



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

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

## Nova Scotia Mental Health Resources

### About CMHA NS Division:

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada.

We are a federated charity, which means we are a collective of organizations bound together by a brand and mission. Together, we identify and respond to Canada's most pressing mental health priorities.

In Nova Scotia, our branches and division office serve nearly 20,000 individuals per year.

With our branches in Halifax-Dartmouth, Colchester East-Hants and Southwest Nova, we deliver safe, inclusive evidence-based programs, training and support services that address the social determinants of health, including safe, affordable housing, sustainable employment, food security, access to education and human connection.

Through our programs, our staff works to creatively and compassionately to keep people out of hospitals, and out of emergency rooms, both before mental illness can occur, and after a crisis has passed.

### Contact Us:

CMHA Nova Scotia Division

[Mailing Address] Suite 201, 3-644 Portland Street. Dartmouth, Nova Scotia, B2W 6C4

**Toll-Free:** 1.877.466.6606 | **E-mail:** [Inquiries@novascotia.cmha.ca](mailto:Inquiries@novascotia.cmha.ca)

**Executive Director, Karn Nichols**

**E-Mail:** [karn.nichols@novascotia.cmha.ca](mailto:karn.nichols@novascotia.cmha.ca) | **Phone:** 1.877.466.6606 ext. 101

### Find Us On:

- [Facebook:](#) @cmhansdivision
- [Instagram:](#) @cmhansdiv
- [Twitter:](#) @nsCMHA
- [LinkedIn:](#) Canadian Mental Health Association, Nova Scotia Division

## **Recovery is Possible.**

It is possible to have good mental health and live a good life while living with a mental illness.

If you are struggling, you can take meaningful steps that will help you get back to a place where you feel well and can thrive, today.

The experience of recovery is rarely an event that happens in a single moment. Most often, it is a journey that takes time.

Sometimes this journey is brief, other times it may be lifelong; however, it all starts with a single, hopeful step towards better health, managing change, reaching goals, and maintaining hope requires personal effort as well as support from knowledgeable and trustworthy connections.

As you search through the content below, our hope is that you find the opportunities, resources, and support you and your loved ones need to live well.

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## **Key Words for Searching this Guide:**

If you are reading this guide on your phone, you can search the document for the words below to find the resource you need.

If you are reading this guide on your computer, you can hold down the “CTRL” and “F” button to search the guide.

If you are reading the hard copy of this document, the key words have been colour coordinated for easy navigation.

- BIPOC
- Indigenous
- Parenthood
- Youth
- Disability/Neurodivergent
- Counselling
- Peer Support
- Crisis
- Non-Crisis Support
- Education
- Substance Use
- Military
- Men
- 2SLGBTQIA+
- First Responders

## **A Note on Language:**

We understand that there are many ways of identifying, inclusions, and terms for identifying within the disability & Neurodivergent communities. This may or may not include terms like chronic pain, autism, neurodivergence, mental illness, etc. For this guide, resources under this umbrella can be found under “Disability/Neurodivergent”

If you are looking for resources on reproductive care, sexual health, justice or care you will want to first search the available resources on 211 or call the number for support

If you are looking for resources on sexual violence, trafficking resources, domestic violence, etc. you will want to first search the available resources on 211 or call the number for support

The resources under 2SLGBTQIA+ may not all include resources for each identity and may use different language on their organization's site. Be aware that some organizations may not have resources for all identities, use your own discretion when using these resources.

## What is a Crisis?

### Crisis is self-defined, but it can be:

- A time of difficulty or change
- A disruption or breakdown in your daily living pattern.
- A temporary inability to cope by your usual ways of problem solving.
- A feeling of being out of control.
- Having thoughts or a plan to end your own life or harm someone else

If you or someone you know is in crisis and needs immediate assistance:

### Call or Text:

- [Provincial Mental Health Crisis Line](#): 1-888-429-8167 [toll-free] | [Crisis](#)
- [Mental Health Mobile Crisis Team](#): 1-902-429-8167 | [Crisis](#)
- [Kids Help Phone: 1-800-668-6868](#) | Text CONNECT to 686868 | [Crisis](#)
- [Talk Suicide Canada | Text 45645](#) | Call 1.833.456.4566. | [Crisis](#)

## Crisis Supports

If you feel that you are experiencing a mental health crisis, please call one of the numbers listed in this section.

If you are having thoughts of suicide, please call or text Talk Suicide Canada.

If your life is in immediate danger, please go to your nearest emergency department or call 9-1-1. Have a support person with you if you are able to do so.

See our FAQ for more information on peer support and counselling

[Talk Suicide Canada](#) | Website: <https://talksuicide.ca/> | Phone: [Text 45645](#) | [Call 1.833.456.4566.](#) | [Crisis](#)

Talk Suicide Canada provides nationwide, 24-hour, bilingual support to anyone who is facing suicide. From the website: "It might be hard to admit that you are having thoughts of suicide –

even to yourself. Remember, there is no shame in talking about suicide. If you are unsure, you can always reach out to us – we are here to listen without judgement.”

**[Provincial Mental Health Crisis Line](#)** | Toll Free Phone: 1-888-429-8167 | Website: <https://novascotia.ca/mental-health-and-wellbeing/> | **Crisis**

The Provincial Mental Health and Substance Use 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 behaviors, overwhelming anxiety, difficulty coping with distress, psychotic or distorted thinking, depression, substance use difficulties, or any other self-identified mental health concerns.

The crisis line also supports families, friends, community agencies and others to manage mental health crisis through education, outreach, and consultation.

**[Eskasoni Crisis and Referral Center](#)** (Indigenous) | Phone: 902-379-2099 | Phone [Toll Free]: 1-855-379-2099 | Website: [www.eskasonimentalhealth.org](http://www.eskasonimentalhealth.org) | Social: Connect on Facebook messenger | **Crisis, Indigenous, BIPOC**

A 24-hr Crisis and support line that is 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.

**[Good 2 Talk](#)** | Phone: 1-833-292-3698 | Text: GOOD2TALKNS to 686868 | Website: <https://good2talk.ca/> | **Crisis, Youth**

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

**[Kids Help Phone](#)** | Phone: 1-800-668-6868 or Text 686868 | Social: Connect with Kids Help Phone on Facebook Messenger | Website: <https://kidshelpphone.ca/> | **Crisis, Youth**

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. Their service is completely confidential – you do not have to give them your name.

