic@uhn.ca](mailto:nedic@uhn.ca)**

NEDIC provides information, resources, referrals and support to Canadians affected by eating disorders. NEDIC has a non-dieting, client-centred, feminist philosophy. They promote healthy lifestyles, including appropriate, enjoyable exercise and eating.

# HOUSING SERVICES AND SUPPORTS

**Transition House Association of Nova Scotia | [www.thans.ca/](http://www.thans.ca/) | For 24/7 information or support call: 1-855-225-0220 (toll-free)**

THANS offers a range of services and supports to women and their families experiencing violence:

- access to free 24/7 communal shelter and basic necessities
- crisis lines
- advocacy and course accompaniment
- counselling and outreach services

**Tearmann House | [www.thans.ca/shelters/tearmann-house-new-glasgow/](http://www.thans.ca/shelters/tearmann-house-new-glasgow/) | Phone (Crisis Line): (902) 752-0132 | Phone (Toll-Free): 1-888-831-0330 | Phone (Administration): (902) 928-0774 | Email: [tearmann@ns.sympatico.ca](mailto:tearmann@ns.sympatico.ca)**

Tearmann House offers emergency shelter for women leaving abusive situations, telephone support, food, basic personal needs, a child-care program, counselling, support groups and advocacy.

**Housing Nova Scotia (Eastern Mainland) | [www.housing.novascotia.ca](http://www.housing.novascotia.ca) | Phone: (902) 752-1225 | Toll-Free: 1-800-933-2101**

Located across the province, the Housing Authorities are responsible for the administration, operation, and maintenance of Nova Scotia's 11,500 rental properties. Their responsibilities include administering tenant applications and placements, collecting rent, resolving tenant issues, and maintaining and repairing properties.

**Viola's Place Society | [www.violasplacesociety.com/](http://www.violasplacesociety.com/) | Phone: (902) 752-0550**

Viola's Place in New Glasgow offers emergency shelter services with limited bedding capacity. Their doors open for intake at 7pm nightly. Also offers support for transition to longer-term housing.

**Pictou County Roots for Youth | [www.pcrootsforyouth.ca/](http://www.pcrootsforyouth.ca/) | Phone: (902) 695-3241**

Provides accommodation, guidance and mentorship to home-insecure youth aged 16-24. Daily drop-in program 4:30 - 8:00 p.m.. Available on Facebook, Instagram, Twitter and Snapchat. Located in New Glasgow.

**Housing Nova Scotia – Financial Assistance and Grant Programs for Homeowners  
Financial Assistance and Grant Programs for Homeowners | Housing Nova Scotia**

Offer grants and forgivable loans to low-income households to allow for emergency repairs as well as repairs related to health and safety.

## 2SLGBTQIA+ SUPPORTS

**Pictou County Rainbow Community |**  
[www.pcrainbowcommunity.ca/support-](http://www.pcrainbowcommunity.ca/support-groups)  
[groups](http://www.pcrainbowcommunity.ca/support-groups)

**Phone: 902-301-4789**

Social supports available for those in the 2SLGBTQIA+ community, as well as their family and friends. Support groups are available for trans youth (ages 12 and under and ages 13-18), adult trans-feminine, and adult trans-masculine persons.



**Pride Health | [www.nshealth.ca/content/pridehealth](http://www.nshealth.ca/content/pridehealth) | Phone: 902-487-0470**  
**Email: [prideHealth@nshealth.ca](mailto: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.

**Trans Lifeline | [www.translifeline.org/](http://www.translifeline.org/) | Phone (toll free): 1-877-330-6366**

Open 24/7 but at reduced capacity. Operators are on call 6pm Atlantic time - 2am Atlantic time. If you do not get through at first, please keep calling. Peer support service run by trans people for trans and questioning peers.

Trans Lifeline is a volunteer, trans and non-binary run hotline.. Services available include a peer support hotline, whether or not someone is in crisis. A friends and family peer support hotline is also available to friends and family of trans people.

To access, call the hotline and ask for the Friends and Family line. You will receive a call back from an operator who has lived experience supporting a transgendered loved one.

Available in English and Spanish.

# BIPOC SUPPORTS

## BLACK.INDIGENOUS.PEOPLE OF COLOUR

**National Centre for Truth and Reconciliation | [Indian Residential Schools Resolution Health Support Program \(sac-isc.gc.ca\)](#) | Phone (support line): 1-866-925-4419**

A national support line for Residential School Survivors needing emotional support. Available 24/7. Emotional, cultural and professional support services are also available to Survivors and their families.

