



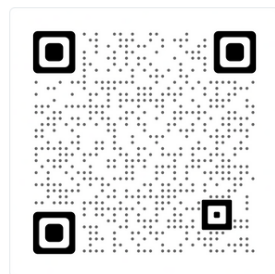
# IMPACT REPORT

2023 - 2024



**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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# Executive Message

2023-24 has been a year of transformative growth, collaborative efforts, and significant achievement, all made possible through the steadfast support of our branches, federation, board, government, community partners, and our amazing team. A real team effort!

In particular, we have worked hard to build a strong, collaborative relationship with our branches. This allows us to increase our impact and ensure that our programs are accessible across the province. These partnerships have also facilitated vital advocacy work, helping to shape a more inclusive and supportive mental health system. In the coming year, we will continue to build upon this foundation and look forward to a stronger, more coordinated CMHA network in the future.

As with last year, our JEDDI (Justice, Equity, Decolonization, Diversity, and Inclusion) work continues. We believe this work is vital to ensure accessible and effective services for all. We are a work in progress but we believe this continued commitment fosters inclusivity, better mental health outcomes, and a more equitable society.

With the passion and intellect of our team, in partnership with the collective efforts of our branches, federation, government partners, and community supporters, we will continue to drive our mission forward, ensuring that everyone in our province can access the mental health support they deserve.

We extend our deepest gratitude to our dedicated staff, volunteers, partners, and donors. Your contributions are the lifeblood of our organization and your unwavering support makes our work possible. With your support, we provide housing for the homeless, employment for the jobless, education for those in need, and guidance for those trying to find the front door to mental health support.

Together, we are making a difference in the lives of countless individuals and creating a brighter future for our communities. Thank you for your continued trust and partnership. We look forward to the year ahead with hope, determination, and a shared vision of mental wellness for all.

Yours in Community,

David Benoit, Board Chair



Karn Nichols, Executive Director





## About Us

### 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.

As the leader and champion for mental health in Nova Scotia, the Canadian Mental Health Association Nova Scotia Division and our branches are dedicated to promoting the resilience, recovery, and overall well being among individuals facing mental health issues throughout the province.

Together with our branches, we advocate for policy change that addresses housing, employment, job insecurity, working life conditions, social inclusion, and non-discrimination.

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

Visit us at [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca) to learn more.

## Our Values

### Inclusive

We include all Nova Scotians regardless of worldview.

### Collaborative

We mobilize and marshal resources, partners, and people.

### Compassionate

We lead with heart and humanity.

### Progressive

We advocate for policies for good mental health for all.

### Proactive

We promote action over talk.

### Steadfast

We are committed to our work. We are champions for social justice.