[Mental Health Mobile Crisis Team](#) | Phone: 1-902-429-8167 | Website: [www.ementalhealth.ca/i](http://www.ementalhealth.ca/i) | Crisis

24/7 Provincial Telephone Crisis Line for children, youth or adults who are experiencing a mental health crisis \*service is Mobile for the Halifax Region. \*If necessary, a plain clothes police officer and a mental health clinician will be dispatched in person within Halifax Regional Municipality

[Trans LifeLine](#) | Phone: (877) 330- 6366 | Website: <https://translifeline.org/> | Crisis, Non-Crisis Support, 2SLGBTQIA+, Peer Support

Trans Lifeline is a volunteer, trans and non-binary run hotline and microgrants 501(c)(3) non-profit organization

Services include direct emotional and financial support to trans people in crisis and a peer support hotline for friends and family of trans people

**Please note:** Because we are volunteer run, we are open 24/7 but may be 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\*.

Services are available in English and Spanish

[National Centre for Truth and Reconciliation Residential School Survivor Support Crisis Line](#) | Phone: 1-866-414-8111 | Website: <https://nctr.ca/> | Crisis, Indigenous, BIPOC

If you are a Residential School Survivor and need emotional support, a national crisis line is available 24 hours a day, seven days a week. Emotional, cultural, and professional support services are also available to Survivors and their families through the Indian Residential Schools Resolution Health Support Program. Services can be accessed on an individual, family or group basis.

In recognition of intergenerational impacts of Residential School, family is defined as: “A spouse or partner those raised by, or in, the household of a former Indian Residential School student or any relation who has experienced effects of intergenerational trauma associated with a family members time at an Indian Residential School.

Indigenous Services Canada verifies eligibility of persons requesting Indian Residential Schools Resolution Health Support Program services with Crown-Indigenous Relations and Northern Affairs Canada, which holds data on former students who attended those Indian Residential Schools that are part of the Indian Residential Schools Settlement Agreement.

## Non-Crisis Supports

Non-crisis support might be longer term help such as counselling, or perhaps peer support or a helpline.

These are resources that can help us work through things that are bothering us, find some solidarity and support with others who have experienced similar things, or maybe just give us a hand or a listening ear when we need it.

See our FAQ for more information on counselling, peer support and other commonly asked questions

**Association of Psychologists of NS** | Phone: 902-379-2099 | Phone: 902-422-9183 | Website: <http://www.apns.ca/> | Email: [apns@apns.ca](mailto:apns@apns.ca) | [Counselling](#)

A voluntary professional organization that represents psychology in Nova Scotia. Includes a database of psychologists working in Nova Scotia

**Canadian Perinatal Wellness Collective** | Website: <https://www.perinatalcollective.com/atlantic> | Email: [support@perinatalcollective.com](mailto:support@perinatalcollective.com) | Email: Submission Form: <https://www.perinatalcollective.com/contact> | Postpartum Support Helpline: Text 1(800)944-4773 for emergency support | Booking Appointments Page: <https://www.perinatalcollective.com/book-now> | Counselling, Parenthood

Counselling services that specialize in supporting parents, birthing people, and couples across Canada. They offer virtual therapy options requiring no referrals and some extended health benefit options.

Please see the website for more information and a list of available therapists. Will answer during regular business hours and return responses within 3 business days

**Couch of H.O.P.E (Healing Opportunities for People Everywhere)** | Phone or text: 902-707-4414 | Email: [intake@couchofhope.com](mailto:intake@couchofhope.com) | Website: <https://couchofhope.com/> | [Counselling](#)

We provide free or low-cost Counselling Services to Nova Scotians. Sessions are 50 minutes in duration, option for in-person, video, or phone. Qualify: if you do not have insurance or if you do not have a means to pay for services

*What to Expect:* Reach out to us by text, phone or email, needs and eligibility are assessed, you are matched with an available therapist who best meets your needs, and begin therapy.

**E-Mental Health** | Website: <https://www.ementalhealth.ca/Central-Nova-Scotia/Psychologists-and-Psychological-Associates/index.php?m=heading&ID=54&originalSearch=Halifax,%20NS> |  
Counselling

A list psychologists and psychological organizations in Nova Scotia.

**IBPOC (Indigenous, Black & People of Color) Service Provider Database** | Website: [www.khyber.ca/ibpoc-mental-health-database/](http://www.khyber.ca/ibpoc-mental-health-database/) | BIPOC, Indigenous, Counselling

Resource to share information and highlight IBPOC mental health workers and services local to Kijipuktuk/Halifax. This database was created to highlight a range of local services, programs and IBPOC mental health workers for IBPOC residents of Kijipuktuk/Halifax. It is updated regularly. To learn more, visit [www.khyber.ca](http://www.khyber.ca)

**Lambda Health** | Website: <https://www.lambdahealth.ca> | Contact is through website contact form | Counselling, 2SLGBTQIA+

Our 2SLGBTQIA+ communities confront unique challenges and barriers that can make accessing mental health services more difficult. This has led to 2SLGBTQ+ folks being disproportionately affected by mental health issues.

Please see the website for more information and a list of available therapists.

**Nova Scotia College of Social Workers** | Website: <https://nscsw.org/> | For more information or search for a private practitioner: <https://nscsw.org/private-practice/> | Email: [nscsw@nscsw.org](mailto:nscsw@nscsw.org) | Phone: 902-429-7799 | Counselling, Education

The Nova Scotia College of Social Workers exists to serve and protect Nova Scotians by effectively regulating the profession of social work. NSCSW works in solidarity with Nova Scotians to advocate for policies that improve social conditions, challenge injustice and value diversity.

Private practitioners are social workers who are self-employed and solely responsible for the liability of their practice. Before beginning a private practice, a social worker must demonstrate that they have advanced skills in one or more specialized areas of social work and can apply them independently.

The services offered by social workers in private practice vary widely. Depending on their experience and education, they may provide mental health services, support community development, facilitate education and training, complete specialized assessments, and more.

**Psychology Today** | Website: <https://www.psychologytoday.com/ca/therapists?search=nova%20scotia> |  
Counselling



A searchable webpage of therapists (psychologists, counsellors, social workers and more) who offer virtual and in-person mental health services throughout Nova Scotia.

Website includes short introduction videos of some therapists.

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

The Affordable Therapy Network is an initiative to increase access to affordable therapy and counselling services across Canada. Counsellors listed on the database offer low-cost or sliding scale options to increase access to mental health services across the country. Virtual and in-person counselling services are available.

Rates for Counselling Sessions:

- **Standard Rates:** For those who can pay standard rates, you are helping our therapists provide more options to those who otherwise would not be able to access support.
- **Low-Cost Rates:** Many listed therapists offer sessions at a low-cost rate ranging between \$50- \$65 to support those experiencing financial difficulty.
- **Sliding Scale Fees:** All listed therapists offer sliding scale rates for those who do not require the low-cost rate but cannot access standard therapy fees. These generally range between \$70-\$120 and varies between individual therapists.