**Eskasoni Crisis and Referral Center | [www.eskasonimentalhealth.org](http://www.eskasonimentalhealth.org) | Phone: 1-902-379-2099 | Toll-free: 1-855-379-2099 | Or connect on Facebook: Eskasoni Crisis Worker**

24-hr crisis and support line available to members of Mi'kmaq communities. Provides emotional, social and educational support. Assists individuals with referrals to counselling and helps to navigate agencies and services. Services are provided in Mi'k'maw and English.

**Nova Scotia Association of Black Social Workers | [www.nsabsw.ca](http://www.nsabsw.ca) | Phone: (902) 407-8809 | Email: [office@nsabsw.ca](mailto:office@nsabsw.ca) | Facebook: [www.facebook.com/abswoffice/](https://www.facebook.com/abswoffice/) 190 Victoria Road, Suite 204, Dartmouth, NS**

Volunteer charitable organization consisting of Black Social Workers and Human Service Workers throughout the Province. ABSW was originally formed in Montreal, Canada in 1977. A group started in Nova Scotia in 1979, with a membership of 4. ABSW was reactivated in 1987, and now has a growing membership.

**Pictou Landing First Nation Health Centre | Phone: (902) 752-0085**

Mental wellness programs and support groups for those living in Pictou Landing, including youth wellness groups, women's support groups, and support with mental health system navigation for rehab and detox centres.

**Black Educators Association Central Office | <https://bea-ns.ca/index.html> | Email: [info@bea-ns.ca](mailto:info@bea-ns.ca) | Phone: (902) 424-7036 | Toll Free: 1 (800) 565-3398 | 2136 Gottingen Street, Halifax, NS, B3K 3B3**

Demonstrating a strong commitment as a grassroots organization, the BEA coordinates its efforts with the Nova Scotia Department of Education and Culture, the African Canadian Services Division, community groups, parent associations, school boards, as well as, other educational bodies. The BEA is a volunteer, non-profit organization.



**Nova Scotia Brotherhood Initiative | [www.NSBrotherhood.ca](http://www.NSBrotherhood.ca) | Email: NSBrotherhood@nshealth.ca | Phone: (902) 434-0824**

Meeting the health needs of African Nova Scotian men. The Nova Scotia Brotherhood Initiative is designed to create culturally specific health clinics for African Nova Scotian men. Adapted from the successful Project Brotherhood in Chicago's South Side, the initiative seeks to address health disparities often faced by males of African descent.

**IBPOC (Indigenous, Black & People of Color) Mental Health Database  
IBPOC Mental Health Support Database | The Khyber Centre For The Arts**

A Resource to share Information and highlight IBPOC mental health workers and services local to Kijipuktuk/Halifax. From their site: "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 Kijipuktuk/HRM."



# FAMILY SUPPORTS

**Family Service of Eastern Nova Scotia | [www.ensfamilyservice.ca](http://www.ensfamilyservice.ca) | Phone: 1-866-330-5952**

Outpatient services available to anyone looking for help with relationships, struggling with mental health, and overcoming addiction. Services include individual and family counselling, as well as community-based programs. There is a fee to participate.

**Pictou County Mental Illness Family Support Group | [www.ssnsc.blogspot.ca/p/pictou-county-family-support-group.html](http://www.ssnsc.blogspot.ca/p/pictou-county-family-support-group.html)**

Provides a support group for family and friends of individuals affected by a serious mental illness.

**Strongest Families Institute | [www.strongestfamilies.com](http://www.strongestfamilies.com) | Phone: 1-866-470-7111  
Provincial Intake Line: 1-855-922-1122**

Various telephone-based programs designed to target behavior and anxiety concerns in children and adults. Programs include learning anxiety coping skills or behavior management tools and weekly telephone coaching sessions. Referrals required via family doctor or provincial intake line.

Programs offered include:

**ICAN** – anxiety program designed to teach adults coping skills. Available to Canadians over the age of 18. Program is 8 weeks long.

**Chase Worries Away** – anxiety program for children aged 6-11 to teach coping skills. Available to Canadians in French and English. Program is 10 weeks long.

**Defeat Anxiety** – anxiety program for youth aged 12 – 17 to teach coping skills. Available to Canadians in French and English. Program is 10 weeks long.

**Parents Empowering Kids** – behavior program for kids aged 3-12. Available to Canadians in French and English. Program is 12 weeks long.

**Parents Empowering Kids-The Early Years** – behavior program for kids aged 3-6, used as a preventative measure for milder cases. Available to parents and caregivers in Newfoundland, Labrador, Prince Edward Island, Nova Scotia, and New Brunswick. Program is 6 weeks long.