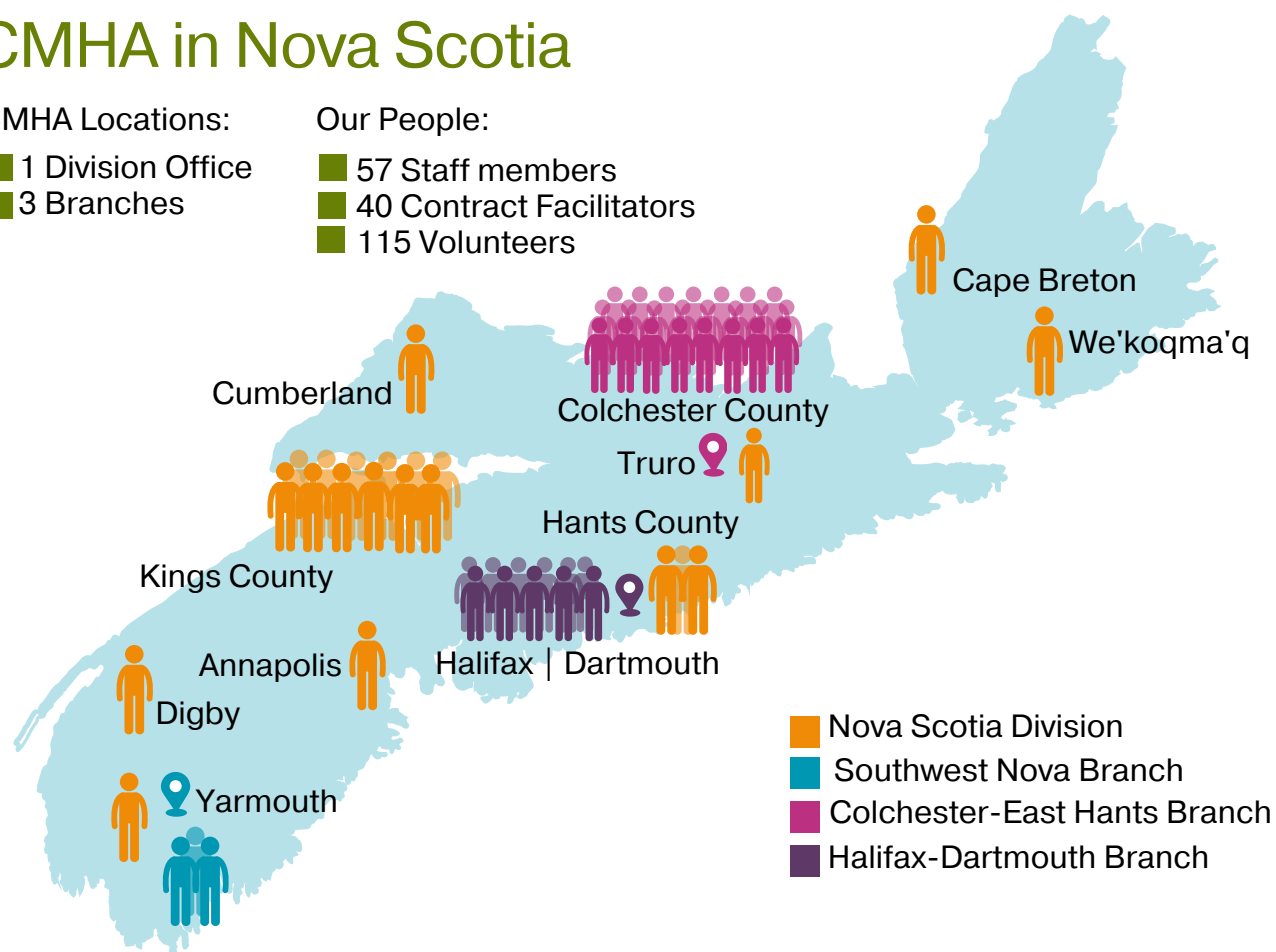
# CMHA in Nova Scotia

## CMHA Locations:

- 1 Division Office
- 3 Branches

## Our People:

- 57 Staff members
- 40 Contract Facilitators
- 115 Volunteers



## Our Impact

235

Nova Scotians were supported through Project H.O.P.E.

45

Nova Scotians were supported through At Work.

440

Nova Scotians received suicide prevention training.

824

Nova Scotians accessed our education programs.

635

Nova Scotians accessed our mental health training programs.

256

Nova Scotians participated in peer support groups.

65

Public events included CMHA NS in a key role.

721

Nova Scotians were referred to BounceBack

## Our Staff

Thank you to our passionate and dedicated team.

Karn Nichols, Executive Director

Erin Christie, Provincial Lead, Communications and Community Engagement

Shobha Gashus, Provincial Lead, Administrative and Operations

Patricia Murray, Clinical Program Advisor

Keith Anderson, Provincial Lead, Communities Addressing Suicide Together

Shaylene Googoo, Coordinator, Communities Addressing Suicide Together

Tracy Hiltz, Provincial Lead, At Work/Au Travail Program

Danica Barr, Employment Support Worker, At Work/Au Travail Program

Holly Woodworth, Employment Support Worker, At Work/Au Travail Program

Krista Matheson, MPower

Carolyn Sloan, Provincial Lead, Education and Training [Interim]

Elizabeth Baker, Provincial Lead, Education and Training

Katie Glover, Administrative Coordinator

Lindsay Miller, Education and Training Coordinator

Glenn Rodgers, Education and Training Coordinator

Alison Coldwell, Coordinated Access Manager

Hannah Scott, Provincial Lead, Project H.O.P.E.

Amy Denton, Housing Support Worker, Project H.O.P.E.

Sarah Frizzell, Trustee and Training Facilitator, Project H.O.P.E.

Nick Haddock, Housing Support Worker, Project H.O.P.E.

Claire Lunn, Trustee, Project H.O.P.E.

Carissa MacInnis, Trustee, Project H.O.P.E.

Corey McBride, Housing Support Worker, Project H.O.P.E.

Meagan McCann, Housing Support Worker, Project H.O.P.E.