[The Trevor Project](#) | **Crisis** Counselling: 24/7, 365 days a year | 100% confidential, 100% free | They offer chat, calling and text options | They offer chat, calling and text options | Text 'START' to 678-678 | Call: 1-866-488-7386 | Online chat on the website | **Crisis** | Website: <https://www.thetrevorproject.org/strategic-plan/> | **Counselling, Youth, 2SLGBTQIA+**

An organization for ending suicide among LGBTQ youth. They offer crisis services, counselling, information, resources, and an online community for LGBTQ youth.

[The Youth Project](#) | Phone: (902) 429-5429 | Email: [carmel@youthproject.ns.ca](mailto:carmel@youthproject.ns.ca) | Email Submission: <https://youthproject.ns.ca/contact/> | Website: <https://youthproject.ns.ca/> | **Counselling, Youth, 2SLGBTQIA+, Education, Peer Support**

Supports youth around issues of sexual orientation and gender identity. They offer counselling services, workshops, gender affirming care items, gay-straight alliance supports, resources and referrals for other resources.

**[Theravive](#)** | Website: <https://www.theravive.com/cities/ns/> | **Counselling, Education**

Online searchable resource for therapists and counsellors. Website includes a searchable academic encyclopedia of DSM-5 and information about counselling

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

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.

## Self-Help Groups and Peer Support

You may find it helpful to join a self-help or to access peer support. These groups provide the mutual support of people who have had similar experiences. See our FAQ for more information on the difference between peer support and counselling

**Action Canada for Sexual Health and Rights Access Line** | Website:

<https://www.actioncanadashr.org/campaigns/call-access-line-1-888-642-2725#:~:text=Call%20the%20access%20line%201%E2%80%91888%E2%80%91642%E2%80%912725%20or%20613-241-4474%20x10200,information%20and%20make%20referrals%20to%20sexual%20health%20providers.> | Phone: (888) 642 – 2725 | Phone & Text: (613) 241 – 4474 ext. 10200 | 7 Days a week, 9am - 9pm | Voicemails can be left and will be returned next day | Email: [access@actioncanadashr.org](mailto:access@actioncanadashr.org) | Youth, Education, Non-crisis support

Confidential phone and text line available toll-free seven days a week between 9am and 9pm. It is available for questions on sexual health, pregnancy options, abortions, and safe sex. Can provide information and make referrals to sexual health providers.

**Boots on the Ground - Peer Support for First Responders** | Website:

<https://www.bootsontheground.ca/> | Phone: (833) 677 – 2668 | 24/7 | **First Responders, Peer Support**

Anonymous Peer support for first responders (Retired or serving; firefighters, police officers, paramedics, nurses, corrections officers, and emergency dispatch operator)

**Families for Substance Use Recovery** | Website: <https://www.farcana.org/family-support/we-can-help/free-phone-support-line/>

| Phone: (855) 377 – 6677 Ext. 207 | Monday to Friday: 12-3pm | **Substance Use, Parenthood, Peer Support**

A phone support line for those who have a loved one struggling with Substance Use looking for support

**F.L.Y. (First Love Yourself)** | Email: [transhfx@gmail.com](mailto:transhfx@gmail.com) | Website:

[https://www.transhfx.com/?fbclid=IwAR0rfOggkGrXetNYyhiqm\\_EFZOzixDJPXDe1BxBx-4DDNp6AOIImTB2IAA](https://www.transhfx.com/?fbclid=IwAR0rfOggkGrXetNYyhiqm_EFZOzixDJPXDe1BxBx-4DDNp6AOIImTB2IAA) | **Peer Support, 2SLGBTQIA+**

F.L.Y. stands for "First Love Yourself" in recognition of the struggle that many trans people have with internalized transphobia. Just as the butterfly takes wing, this group uses peer support to help trans and gender questioning people become who they truly are

F.L.Y. offer peer support to adults in Nova Scotia (19+) who are transgender, non-binary, gender fluid, gender queer, bi-gender, two spirited, gender questioning. As well as their partners and loved ones.

It is important to note that all our meetings take place in K'Jipuktuk, the unceded territory of the Mi'kmaq people. To learn more, please contact F.L.Y. through email or on Facebook.

**Healthy Minds Cooperative** | Email: [admin@healthyminds.ca](mailto:admin@healthyminds.ca) | Phone: (902) 404-3504 | Toll-free Phone: 1-855-901-6463 | Website: <https://www.healthyminds.ca/> | **Peer Support Education**

Healthy Minds Cooperative is a charitable, non-profit organization. We're a peer-led, member-driven organization, committed to improving the lives of people with mental illness (including Substance Use).

Healthy Minds 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.

Healthy Minds Cooperative offers free workshops, peer-support groups, navigation assistance and citizen engagement opportunities.

**Membertou Men's Society** | Website: <https://www.facebook.com/Mb2MensS/> | Email: [membertoumenssociety@gmail.com](mailto:membertoumenssociety@gmail.com) | **Peer Support, Indigenous, BIPOC, Men**

A men's group for Membertou Men to connect with other men.

**National Overdose Response Service** | Website: <https://www.nors.ca/faq> | Phone: (888) 688 – NORS (6677) | 24/7 | **Peer Support, Substance Use**

Confidential, Affirming, Respectful, Peer run, peer led overdose prevention hotline. Makes overdose support available to Canadians 24/7. For keeping those who are using substances safe from overdose while upholding their right to dignity, respect and confidentiality. Focus on harm-reduction.

**New Leaf** | Website: <https://www.newleafpictoucounty.ca/> | Phone: (902) 396 – 2440 | **Peer Support, Men, Parenthood**

An organization in Pictou County dedicated to helping men to change abusive behavior, create social change, and mentor men. They offer group work, counselling, crisis intervention, case management, referrals, and outreach. They have programs for adult men and adolescent males.

[Nova Scotia Peer Support Line](#) | Phone: Toll-free 1-800-307-1686 | Website: <https://www.supportyourpeople.com/peer-support-phone-service> | Hours of operation: Wednesday to Friday 5:00pm – 11:00pm Atlantic Time, Saturdays and Sundays 11:00am – 11:00pm Atlantic Time, Closed Mondays and Tuesdays | **Peer Support**

The Peer Support Phone Service is a toll-free, non-crisis, province wide service, available to all Nova Scotians 18 years of age or older. It is staffed by trained peer supporters, who have personal or family-based lived experience with mental health and/or substance use challenges.

The service is intended for individuals who feel isolated, alone, anxious, concerned, or who need support and to talk to someone. Reasons for calling can be anything from having a tough day at work, feeling down, struggling with supporting a loved one, going through a rough patch in a relationship and many more.

[Peer Support Space, Inc.](#) | Website: <https://peersupportspace.org/about-pss> | Email Submission Page: <https://peersupportspace.org/contact-us> | **Peer Support**

Peer-led peer support organization Providing support to individuals that are historically underserved, forcefully marginalized, and fall through the cracks of our mental health system. Located in Central Florida but welcome anybody, living anywhere to their virtual spaces over the age of 18.

