

TRAINING

CMHA NS offers practical, evidence-based workshops and training sessions to improve mental health literacy, strengthen resilience and help employers build a safer, more inclusive workplace culture.

Our training programs include:

- Applied Suicide Intervention Skills Training [ASIST]
- SafeTALK
- Changing Minds
- Living Life to the Full
- Resilient Minds
- Mental Health in the Workplace
- Stress Management
- Rebuilding our Resilience
- Community Suicide Prevention
- Talk Today

"The Mental Health in the Workplace training session is so practical, for my own mental health, for staff, and everyone around us, it's just good training that we can use everyday."

Participant, Mental Health in the Workplace Training session

Contact CMHA

NOVA SCOTIA DIVISION

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Canadian Mental
Health Association
Nova Scotia
Mental health for all

Association canadienne
pour la santé mentale
Nouvelle-Écosse
La santé mentale pour tous



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ABOUT CMHA NS

OUR VISION:

A Canada where mental health is a universal human right.

OUR MISSION:

We empower and support the voices of all those seeking assistance on their mental health journey.

We are dedicated to eliminating stigma, so all feel safe and not alone.

The Canadian Mental Health Association Nova Scotia Division [CMHA NS] is a non-profit, charitable organization that supports the resilience, recovery and well-being of people living with a mental illness and those experiencing mental health challenges across the province.

We deliver safe, inclusive evidence-based programs, training and navigation support that helps Nova Scotians be well and stay well.

These programs are free to access and available to anyone living in Nova Scotia.

We are also part of a federated charitable organization, which means we are a collective of organizations across the country, bound together by a brand and mission.

NOVA SCOTIANS CAN RELY ON CMHA-NS FOR:

ADVOCACY

Working with our partners, we push for new systems, policies, and practices that increase community capacity and foster better mental health and well-being for all Nova Scotians and address the social determinants of health.

EDUCATION

We promote greater understanding of mental health issues through inclusive, evidence-based mental health programming and education across the province.

We are committed to ensuring this programming is accessible and meets the evolving mental health needs of Nova Scotians.

RESOURCE NAVIGATION

We connect all people in Nova Scotia with safe, inclusive, culturally relevant, accessible mental health programs, services, and support.

We are committed to expanding our network and building strong connections with our community partners across the province to ensure we meet these needs.

OUR PROGRAMS

Support is highly individualized, but we know there are some things everyone needs to create the conditions for good mental health.

This includes sustainable housing, opportunities for connection, safe working conditions and timely, affordable access to services.

Our programs are designed to address the gaps in these areas that the formal system cannot, and so that more Nova Scotians have what they need to experience and maintain good mental health.

Our programs include:

- Education [Thrive]
- Peer Support
- Employment Support [At Work]
- Housing Support [Project Hope]
- Suicide Prevention [CAST]

VIRTUAL RESOURCES

- BounceBACK
- Pictou County Mental Wellness and Resilience Tool Kit
- CMHA NS Resource Guide
- Maternal Mental Health Hub
- Making Connections