Jessica Toole, Housing Support Worker, Project H.O.P.E.

## Our Board of Directors

Thank you to the dedicated and supportive individuals who served on our volunteer Board of Directors.

### Executive Committee

David Benoit, Board Chair

Eric Paul, Vice Chair

Deepak Prasad, Secretary

Emerson Fiske, Treasurer

Dr. Rod Wilson, Past Chair

### National Representative

Dr. Francis Moriarty

### Members-at-Large

Bette Watson Borg

Dr. Elizabeth Church

Matthew Holland

Tara Larsen

Morris MacLeod

Collette Robert

Dr. Naj Siritsky

### Departing Board Members

Emerson Fiske

Matt Holland

Dr. Frances Moriarty

Dr. Naj Siritsky

Dr. Rod Wilson

Collette Robert



“BounceBack gave me the tools to grow, interact with other people, and gave me the confidence to address my own issues.”

Participant, 18

## BounceBack®

BounceBack® is a free, skill-building program from the Canadian Mental Health Association designed to help adults and youth aged 15 and older manage low mood, mild to moderate depression, anxiety, stress, or worry.

Using a series of self-selected workbooks and supported by a trained coach, participants learn skills to manage low mood, worry, and stress, as well as improve overall mental health.

Since its launch in 2020, 3,284 Canadians have been referred to the program. Since its launch in Nova Scotia in 2021, 721 Nova Scotians have been referred to BounceBack®.

Find out if BounceBack® is right for you. Visit [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca).

### 3,284

Referrals since BounceBack® launched in 2020

### 721

Nova Scotians have been referred since 2021.

### 52%

Were aged 30-49.

### 82%

Identified as women.



## MPower

In 2023, CMHA NS Division initiated a pilot project to help rural areas in Nova Scotia enhance their capacity to support mental health and wellness in their communities.

Through community engagement in the Cape Breton and Yarmouth regions, we gained insight into the uniqueness of each region and the trends, pressures, and experiences for community members and the professionals supporting these communities.

The attendees emphasized the importance of connection, navigation, and expressed their interest in more opportunities to learn from each other.

These priorities were incorporated into a workshop aimed at establishing a support network with a shared vision that honoured the community's unique needs and interests.

Through continued consultation sessions following the workshop, community facing-roles and support systems took the lead in strategizing efforts to progress together, bridging formal and informal support networks to address the social and emotional needs of their communities.

“I had no idea we had so many resources available in our community. I appreciate the opportunity for groups to come together and explore the shared interest in our community on a deeper level.”

Participant

“Coming together to support mental health in our community is long overdue.”

Participant





## THRIVE

THRIVE is a virtual learning centre, operated by the Canadian Mental Health Association Nova Scotia Division, where Nova Scotians can access free workshops to learn, gain new skills, and connect with others in their community.

Workshops are free and are developed by individuals with lived experience who collaborate with our education team.

THRIVE is for anyone.

You are not required to have a referral, diagnosis, previous experience, or be a CMHA NS client to participate. Everyone is welcome!

In 2023 our education team collaborated with a broad range of community partners and subject matter experts to deliver 58 workshops to 663 Nova Scotians across the province.

To suggest a topic for a THRIVE program contact our Education and Training Team at [education@novascotia.cmha.ca](mailto:education@novascotia.cmha.ca).

663

Participants

58

Workshops

“The facilitators are knowledgeable and passionate. Workshops are really informative and presented well.”

Participant

“Thank you so much CMHA NS. Your work is community-driven and so needed.”

Participant



“Mental Health in the workplace was an excellent session. The facilitators were all approachable and created a safe space. They packed a lot into the short time, but I didn't feel rushed or like we didn't have adequate time to go over everything. Thank you!”

## Mental Health Training

Do right by your employees, while increasing productivity and worker retention and reducing absences and presenteeism. Your work culture depends on it and so does your business. And we're here to help.

The Canadian Mental Health Association Nova Scotia Division offers a range of training workshops that provide Nova Scotians with practical information, resource and mental health literacy tools.

These workshops are unique learning experiences to create a workplace that's safe and healthy - psychologically speaking.

In 2023, our Education and Training team delivered training sessions to 1,085 Nova Scotians.

To book a training contact our Training Team at [education@novascotia.cmha.ca](mailto:education@novascotia.cmha.ca).

## 1,085

Nova Scotians accessed our mental health training programs.