[People in Pain Network](#) | Email: [info@pipain.com](mailto:info@pipain.com) | Website: <https://www.pipain.com/virtual-online-meetings-3.html> | **Peer Support, Disability/Neurodivergent**

Resources, information, and support for those living with chronic pain.

[Togetherall](#) | Website: [www.togetherall.com/en-us](http://www.togetherall.com/en-us) | **Peer Support, Youth**

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. Peer support is moderated by trained counselors. To access Togetherall, simply go to the homepage, click on Register, and register under the "your area" button. All postal codes in Nova Scotia are registered to have access to this resource.

## Helplines

**Helplines are not crisis lines.** They are phone, text or chat lines available for when you just need to talk to someone about what you are going through.

If you are in crisis, please call the 24-Hour Provincial Crisis Line at 1-888-429-8167 or call 9-1-1 or another crisis line listed in this guide.

**211 Helplines** | Website: <https://ns.211.ca/search/?query=helpline&location=&x=0&y=0> |

If you have concerns about your own well-being, or that of someone else, 2-1-1 can connect with a Helpline.

The Helplines were created in partnership with the Eastern Shore Family Resource Centre. Anyone can access a variety of supports and services specific to their needs, including information, navigation, referrals, and brief intervention counselling.

**Men's Helpline** | Call or text 2-1-1 and ask for the Men's Helpline | [Toll Free] [1-855-466-4994](tel:1-855-466-4994) | Website: <https://ns.211.ca/services/emotional-support-helplines/mens-helpline/> | **Non-Crisis Support, Men**

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

**Women's Helpline** | Call or text 2-1-1 and ask for the Women's Helpline | [Toll Free] 1-855-466-4994 | Website: <https://ns.211.ca/services/emotional-support-helplines/womens-helpline/> | **Non-Crisis Support**

A free, confidential service for adult women, and individuals who identify as women, who have concerns about their well-being, safety, and/or the safety of others. Eligibility: Women, and individuals who identify as women, can access a variety of supports and services specific to their needs, including information, navigation, referrals, and brief intervention counselling.

**All Genders Helpline** | Call or text 2-1-1 and ask for the All-Genders Helpline | [Toll Free] 1-855-466-4994 | Website: <https://ns.211.ca/services/emotional-support-helplines/all-genders-helpline/> | **Non-Crisis Support, 2SLGBTQIA+**

A free, confidential service for adults of all genders, including non-binary and trans individuals, who have concerns about their well-being, safety, and/or the safety of others. Eligibility: People of all genders can access a variety of supports and services specific to their needs, including information, navigation, referrals, and brief intervention counselling.

[First Nations and Inuit Hope for Wellness Helpline](https://www.hopeforwellness.ca/) | 1-855-242-3310 | Website: <https://www.hopeforwellness.ca/> | Online chat: Hope for Wellness Chat | **Non-Crisis Support, Indigenous, BIPOC**

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.

[Naseeha Mental Health](https://naseeha.org/web-therapy/) | Free Web Therapy Program (Canada Only): <https://naseeha.org/web-therapy/> | Website: <https://naseeha.org/> | Email: [info@naseeha.net](mailto:info@naseeha.net) | **Non-Crisis Support, BIPOC**

Helpline number (call 7 days/week or text Mondays -Fridays): 1 (866) 627-3342 (NASEEHA) 12PM -12AM EST (1PM – 1AM AST)

Naseeha Mental Health provides a confidential helpline for young Muslims and non-Muslims to receive immediate, anonymous, and confidential support. Launched in 2006, Naseeha offered this support line for young Muslims in North America, to talk about, and work through their issues with our trained counsellors.

Naseeha Mental Health is based out of Mississauga Ontario, but their phone and web services are available across Canada.

[Nova Scotia Warm Line](https://shelburnecountymentalhealth.com/warm-line/) | Email: [shelburnecountymentalhealth@outlook.com](mailto:shelburnecountymentalhealth@outlook.com) | Website: <https://shelburnecountymentalhealth.com/warm-line/> | Phone: Toll free 1-833-927-6546 | Mon/Tues/Thurs 1-5pm | Wed 4-8pm | **Non-Crisis Support, Peer Support**

**What is a Warm Line?** A Warm Line is **NOT A CRISIS LINE**. (The goal is intervention and support prior to reaching a point of crisis). A warm line is an alternative to a crisis 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.

**What Can I Expect When I Call?** 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 help, supports, strengths and resources you already have at your disposal.

[Pain Support Line](https://painbc.ca/find-help/pain-support-line) | Phone: (844) 880 – 7246 | Monday through Friday from 9-4pm | Response times between 1-3 business days | Email: [supportline@painbc.ca](mailto:supportline@painbc.ca) | Website: <https://painbc.ca/find-help/pain-support-line> | **Non-Crisis Support, Disability/Neurodivergent**

A safe, confidential support line for those living with chronic pain providing information and emotional support. Located in British Columbia, so they cannot provide support on community resources or programs/supports.

**Post-Partum Support International Helpline** | Website: [www.postpartum.net](http://www.postpartum.net) | Call or text 1-800-944-4773 #1 in Spanish and #2 in English | **Non-Crisis Support, Parenthood**

The PSI Help Line is a toll-free telephone number anyone can call to get basic information, support, and resources. It is based in the USA, but helpline and support groups are available to Canadians.

Messages are returned every day of the week. You can leave confidential messages anytime and a HelpLine volunteer will get back to you as soon as possible. If you are unavailable when they call you can setup an alternate time. The volunteer will give you information, encouragement, and names of resources near you.

PSI also hosts weekly chats with experts, online postpartum peer support groups, and online meetings on various topics. Specific groups include support for adoptive parents, queer parents, groups for dads, support groups for pregnancy loss and more.

**Survivors of Abuse Recovering (SOAR)** | Website: [www.survivorsofabuserecovering.ca](http://www.survivorsofabuserecovering.ca) | Phone: 902-679-7337 | [Toll free] Phone: 1-877-679-SOAR (7627) | **Non-Crisis Support, Peer Support**

A community-based peer support service for adult survivors of childhood sexual abuse in West Hants, Kings & Annapolis Counties (Nova Scotia, Canada). They offer peer counseling, support groups and community awareness training.