**Pictou County Kids1st Family Resource Centre | [www.kids1st.ca](http://www.kids1st.ca) | Phone: 1-902-755-5437 | Email: [pictoucpnp@kids1st.ca](mailto:pictoucpnp@kids1st.ca) | Facebook: [Pictou County Kids First](#) | Facebook**

As a not-for-profit registered charity, Kids First provides free programs and services to families with children from 0-6.

**Big Brothers/Big Sisters of Pictou County | [www.pictoucounty.bigbrothersbigsisters.ca](http://www.pictoucounty.bigbrothersbigsisters.ca)  
Phone: 902-725-6260 or 902-863-5332 | Email: [bigbrothers@bellaliant.com](mailto:bigbrothers@bellaliant.com)**

BBBS creates individual and group mentoring relationships amongst adults and youth. Mentorship is a two-way, learning and development partnership where the young person needs are placed at the centre. Because young people's brains are still developing, mentoring can support that process through back-and-forth interaction like the volley in a good game of ping-pong. Mentoring is an important way to give youth experience with these essential back-and-forth relationships, developing them into healthy young people better able to deal with and overcome life's adversities.

**New Leaf | [www.newleafpictoucounty.ca/](http://www.newleafpictoucounty.ca/) | Phone: 1-902-396-2440, leave a message if no answer | Fax: 1-902-396-2441 | Facebook: [www.facebook.com/newleafpictoucounty/](https://www.facebook.com/newleafpictoucounty/)**

New Leaf's mission statement:

"To provide an opportunity for men to take responsibility for their abusive behaviour and to effect social change so that the underlying power imbalances no longer exist. To provide support, and to mentor males to ensure real and long term change in their attitudes and behaviours towards females and perception of themselves."

New Leaf supports men who are trying to develop and maintain healthy intimate relationships.

If you think New Leaf might be right for you, call and speak to a worker about self-referrals to the program.

**Transition House Association of Nova Scotia | [www.thans.ca/](http://www.thans.ca/) | For 24/7 information or support call: 1-855-225-0220 (toll-free)**

THANS offers a range of services and supports to women and their families experiencing violence:

- access to free 24/7 communal shelter and basic necessities
- crisis lines
- advocacy and court accompaniment
- counselling and outreach services

# NEWCOMER SUPPORTS

**Multicultural Association of Pictou County | [www.multiculturalpc.ca/index.php](http://www.multiculturalpc.ca/index.php)  
Facebook: [www.facebook.com/groups/multiculturalassociationofpictoucounty/](https://www.facebook.com/groups/multiculturalassociationofpictoucounty/)**

The Multicultural Association of Pictou County (MAPC) mission is connecting cultures in our community, through education, shared understanding, awareness and social events. They are a volunteer, community-based, non-for-profit organization that builds cultural diversity. They guide newcomers to programs and services in the community. They also organize social events to help newcomers integrate in the community and promote multicultural awareness. To become a member, fill out an application (found on the About Us page of the website) and send it in by email.

**Nova Scotia Interpreting Services | [www.interpretingservices.ca/](http://www.interpretingservices.ca/) | Phone: 902-425-5532  
(24 hour dispatch)**

Nova Scotia Interpreting Services (NSIS) is a non-profit organization based in Halifax Regional Municipality, Nova Scotia. NSIS offers consecutive in-person and telephone interpreting services to hospitals, government departments and other organizations serving the public. NSIS provides interpreting in over 40 languages including: Arabic, Bosnian, Cantonese, Croatian, Farsi, French, German, Greek, Italian, Korean, Mandarin, Nepali, Russian, Spanish, Swahili, Vietnamese, and many more.

**Immigrant Services Association of Nova Scotia | [www.isans.ca](http://www.isans.ca) | Phone: (902) 423-3607  
Toll-Free: 1-866-431-6472 | Hours: Monday – Friday 8:30 a.m. – 4:30 p.m.**

A resource available to help immigrants settle in Nova Scotia. Services include settlement counselling, English classes, employment training, business development, and community events.

**Communities Assisting Refugees Now (CAiRN) | Facebook page: [CAiRN -Communities Assisting Refugees Now | Facebook](#)**

A group of passionate individuals in Pictou County who are building community awareness and raising funds to sponsor and support a travel-ready refugee family.