Training programs include:

- Mental Health in the Workplace
- Mental Health Education
- Resilient Minds
- Community Suicide Awareness
- Changing Minds
- Living Life to the Full
- SafeTALK
- ASIST

## Living Life to the Full

Living Life to the Full is an interactive, community-based course that provides simple, practical skills for coping with stress, problem solving, boosting mood, and dealing with unhelpful thoughts.

The course is based on principles of cognitive behavioural therapy (CBT) and has been shown to be effective at improving resilience, well-being, mood, social support, and anxiety.

We launched LLTTF in the Fall of 2023. The course ran for 2, 12-week sessions and was attended by 40 individuals.

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## Changing Minds

Changing Minds is a comprehensive, interactive workshop designed to help members of the public understand mental illness, its impact, and how to better support a person living with a mental illness.

Launched in 2005, this workshop uses evidence-based approaches to teach better communication skills and help participants understand and respect those who have a mental illness.

The foundation of Changing Minds is built on first-person perspectives of those with lived experience of mental illness. Changing Minds is for anyone and is open to all Nova Scotians.

In 2023, staff delivered Changing Minds to 61 Nova Scotians.

To learn more about these courses contact our Education and Training Team at [education@novascotia.cmha.ca](mailto:education@novascotia.cmha.ca).

61

Attended  
Changing  
Minds.

40

Attended  
Living Life to the  
Full.

“Changing Minds was informative and comprehensive in its scope and helped me to gain a better understanding of the topic of mental illness.”

Participant, Changing Minds

“Living Life to the Full helped me to improve my overall self - BIG TIME. I have started making positive changes in my life. I have started doing things I haven't done for a while that make me happy.

Participant, Living Life to the Full

“While heavy in nature, Changing Minds addressed the topic in an open and real way that made it more comfortable to talk about. The trainers created an extremely safe environment for these discussions to take place and they were welcoming and inclusive to us learners.”

Participant, Changing Minds

## ASIST

Applied Suicide Intervention Skills Training [ASIST] is a two-day, in-person workshop designed to help individuals recognize when someone may be thinking about suicide and how to provide a skilled intervention and develop a safety plan with the person to connect them to further support.

ASIST is approved by the World Health Organization and can be learned and used by anyone.

In 2023, CMHA NS staff trained 281 Nova Scotians in ASIST.

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## SafeTALK

Suicide Alertness for Everyone [SafeTALK] is a 4-hour workshop that equips people to be more alert to someone thinking of suicide and better able to connect them with further help.

The workshop emphasizes the importance of recognizing the signs, communicating with the person considering suicide, and getting help or resources for the person considering suicide.

In 2023, CMHA NS staff trained 50 Nova Scotians in SafeTALK.

To book a training contact our Education and Training Team at [education@novascotia.cmha.ca](mailto:education@novascotia.cmha.ca).

### 281

Nova Scotians trained in ASIST.

### 50

Nova Scotians trained in SafeTALK.

“I was very nervous beginning this training but the facilitators made me feel safe and comfortable. The program helped me understand the process of creating a safety plan and gave me confidence to help those in need of support.”

Participant, ASIST

“The facilitators were well prepared and involved with everyone. I felt safe talking to them about the training. Everything in this training was well executed. I feel like I am well prepared to help someone.”

Participant, SafeTALK

“This was an incredible opportunity to learn and re-learn skills that I have used in both my personal and professional life. The facilitators were incredible -- they were so kind and caring.”

Participant, ASIST



## Peer Support

Peer support is emotional and practical support between people who share a common experience. It has been proven to improve quality of life and engagement with services, as well as boost self-esteem.

Each year, CMHA NS partners with organizations and individuals across the province to deliver peer support groups based on needs identified within communities.

In 2023, CMHA NS collaborated with: We'koqma'q Mental Health and Addiction Services, Community CARES Youth Outreach Southwest Employment Services YReach, and the Nova Scotia Health Authority to deliver peer support groups to Indigenous adults, newcomers, youth who identify as women, and individuals providing practical and emotional support to adults living with mental illness.

This year, 256 individuals attended these groups.

5  
Groups

256  
Participants

“Since discovering the Women’s Empowerment Squad I speak about my past safely, look forward to my future, and I’m respected even though I’ve made so many mistakes. I realize I’m not alone and remember that it is possible to live a full, satisfying life with anxiety!”

Participant,  
Women’s Empowerment Squad

“At first, I was afraid to talk to people because my English is not the best. The group has given me community resources to improve my spoken and written English and made me feel I belong to the community.”