## Other Non-Crisis Supports

**Alcoholics Anonymous** | 24-hour helpline: 902-461-1119 | Website: <https://www.aahalifax.org/i-need-help/> | Email: [contactus.aahalifax@gmail.com](mailto:contactus.aahalifax@gmail.com) | Substance Use

Provides help, support, and referrals to Nova Scotians on the phone or via email to allow people to talk about or recover from alcoholism. Service is designed to support anyone who has the desire to stop drinking

**BounceBack** | Website: <https://novascotia.cmha.ca/bounceback/> | Education

BounceBack is a free, **guided self-help** program that helps adults and youth 15+ learn to manage low mood, mild to moderate depression, anxiety, stress or worry. Through telephone coaching and skill-building workbooks, participants can learn ways to overcome their symptoms and improve their mental well-being. Learn more [HERE](#)

**Eating Disorders Nova Scotia** | Email: [info@eatingdisordersns.ca](mailto:info@eatingdisordersns.ca) | Phone: 902-229-8436 | Website: [www.eatingdisordersns.ca](http://www.eatingdisordersns.ca) | Education, Peer Support

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

**Food and Beverage Service Mental Health** | Website: <https://not9to5.org/> | Email: [info@not9to5.org](mailto:info@not9to5.org) | Peer Support, Education Not 9 to 5 is a non-profit global leader in mental health advocacy for the foodservice and hospitality sector. Through practical education and meaningful community-building, we are reimagining the industry by breaking stigmas and fueling hope.

Our vision is physical and psychological safety for the entire hospitality and culinary workforce. Not 9 to 5 aspires to normalize mental health training, sick leave, workplace accommodations, healthcare benefits, support, and resources to all.

**Healing in Colour** | Website: <https://www.healingincolour.com/directory> | Email Submission Page: <https://www.healingincolour.com/contact> | Non-Crisis Support, BIPOC

A directory of BIPOC therapists in Canada and resources for healing and liberation.

**Hope for Mental Health Society** | Website: <https://www.hope4mentalhealth.ca/index.html>

| Email: [contact@ssns.ca](mailto:contact@ssns.ca) | Phone: 1-902-465-2601 | [Peer Support](#), [Education](#), [Parenthood](#)

Hope for Mental Health Society (formerly Schizophrenia Society of Nova Scotia) offers the following programs and services:

- Online navigation service to find a Resource Provider near you.
- Families matter in mental health
- Family education and support group
- One to one peer support
- From Recovery to Discovery
- Community living (housing program)

For more information on any of these programs please see <https://www.hope4mentalhealth.ca/index.html> or contact Hope for Mental Health Society.

[IWK Mental Health and Substance Use Intake Service](#) | Phone: 1-855-922-1122 | Website: <https://www.iwk.nshealth.ca/mental-health/overview-mental-health-and-Substance-Use-services> | [Non-Crisis Support](#), [Substance Use](#)

IWK Mental Health and Substance Use Program (MHA) is one of three clinical programs at the IWK Health Centre. We treat children and youth up until their 19th birthday within a patient and family centered context. Call the phone line for intake and navigation services.

[Lifeline Canada App](#) | Website: <https://thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app/> | [Crisis](#), [Non-Crisis Support](#), [Education](#)

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.

[Mental Health and Substance Use Tools](#) | Website: <https://mha.nshealth.ca/en/tools> | [Non-Crisis Support](#), [Substance Use](#), [Education](#)

A comprehensive list of free online resources through the *Nova Scotia Health Authority* and other community partners. Including workplace skills, CBT skills, peer support, mindfulness, and other tools/resources.

[National Eating Disorder Information Centre \(NEDIC\)](#) | 11 a.m.-7 p.m. Mon.-Thurs., 11 a.m. – 5 p.m. Fri. | Email: [nedic@uhn.ca](mailto:nedic@uhn.ca) | Phone: 1-866-633-4220 | EST Instant chat available at [nedic.ca](https://nedic.ca) | Website: <https://nedic.ca/> | [Education](#), [Non-Crisis Support](#)

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-centered, 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 centers.

[Native Alcohol and Drug Abuse Counselling Association of Nova Scotia \(NADACA\)](http://www.nadaca.ca/) | Website: <http://www.nadaca.ca/> | Toll-Free Phone: 1-866-588-5954 | Phone: (902) 379-2262 | Email Submission Page: <http://www.nadaca.ca/contact/> | BIPOC, Indigenous, Substance Use, Counselling

Provides substance use services in Mi'kmaw First Nations Communities since 1971 for support with alcohol abuse, illicit drug abuse, prescription drug abuse, and solvent abuse.

They are a strength based therapeutic wellness program that is centered around traditional aboriginal values within treatment and wellness programs. Please see the website for more information and a list of available therapists.

[Strongest Families Institute](http://www.strongestfamilies.com) | Website: [www.strongestfamilies.com](http://www.strongestfamilies.com) | Phone 1-866-470-7111 | Provincial Intake Line: 1-855-922-1122 | Education, Non-Crisis Support, Parenthood

Programs include support for families and parents to build coping skills for anxiety, behavior management tools and weekly telephone coaching sessions.

ICAN program is a coached and self-managed program for adults with anxiety & depression.

Referrals required via family doctor or provincial intake line.

[Support Groups in Halifax](https://www.psychologytoday.com/ca/groups?search=Halifax) | Website: <https://www.psychologytoday.com/ca/groups?search=Halifax> | Non-Crisis Support

List of various available support groups in Halifax, Nova Scotia. See the FAQ for an explanation of the difference between support groups and therapy groups.

[Untoxicated Queers](mailto:untoxicatedqueers@gmail.com) | Email contact: [untoxicatedqueers@gmail.com](mailto:untoxicatedqueers@gmail.com) | Facebook page: <https://www.facebook.com/UNToxicatedqueers/> | Substance Use, 2SLGBTQIA+, Peer Support

Part-support group, part-sober events, part-harm reduction initiative, and 100% queer. We come together to support, connect, and hold space for 2SLGBTQIA+ folks to chat about problematic substance use and addictive behaviours of all kinds.

UNtoxicated Queers believes Informed choices, broader understanding, and health and wellness initiatives can enhance the lives of those in the Rainbow Community who are former and current substance users and/or who are affected by addictive behaviours of all kinds.

UNtoxicated Queers is guided by the principles of harm reduction. We believe that knowledge empowers individuals; that with new learning comes freedom and healthier choices.

UNtoxicated Queers meets people where they are at, without judgment: practicing respect; encouraging diversity; offering and welcoming learning; supporting individual choice and promoting our community's health.

[Wellness Together Canada](#) | Phone: 1-866-585-0445 | 1-888-668-6810 (Youth) | Text: WELLNESS to 741741 (Adults) or 686868 (Youth) | Frontline Workers text: FRONTLINE to 74174 | Website: [www.wellnesstogether.ca/en-CA](http://www.wellnesstogether.ca/en-CA) | [Substance Use](#), [Non-Crisis Support](#), [Counselling](#), [Education](#), [Youth](#)

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 counselling, self-guided courses, apps and more.

## Community Information & Resources

### Other

You may find that some of your problems can be solved by assistance from agencies outside the mental health system. Sometimes, practical help, such as home nursing care, Meals on Wheels, or subsidized door-to-door transportation for people unable to walk, will greatly reduce the stress in your life, either as a caregiver or as a disabled person.