**Pictou County Safe Harbour | [www.pcsafeharbour.ca](http://www.pcsafeharbour.ca) | Phone: 902-331-0451  
Email: [info@pcsafeharbour.ca](mailto:info@pcsafeharbour.ca)**

Pictou County Safe Harbour is a volunteer-driven, non-profit refugee sponsorship society that supports newcomers by providing them with a warm welcome and connecting them to the resources they need to achieve social and economic empowerment. Pictou County Safe Harbour envisions a community in which newcomers have connection with the people and services they need to reach their inherent potential.

## OTHER SUPPORTS

\*If you are looking to be connected to support or resources in your community and are not able to find what you need in this guide, please call **2-1-1** and explain to the operator what you are looking for. Assistance is available in many languages\*.

**Government of Nova Scotia, Community Services, Income Assistance | [www.novascotia.ca/coms/employment/income\\_assistance/](http://www.novascotia.ca/coms/employment/income_assistance/) | Central Intake Line: 1-877-424-1177 | Monday - Friday 8:30 a.m. - 7 p.m. and Saturday 10 a.m.-2 p.m.**

The Income Assistance (IA) program provides people in financial need with assistance with basic needs such as food, rent, utilities like heat and electricity, and clothing. The program may also help you with other needs such as child care, transportation, prescription drugs, emergency dental care, and eye glasses.

When calling, tell the caseworker you want to apply for Income Assistance. They will ask you questions about your situation. It is helpful to have these things with you when you call:

- bank statements from your bank account
- your Social Insurance Number
- any other information that will help the caseworker understand your situation

**Pictou County YMCA | [pcymca.ca](http://pcymca.ca) | Phone: 902-752-0202 | Email: [pic-front.desk@pcymca.ca](mailto:pic-front.desk@pcymca.ca) | Location: 2756 Westville Road, New Glasgow, NS**

The YMCA of Pictou County provides vital services such as health, fitness, recreation, childcare, youth development and outreach programming. Financial Assistance is available for recreation and programming. Childcare available while you use the facility. Free workout and family activities videos available online.

**Nova Scotia Interpreting Services | [www.interpretingservices.ca/](http://www.interpretingservices.ca/) | Phone:902-425-5532 (24 hour dispatch)**

Nova Scotia Interpreting Services (NSIS) is a non-profit organization based in Halifax Regional Municipality, Nova Scotia. NSIS offers consecutive in-person and telephone interpreting services to hospitals, government departments and other organizations serving the public. NSIS provides interpreting in over 40 languages including: Arabic, Bosnian, Cantonese, Croatian, Farsi, French, German, Greek, Italian, Korean, Mandarin, Nepali, Russian, Spanish, Swahili, Vietnamese, and many more. Program for urgent fuel needs. Please see the website or contact the Fuel Fund by phone for details.

**Pictou County Food Bank | [www.pcfoodbank.ca](http://www.pcfoodbank.ca) | Phone: (902) 755-2906**  
**Hours: Monday, Wednesday, Friday 8:30 a.m. – 11:30 a.m. | Location: 410 Granville Street, New Glasgow, NS**

Available to families once per month as needed. The food bank will provide 3-5 days' worth of food per person in the household. Please bring ID for each member of your household.

**Pictou West Food Bank | [www.feednovascotia.ca/find-food](http://www.feednovascotia.ca/find-food) | Phone: (902) 485-8996**  
**Hours: Monday, Wednesday, Friday 1:30 p.m. – 3:00 p.m. | Location: 40 Water St., Pictou, NS**

Available to families once per month as needed. The food bank will provide 3-5 days' worth of food per person in the household. Please bring ID for each member of your household. You may also be required to provide a piece of mail with your name and home address.

**Pictou County Fuel Fund | [www.pictoucountyfuelfund.ca](http://www.pictoucountyfuelfund.ca) | Phone: (902) 755-2886**  
**Hours: Monday – Friday 9:00 a.m.– 4:30 p.m.**

The Pictou County Fuel Fund is an assistance program for urgent fuel needs. Please see the website or contact the Fuel Fund by phone for details.



# ADDITIONAL EDUCATIONAL RESOURCES

## SUICIDE PREVENTION AND INTERVENTION COURSES

### **Start (Prevention) | [www.livingworks.net/start](http://www.livingworks.net/start)**

This 90-minute, online course will teach you to recognize the signs that someone is considering suicide, as well as how to connect them to further supports. It's designed to give you a role as a 'Safety Starter'. This course is available to anyone 13 and up.

### **SafeTALK (Prevention) | [www.livingworks.net/safetalk](http://www.livingworks.net/safetalk)**

This four-hour workshop will teach you how to recognize the signs of suicide, engage the person in conversation, and connect them to further supports. You will be more prepared to engage in these conversations and will be given the role of 'Safety Connector'.