Participant,  
Newcomers Peer Support Group



## Stories of Impact

\*Ben immigrated to Yarmouth in December 2023 with his wife and 7-year-old son after being hired as a nurse at the Yarmouth Regional Hospital.

Due to his limited knowledge of the area and the housing crisis in Yarmouth, he and his family could only find an expensive Airbnb to live in and could have it for just 4 months.

The family quickly exhausted all their savings keeping up with the rent and had to call their parents back to send more money.

Since becoming part of the Newcomers Peer Support Group, through networking and community connections, Ben and his family have been able to connect with some landlords and find a two-bedroom apartment that was affordable and within their budget.

*\*Name changed to protect confidentiality.*



## At Work

Whether a client is unemployed or under-employed, the At Work team helps Nova Scotians living with mental illness or substance use disorder reach their employment goals.

The program offers individual, customized support to participants that focuses on connecting them with meaningful employment like career counselling, resume building, job interviews, work placements, training, and transition into the workplace.

Clients can self-refer, and no diagnosis is required to access this program.

Staff work alongside community partners to connect participants to services that promote health and wellness, aid in recovery, strengthen confidence, and overcome barriers to overall well-being.

This year, 45 new clients entered the At Work program.

To learn more about At Work contact Tracy Hiltz at [tracy.hiltz@novascotia.cmha.ca](mailto:tracy.hiltz@novascotia.cmha.ca).

“This program has been a lifeline. Tracy and Holly provided valuable support and feedback. They also connected me with crucial financial assistance. Weekly check-ins kept me accountable and motivated.”

At Work Client

“We’re glad to have this individual on our team. It hasn’t been without challenges, but both our team and our employee have been supported by At Work each step of the way.”

Employer

## 18

Clients found sustainable employment.

## 14

Received job coaching, resume updating, and other support.

## 4

Clients received support to retrain or upgrade their education.

## 4

Clients received grocery subsidy payment of \$150 to offset the cost of food.

## 5

Clients received new laptops.

## Stories of Impact

I relocated to Nova Scotia from Ontario two years ago and have fallen through the cracks.

Had I not received understanding and assistance from the At Work Program, I would be homeless, bankrupt, or both.

During my first intake meeting, Tracy validated me as a human being and shared her own personal journey.

For the FIRST time in years, someone got it. I cried as I shared my stories. Tracy gave me the greatest news: I qualified for their services! I was then referred to Holly.

More tears, more validation. I FINALLY mattered, and felt that I was UNDERSTOOD.

The At Work Program has LITERALLY saved my life!

Tracy and Holly have shown me humanity, validated me as a human being, provided me with crucial input, and left me bubbling over with HOPE after each encounter I have with them.

At Work Client







## Project H.O.P.E.

Having a place to call home is a crucial step in the journey to good mental health.

Project H.O.P.E. works with individuals and families living in Kings, Annapolis, and Digby Counties who are homeless or at risk of homelessness. It helps them locate and secure safe, sustainable, and affordable housing.

Project H.O.P.E. also offers trustee services to individuals living in Kings, Annapolis, Digby, and Colchester Counties.

Project H.O.P.E. assists with housing start-up costs, including damage deposits, first month's rent, and moving costs, as well as a wide range of supportive services including assistance with applications to Nova Scotia Provincial Housing Agency for public housing and the Canadian Nova Scotia Targeted Housing Benefit.

In 2023, Project H.O.P.E. provided housing support, eviction prevention services, and trustee services to 235 Nova Scotians.

To learn more about Project H.O.P.E. contact Hannah Scott at [hannah.scott@novascotia.cmha.ca](mailto:hannah.scott@novascotia.cmha.ca).

## 122

Nova Scotians received housing support through Project H.O.P.E.

## 88

Nova Scotians were housed through Project H.O.P.E. or were prevented from being evicted.

## 25

Nova Scotians were assisted with trustee services.

## \$3,000

In Urgent Food And Essentials funding was provided by Project H.O.P.E. to assist in supporting Nova Scotians struggling to access food and essentials.

“I don't know what I would have done without Project H.O.P.E. I am so, so grateful for all the help Project H.O.P.E. has given me. I am so overwhelmed and happy and humbled by everything.”

Project H.O.P.E. Client



## Coordinated Access

Coordinated Access is a system that community agencies use to support people who are homeless or at-risk of becoming homeless. A Coordinated Access system places the person in need at the centre and provides support based on needs they identify. This is called a person-centred approach.