To find what local services may be available to you can contact Halifax's Find Help Information Services by dialing: 211 or searching their web directory: <https://ns.211.ca/>

### Help

### from

### Friends

### and

### Others

Sometimes, the help of a trusted family member, a close friend, or a member of the clergy for your religion can be a source of support. People close to you can also point you in the direction of the help you need.

[211 Nova Scotia](#) | Call or text 2-1-1 for in-person assistance or search the online 211 database.

\*You do not need to be in crisis to connect | [Non-Crisis Support](#), [Education](#)

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.

If you have concerns about your own well-being, or that of someone else, 2-1-1 can connect with a Helpline. The Helplines were created in partnership with the Eastern Shore Family Resource Centre. Anyone can access a variety of supports and services specific to their needs, including information, navigation, referrals, and brief intervention counseling.

[Advocates for Youth](#) | Website: <https://www.advocatesforyouth.org/> | Phone: (202) 419 – 3420 | Email Submission Page: <https://www.advocatesforyouth.org/contact/> | [Education](#), [2SLGBTQIA+](#), [Youth](#)

An organization for youth focused around their reproductive and sexual health rights. Offers resources, information, and tools.

[Alexander Society for Inclusive Arts \(formerly known as The Alexander Society for Special Needs\)](#) | Website: <http://www.alexandersociety.org/> | Phone: 902-582-3888 | Email Submission Page: <https://www.alexandersociety.org/contact/> | [Disability/Neurodivergent](#), [Education](#)

Providing art-based educational programs to children, teens, and adults with special needs and their peers. Offering community and in-school programs.

**Commented [LM1]:** I o\love this section. thanks Amber. we can point people to further info and not try and replicate existing resources. nice.

**Autism Society of NS** | Website: <https://www.autismnovascotia.ca/> | Email: info@autismns.ca | Toll Free Phone: (877) 544 – 4495 | Halifax Office Phone: (902) 446 – 4995 | [Disability/Neurodivergent](#), [Education](#)

A community-based organization that builds understanding, acceptance and inclusion for autistics/individuals on the autism spectrum and their families through leadership, advocacy, education, training, and programming across the lifespan. Includes a variety of resources, information, and programs.

**Canadian Men's Health Foundation** | Website: <https://menshealthfoundation.ca/> | Email: info@menshealthfoundation.ca | Phone: (604) 737 – 2990 | [Education](#), [Men](#)

A national registered charity providing information, tools, and motivation for men and their families to live healthier. Dedicated to improving men's quality of life and reducing men's risk of chronic diseases, they have information and tools for learning more about men's health

**Caregivers Nova Scotia** | Toll-Free Phone: 1-877-488-7390 | Email: Info@CaregiversNS.org | Website: <https://caregiversns.org/> | [Disability/Neurodivergent](#)

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 provide recognition and practical assistance to friends and family giving care.

**Chebucto Mental Health Resource Guide** | Link to PDF: <http://chebuctofamilycentre.ca/wp-content/uploads/2023/04/2023-Mental-Health-Resoure-Guide-.pdf> | [Education](#), [Non-Crisis Support](#)

Resources specific to Halifax Regional Municipality though some may offer services to folks outside of the municipality, including resources on community programs like grief, housing, youth-centered, etc as well as counselling resources and phone lines.

**Heads Up Guys** | Website: <https://headsugguys.org/> | Email: info@headsugguys.org | [Education](#), [Men](#)

An organization dedicated to men's mental health and suicide prevention. They offer information, resources and tips for men's mental health and stress.

**Healthy Minds Cooperative** | Website: <https://www.healthyminds.ca/> | Contact: <https://www.healthyminds.ca/contact> | Phone number: Telephone: (902) 404-3504 Toll-free: 1-855-901-6463 | **Peer Support, Education**

Healthy Minds Cooperative is a charitable, non-profit organization. We're a peer-led, member-driven organization, committed to improving the lives of people with mental illness (including substance use).

Healthy Minds 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.

Healthy Minds Cooperative offers free workshops, peer-support groups, navigation assistance and citizen engagement opportunities.

**IWK Patient and Family Feedback** | Phone number: 902- 470 – 7435 or toll free: 1-855-495-2273 (IWK CARE) | Email: [feedback@iwk.nshealth.ca](mailto:feedback@iwk.nshealth.ca) | Website: <https://www.iwk.nshealth.ca/feedback> | **Education**

The IWK Health Centre wants, encourages, and welcomes patients and families to give us feedback, and we are currently working on new ways to make this easier. Feedback includes compliments, suggestions, and concerns. It tells us what we do well and what needs to be improved for better patient care or service delivery. Feedback is important to the work we do, and we welcome all calls and e-mails.

Feedback is not monitored 24/7. These resources will be managed by the IWK Feedback Coordinator, and all messages will be returned within three business days.

**Landing Strong** | Phone: (902) 472 – 2972 | Email: [info@landingstrong.com](mailto:info@landingstrong.com) | Website: <https://landingstrong.com/> | **Education, Military, First Responders**

Non-profit organization dedicated to supporting those experiencing the effects of operational stress injuries. Programs designed for military members, veterans, first responders, front line health care workers, correctional staff, and friends & family who are coping with post-traumatic stress disorder, anxiety & depression, and difficulties connecting with family and community following a trauma exposure. Offer in-person and virtual groups.

**Mental Health and Substance Use Tools** | Website: <https://mha.nshealth.ca/en> | **Non-Crisis Support, Substance Use**

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

**[“Mental Health Caregiver Guide” PDF](#)** | [Education](#), [Disability/Neurodivergent](#) | Link to PDF:  
[https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/mental\\_health\\_caregiver\\_guide\\_en.pdf](https://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/mental_health_caregiver_guide_en.pdf)

A downloadable and printable guide for caregivers of persons living with mental illness or experiencing mental health challenges.

**[Military Suicide Prevention](#)** | Website: [https://www.suicideinfo.ca/local\\_resource/military-suicide-prevention/](https://www.suicideinfo.ca/local_resource/military-suicide-prevention/) | Email: [csp@suicideinfo.ca](mailto:csp@suicideinfo.ca) | [Military](#), [Education](#)

An informational toolkit from the *Centre for Suicide Prevention* offering information and recent research on the topic of military suicide.