### **How to Talk About Suicide (Prevention) | [www.suicideinfo.ca/workshop/how-to-talk-about-suicide/](http://www.suicideinfo.ca/workshop/how-to-talk-about-suicide/)**

In this course, you will learn about the myths and facts about suicide, how it impacts others, and how to have a conversation with someone who may be considering suicide. The duration of the course is 2 hours.

### **Looking Forward (Prevention) | [www.suicideinfo.ca/workshop/looking-forward/](http://www.suicideinfo.ca/workshop/looking-forward/)**

This workshop is designed for those working with youth between the ages of 12 and 24. It will teach you to identify the protective and risk factors for suicide in youth, and strategies to strengthen those protective factors. It will also show you how to connect a youth considering suicide with a caregiver.

### **Small Talk (Prevention) | [www.suicideinfo.ca/workshop/small-talk/](http://www.suicideinfo.ca/workshop/small-talk/)**

This workshop is designed for those with children under the age of 12. It will teach you how suicide differs in children, how to identify warning signs, and how to connect a child considering suicide to a caregiver.

**A.S.I.S.T. (Applied Suicide Intervention Skills Training) (Intervention)**  
[www.livingworks.net/asist](http://www.livingworks.net/asist)

This two-day in-person workshop will teach you how to engage with someone who is considering suicide. With the help of two instructors, you will learn how to recognize when someone may be considering suicide, how to intervene, and how to create a safety plan with that person.

**A.S.I.S.T. TuneUp (Intervention) |**  
[www.suicideinfo.ca/workshop/asist-tune-up/](http://www.suicideinfo.ca/workshop/asist-tune-up/)

This is a 3.5 hour workshop available to those who have completed A.S.I.S.T. It will renew your existing certification for another two years.

**Suicide: Facing the Difficult Topic Together (Intervention)**  
[www.mentalhealthcommission.ca/training/online-modules-for-healthcare-professionals/](http://www.mentalhealthcommission.ca/training/online-modules-for-healthcare-professionals/)

This free, online, accredited course is targeted to healthcare providers, like doctors and nurses, who may work with individuals considering suicide. Offered by the Mental Health Commission of Canada, this course will teach you more about the risk factors for suicide, how to intervene and talk about suicide with a patient and understanding the resources available.

**Mental Health First Aid | [www.mhfa.ca/en/course-type/mhfa-standard-virtual](http://www.mhfa.ca/en/course-type/mhfa-standard-virtual)**

This course is designed to teach you how to manage a mental health crisis. Over 9 hours, you will learn how to identify when someone is struggling with their mental health and when they are in crisis, how to connect them to support, how to navigate a mental health and substance use crisis, and how to use the tools to protect your own mental health.



# MENTALLY HEALTHY WORKPLACE PROGRAMS

## **Mental Health Commission of Canada – National Standard**

**[www.mentalhealthcommission.ca/national-standard/](http://www.mentalhealthcommission.ca/national-standard/)**

The Standard is intended to guide organizations in creating and maintaining a psychologically safe and healthy environment for its employees. It identifies 13 psychosocial factors that influence mental health in the workplace and gives guidance on the creation of a psychological health and safety system. This is intended to prevent psychological harm, promote psychological health, and resolve incidents and concerns.

## **Canadian Mental Health Association – Psychological Health and Safety Training**

**[www.cmha.ca/what-we-do/national-programs](http://www.cmha.ca/what-we-do/national-programs)**

This training takes a deep dive into workplace psychological health and safety and will prepare students with practical expertise to improve psychological health and safety and implement the **Mental Health Commission of Canada National Standard** (above) in the workplace.

## **Canadian Mental Health Association - Mental Health Works**

**[www.mentalhealthworks.ca](http://www.mentalhealthworks.ca)**

**Employer Resources:** [www.mentalhealthworks.ca/category/employer-resources](http://www.mentalhealthworks.ca/category/employer-resources)

**Employee Resources:** [www.mentalhealthworks.ca/category/employee-resources](http://www.mentalhealthworks.ca/category/employee-resources)

This program provides workplace mental health training to organizations nationwide. They are dedicated to advancing the field of workplace mental health through skills enhancement training, awareness education and stigma reduction efforts.

## **CMHA “Not Myself Today” Campaign [www.notmyselftoday.ca](http://www.notmyselftoday.ca)**

This campaign works to build awareness and understanding of mental health in the workplace, reduce stigma, and create a culture of safety and support within the work environment. By opening up discussions about mental health with activities and materials, this campaign has already shown positive results in many organizations.



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