The goal is to prioritize individuals by assessing their strengths, vulnerabilities and risk of becoming chronically homeless. This ensures that individuals with higher needs and priority populations are served first.

As homelessness becomes an increasingly prominent reality for many community members in the Annapolis Valley, the coordination of services in the homeless-serving sector is vital.

In February of 2024 a focus group comprised of individuals with lived and living experience with homelessness provided input on how they access services, what has been/is helpful in facilitating access to services and what services were/are missing during their experiences with homelessness.

The barriers identified by this group led to the creation of a permanent lived experience committee that will influence the work of the coordinated access manager and stakeholders moving forward.

To learn more about Coordinated Access contact Alison Coldwell at [alison.coldwell@novascotia.cmha.ca](mailto:alison.coldwell@novascotia.cmha.ca).



## C.A.S.T.

Through the Communities Addressing Suicide Together [C.A.S.T.] program, CMHA NS provides evidence-based suicide prevention and “post-vention” education and resources across Nova Scotia.

The work of C.A.S.T. is informed by those who are impacted by suicide, those who have survived suicide loss, and those who have survived a suicide attempt and who are healing.

With support from the Department of Health and Wellness, our work throughout 2023 focused on building hope and resilience, promoting mental health and well-being, and improving access to resources and information.

To learn more about C.A.S.T. contact Shaylene Googoo at [shaylene.googoo@novascotia.cmha.ca](mailto:shaylene.googoo@novascotia.cmha.ca).

Read our annual C.A.S.T. Report. Visit [www.novascotia.cmha.ca/cast-program/](http://www.novascotia.cmha.ca/cast-program/)

Through C.A.S.T., CMHA NS worked on several major projects in 2023. These included;

- Community Conversations
- Indigenous Peer Support
- The C.A.S.T. Resource Hub
- Team Up
- Youth Mental Health
- Forest of Hope

## 109

Players, coaches, and support staff from the Maritime Junior Hockey League received suicide prevention training through Team Up.

## 12,000

C.A.S.T. Resource Hub Impressions.

## 5

Key recommendations made by community conversations participants to inform provincial suicide prevention framework for at risk youth.

## Community Engagement

As the leading community-based mental health organization in Nova Scotia, CMHA is a key voice in the mental health landscape.

Through our advocacy work we sit at a variety of decision-making tables across the province and are regularly asked to comment, offer testimony, consult, and partner with other advocates working on important issues in mental health.

In 2023, we played key roles in 65 events and conferences, including the Forest of Hope, the “All Walks of Life” Annual Suicide Prevention Conference, the Nova Scotia College of Social Workers’ Annual Advocacy Day, and the National Conference on Ending Homelessness.

## Digital Engagement

Our website and social media are another important source for accessible and reliable information on mental health, mental illness, psychological health and safety in the workplace, and suicide prevention.

CMHA NS Division also works collaboratively with media outlets across the province to ensure that stories about mental health are responsible, accurate, informative, and challenge stigma.

Interested in having CMHA NS at your event? Contact Erin Christie at [erin.christie@novascotia.cmha.ca](mailto:erin.christie@novascotia.cmha.ca)



### 10,084

Social Media Followers

### 82,301

Website Impressions

### 2K

Brochure Downloads

### 1

Presentations to Standing Committees

### 3

Provincial Proclamations

### 65

Presentations/Speaking Engagements at provincial or national events and conferences.

### 18

News Stories



## Events

### Moo Let's Talk Day

Each year on Moo Let's Talk Day, Cows Inc. donates 100 per cent of the proceeds from ice cream sales to the Canadian Mental Health Association.

On March 22, 2024, Cows brought this initiative to Nova Scotia for the first time, with proceeds going to CMHA NS Division.

The event was held at Cows Cable Wharf and raised \$2,458 in support of CMHA NS Division programs.

Thank you to Cows and everyone who supported this moo-valous event!

Special thanks to our sponsors:

- Support Services Group Cooperative Ltd.
- Three Brooks Event Organizers
- The MacPhee Centre

To get involved with Moo Let's Talk Day or the Push-Up Challenge in 2025, contact Erin Christie at [erin.christie@novascotia.cmha.ca](mailto:erin.christie@novascotia.cmha.ca)

### The Push-Up Challenge

From February 1 to 23 we challenged Nova Scotians to join us in pushing for better mental health by participating in The Push-Up Challenge.