**[Mood Disorders Society of Canada](#)** | Website: <https://mdsc.ca/> | Phone: (613) 921 – 5565 | Email: [info@mdsc.ca](mailto:info@mdsc.ca) | Email Submission Page: <https://mdsc.ca/contact/> | [Disability/Neurodivergent](#), [Education](#)

Mental health non-governmental organization focused on forging and maintaining meaningful partnerships with the public, private and non-profit sectors throughout Canada. Includes information, advocacy, research, and resources around mental health

**[Movember Conversations](#)** | Website: <https://conversations.movember.com/en/> | [Education](#), [Men](#)

An educational online tool for navigating important conversations with men around mental health and other topics. Also includes additional articles and resources

**[Nova Scotia Brotherhood Initiative \(NSBI\)](#)** | Website: <https://www.nshealth.ca/nsbi> | Phone: (902) 434 – 0824 | Email: [nsbrotherhood@nshealth.ca](mailto:nsbrotherhood@nshealth.ca) | [Education](#), [Men](#), [BIPOC](#)

A free program for Black men to access health care in the community in order to improve overall health and wellbeing. They provide culturally appropriate primary medical care plus health and wellness services including medical care, health promotion, chronic disease management, community resources and free health and wellness programs.

**[Nova Scotia Health Patient/Family Feedback Line](#)** | Website: <https://www.nshealth.ca/contact-us/patientfamily-feedback-commentaires-des-patients-et-des-familles> | [Education](#)



Every day, we learn from patients, clients and families. When you tell us about your experience – good or bad – it helps us improve the care and service we provide.

We'd love to hear your compliments and/or concerns. You can share these directly with your health care provider(s) or unit/department manager, or you can contact our Patient Relations team, listed below. **Hours: Monday to Friday: 8 a.m. to 4 p.m.**

- Annapolis Valley, Southwest, and South Shore Areas  
Toll Free: **1-844-884-4177**  
**Email:** [WZpatientrelations@nshealth.ca](mailto:WZpatientrelations@nshealth.ca)
- Colchester, Cumberland, Pictou County, and East Hants areas  
Toll Free: **1-844-884-4177**  
**Email:** [NZpatientrelations@nshealth.ca](mailto:NZpatientrelations@nshealth.ca)
- Cape Breton, Antigonish and Guysborough Areas  
Toll Free: **1-844-884-4177**  
**Email:** [EZpatientrelations@nshealth.ca](mailto:EZpatientrelations@nshealth.ca)
- Halifax Regional Municipality, Eastern Shore, and West Hants Areas  
Toll Free: **1-844-884-4177**  
**Email:** [CZpatientrelations@nshealth.ca](mailto:CZpatientrelations@nshealth.ca)

**Personal Safety Personnel Network** | Website: <https://www.pspnet.ca> | Email: [pspnet@uregina.ca](mailto:pspnet@uregina.ca) | Phone: (306) 337 – 7233 | Toll Free Phone: (833) 317 – 7233 | Email Submission Page: <https://www.pspnet.ca/en/contact-us> | **Education**

Supports the mental health and wellbeing of public safety personnel (PSP) or first responders. Including wellness and therapist-guided courses and a wellness hub.

**“Post-traumatic stress disorder (PTSD) and War-related Stress” PDF** | Website: [https://novascotia.cmha.ca/wp-content/uploads/2020/01/ptsd\\_warstress\\_e.pdf](https://novascotia.cmha.ca/wp-content/uploads/2020/01/ptsd_warstress_e.pdf) | **Military, Education**

An informational pdf about PTSD and war-related stress.

**Pride Health** | Website: [www.nshealth.ca/content/pridehealth](http://www.nshealth.ca/content/pridehealth) | Phone: 902-487-0470 | Email: [prideHealth@nshealth.ca](mailto:prideHealth@nshealth.ca) | **2SLGBTQIA+, Substance Use, Counselling**

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 Substance Use, mental health, and other health services.

**PTSD Association of Canada** | Website: [www.ptsdassociation.com](http://www.ptsdassociation.com) | Email: [info@ptsdassociation.com](mailto:info@ptsdassociation.com) | **Email Submission Page:** <http://www.ptsdassociation.com/partners> | Education

An association dedicated to honoring and empowering individuals suffering from PTSD through education, links to appropriate services, and facilitation of research into both the cause of PTSD and the best treatment options. Include educational materials, collecting information, resources, and advocacy.

**Rally Point Retreat** | Website: <https://www.rallypointretreat.org/> | Phone: (902) 223 – 7358 or (902) 223 – 7359 | Email Submission Page: <https://www.rallypointretreat.org/contact-us> | Military, Peer Support

A peer support facility for those essential service and front-line members in treatment for CIS/CSI/OSI/OSIS/PTSD to promote their recovery. No on-site clinician or therapy services.

**Red Cross Friendly Calls** | Times: Mon. – Fri. 8:30 a.m. – 4:30 p.m. AST | Phone: 1-833-729-0144 | Website: [www.redcross.ca](http://www.redcross.ca) [To register, Not A Crisis Line] | Non-Crisis Support

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.

**Roots of Hope Nova Scotia** | Phone: (902) 897 – 8381 | Email: [info@rootsofhopens.com](mailto:info@rootsofhopens.com) | Email Submission: <https://rootsofhopens.com/contact-us/> | Website: <https://rootsofhopens.com/> | Education

Community suicide prevention organization.

**Royal Canadian Legion** | Website: <https://www.legion.ca/support-for-veterans/mental-health-ptsd> | Military, Education

Information and resources from the Royal Canadian Legion around Mental Health and Post-Traumatic Stress Disorder (PTSD) for veterans and their families.

**RU OK?** | Website: <https://www.ruok.org.au/> | Email Submission Page: <https://www.ruok.org.au/contact> | Education

A public health promotion charity that encourages people to stay connected and have conversations through difficult times including suicide prevention.

**Sick not Weak** | Website: <https://www.sicknotweak.com/> | Email Submission: <https://www.sicknotweak.com/contact-us/> | Education

An organization focused on reducing the stigma of mental illness by sharing stories of those with lived experience of mental health across a variety of topics and events.

**“Supporting Black LGBTQ Youth Mental Health”** | Link to a pdf: <https://www.thetrevorproject.org/wp-content/uploads/2020/06/Supporting-Black-LGBTQ-Youth-Mental-Health.pdf> | Education, BIPOC, 2SLGBTQIA+

A virtual, educational resource document from *The Trevor Project* written by Tia Dole discussing the experience of Black LGBTQ youth in crisis.

**“Support to Military Families in Transition: A Review” PDF** | Website: <https://novascotia.cmha.ca/wp-content/uploads/2020/01/Support-to-Military-Families-in-Transition-Eng.pdf> | Military, Education

An informational PDF about the transition to civilian life from military service and how to create long term positive outcomes.

**The Asexuality Visibility & Education Network** | Website: <https://www.asexuality.org/> | Email: [aven.qa@gmail.com](mailto:aven.qa@gmail.com) | Peer Support, 2SLGBTQIA+, Education

An information resource hub for people who are asexual and questioning as well as their friends, families, researchers, and press. Including a discussion forum.

**The Gender Book** | Website: <https://thegenderbook.com/> | Email: [creators@thegenderbook.com](mailto:creators@thegenderbook.com) | Email Submission Page: <https://thegenderbook.com/contact-1> | Education, 2SLGBTQIA+

An illustrated community-based resource about gender identity. Also includes other educational tools and resources around gender identity.

**The Lifeline Canada Foundation** | Website: <https://thelifelinecanada.ca/suicide-prevention-resources/survivors-of-suicide-loss/> | Email Submission Form: <https://thelifelinecanada.ca/contact-us/> | Education, Peer Support

Non-profit committed to the prevention of suicide and positive mental health in Canada.

Resources for survivors of suicide loss including survivor support groups across Canada.

**Veterans Affairs Canada** | Website: [www.veterans.gc.ca](http://www.veterans.gc.ca) | Toll Free Phone: (866) 522-2122 | Email: [information@veterans.gc.ca](mailto:information@veterans.gc.ca) | **Military**

National website discussing services and benefits for current or former members of the Canadian Armed Forces or RCMP, or a family member. Including information and support with mental/physical health, financial programs, education, jobs, etc.

**“Your Quick Guide to Mental Health Services” PDF from Military Family Services** | Website: [https://novascotia.cmha.ca/wp-content/uploads/2020/01/MH-Pocket-Guide\\_E.pdf](https://novascotia.cmha.ca/wp-content/uploads/2020/01/MH-Pocket-Guide_E.pdf) | **Military, Education** An informational PDF guide from *Military Family Services* that provides information and mental health supports to families from the Canadian Armed Forces.

**Wabanaki Two-Spirit Alliance** | Website: <http://w2sa.ca/> | **BIPOC, Indigenous, Peer Support**

A group of volunteers, researchers, academics, knowledge holders, youth and Elder Wabanaki Two-Spirits and Allies. Alliance for Two-Spirit and Indigenous LGBTQ+ individuals and groups in the Wabanaki Territory (Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland/Labrador, Gaspé region of Quebec, and Maine).

## FAQ

### **How do I know if I need help?**

Sometimes the need for help is obvious, and getting it is as simple as phoning for an ambulance or a fire truck. At other times, it can be hard to admit help is needed. This is especially true when your emotions are involved.

The problem may be anything from what to do about an aging and increasingly helpless parent to a serious emotional problem such as depression. Here are some of the reasons you may decide you need help:

- You find yourself feeling overwhelmed by feelings of anger or despair, and you cannot enjoy life anymore.
- You used to be healthy, but now you are always feeling a bit sick and you are missing increased time off from work.
- Your finances are out of control, and you are worried about being able to pay the next month's rent or mortgage payment.
- You cannot "get over" the death of someone you loved very much.
- There is too much conflict at home. You are afraid your marriage may break up.
- You are drinking too much or having some other kind of drug problem.
- You are having thoughts of harming someone and/or have acted on those thoughts.
- You are feeling suicidal.

### **What can I expect if I go to the Emergency Department?**

Sometimes going to an emergency department is necessary. It can be very distressing. Because it can be a distressing experience, we want to help you understand what will happen there.

#### **When you arrive at the emergency department you will go through steps of care:**

- Triage: A nurse or paramedic will ask you why you are there and take your temperature.
- Registration: Clerical staff will ask questions like where you live, do you have insurance.
- You will then be placed in the queue; the sickest patients are seen first.
- A nurse will also ask you questions about what is wrong.
- An emergency physician will spend more time with you asking questions and examining you. You then may see a specialist if necessary.
- Bring your health card with you (insurance card if from out of the country), however, you will not be turned away without it.
- Dress in layers and bring a sweater, it is sometimes cold.
- Bring a book or magazine, the waits are often long.
- Bring some money for the vending machines or food vendors.
- Bring your phone and charger if that is important to you.
- To ensure you get the right care, you may have to speak to several healthcare providers in the department, the staff know how taxing this can be and appreciate your patience.

- If you are not sure of something, ask.
- The physicians and nurses cannot share your health information without your permission so please be open and tell them everything; it is the only way they can provide safe care.

**Some other things that can help ease your experience:**

- Bring a friend or support person with you if you can
- Call a friend, support person, counsellor or helpline if you need to process your experience afterwards

**What is a therapist?**

Therapists are trained and registered professionals psychologists, counsellors or social workers who help people solve problems with mood, behaviour, or relationships.

Psychologists also perform assessment of and provide diagnoses and treatment of mental health difficulties for children, adults, couples, and families who present with cognitive, emotional, and behavioural challenges. They also perform psychoeducational testing for individuals with learning difficulties.

Therapists may use treatments such as cognitive behaviour therapy (CBT), Acceptance and Commitment therapy (ACT), or other behavioural therapies. See <https://www.psychologytoday.com/us/types-of-therapy> for a list of some types of therapy.

Therapists may work as part of the public health care system, for an agency, or in “private practice” (which means they will require payment from the client, or the client’s private or work insurance).

**What is Peer Support? Is it different than therapy?**

Peer support is non-clinical emotional and social support between people who share a common lived experience with challenging life experiences, mental health and/or substance use issues. Peer support is an important complement to the broader mental healthcare system, as it supports wellness.

For more information: <https://www.psychologytoday.com/ca/groups?search=Halifax>

**I’ve never seen a therapist, what should I expect?**

Your family doctor or a psychiatrist may refer you to a counsellor or social worker with specialized training. You should be aware that the services offered may or may not be covered by an insurance plan.

Many therapists will offer a free 15-minute consultation to determine if their services are a good fit for what you are looking for. Building a rapport with your counsellor is important to the healing process, they all have very different approaches and personalities; it can take time to find the right fit. You can always tell a counsellor if you would like to start seeing someone else.

Here are some questions you can ask a counsellor:

- What is your approach to counselling?
- Have you worked with similar issues in the past?
- What can I expect from my first session?
- What fees are involved and is insurance accepted?
- How are cancellations or missed appointments handled?
- Is therapy offered in-person? Or virtually?
- What will you expect from me as a client?

Here are some questions to ask yourself about your counsellor:

- Do they challenge you in a safe way?
- Do they check-in with you?
- Do they guide you towards **your** goals?
- Do they help you learn?
- Do they show you acceptance and compassion?
- Do they treat you as an equal?

(<https://www.verywellmind.com/psychotherapy-101-p2-1067403>)

It is normal to experience some anxiety before your first appointment. Here's how you can prepare for your first session with a counsellor:

- Identify the main things you want to work on in counselling
- Write down any questions you have for your counsellor
- Anticipate that counselling can bring up a lot of emotions, plan your day accordingly
- Your first session is for you to see if the counsellor is the right fit for you and for them to see if they can help with your concerns

You can find more information about counselling here: <https://www.theravive.com/services/>