It was a big ask: complete 2,000 push-ups (or an alternative exercise) over 23 days. Over 400 Nova Scotians registered for the challenge.

Together, they completed 832,000 push-ups and raised \$30,350 in support of CMHA Nova Scotia Division. Thank you to our amazing teams!

- LaHave River Campground
- CBCL
- The EHS Allstars
- The Hydrostone Heroes
- The 37s
- Full Circle Realty
- Propeller Brewing
- Halifax Harbour Bridges

# Our Volunteers

As the world faces mounting challenges, volunteers are often the first to help.

Volunteers are at the forefront in crises and emergencies, often in very testing and dire situations.

Our volunteers contribute more than time. They bring skills, empathy, and creativity.

Their collective efforts help CMHA NS Division ensure that more Nova Scotians get the support they need to be well and stay well.

Thank you to our wonderful volunteers for giving their time, energy and support!

- Christine Baurin
- Erina Chowdhury
- Alexander Gates
- Joy Jarvis
- Anastasia Jickling
- Kaylee Peters
- Shoshana Rose
- Nancy Saunders
- Toni Schmidl
- Kristin Slawter
- Sharmin Sultana
- Chloe Skinner

Volunteer with us!



## Our Funders

The Canadian Mental Health Association Nova Scotia Division is a charitable not-for-profit organization that delivers mental health programs and services to any Nova Scotian who needs them.

Funding from federal and provincial grants, as well as donations, allows us to keep these programs and services available and accessible to any Nova Scotian who needs them.

Thank you to our funders for supporting us.

Together, we are working towards better mental health for all Nova Scotians.

- The Mental Health Foundation of Nova Scotia - Education and Peer Support
- The Canadian Red Cross - ASIST, Education
- Department of Health and Wellness - Communities Addressing Suicide Together
- Department of Community Services - Project H.O.P.E., Coordinated Access
- The Affordable Housing Association of Nova Scotia - Project H.O.P.E.
- Employment and Social Development Canada - At Work
- Office of Addictions and Mental Health - MPower



Mental  Health  
Foundation  
of Nova Scotia



Employment and  
Social Development Canada

Emploi et  
Développement social Canada

*Financial contribution from*



Canadian  
Red Cross



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



## Our Corporate Donors and Fundraisers

Work is one place where people come together around the causes most important to them.

We deeply appreciate the generosity of the employees, teams, and companies at the following organizations.

- Bangladesh Canadian Friendship Society
- Brain Repair Centre
- Ceilidh Honda
- Clearwater
- College of Physicians and Surgeons of Nova Scotia
- Eden Valley Poultry
- Inkwell Modern Handmade Boutique
- Leon's
- Pharmasave Spears and Macleod
- RBC
- RCS Construction
- Scotiabank
- Scotian Gold
- Sobey's
- The Cooperators
- Thoughtful Changes
- Wilsons Heating

To find out how your business can support mental health, contact Erin Christie at [erin.christie@novascotia.cmha.ca](mailto:erin.christie@novascotia.cmha.ca).

## \$69,461

Raised or donated by our corporate supporters.

- CBRE
- Halifax Harbour Bridges
- Kent
- Marchand Homes
- Mic Mac Mall
- Peace by Chocolate
- Pommerleau
- Shoppers Drug Mart
- Zed Charity Golf Classic







Read more about our DIY fundraisers!  
Visit [www.novascotia.cmha.ca/news](http://www.novascotia.cmha.ca/news)

## Our DIY Fundraisers

Every year, individuals and groups organize their own events, celebrations, or campaigns to raise funds for mental health.

Each initiative comes with a story, a reason for caring, and a commitment to mental health.

Thank you to these amazing folks!

We could not do it without you!

- Citadel Highschool
- St. Agnes Highschool
- Chebucto Community Singers
- Kayla Zwicker - You Matter
- Dr. Alex DiGiacomo - #breakthecycle
- Jennefer Davis - Jennefer's Reiki Initiative
- Mike Francis and Gavin Quinn - Outsider Insight Project
- Donna Shea - Turning a House into Homes

Have an awesome idea for a fundraiser?  
Contact Erin Christie at  
[erin.christie@novascotia.cmha.ca](mailto:erin.christie@novascotia.cmha.ca).

# \$36,286

Raised by DIY Fundraisers.

“I often think about how the smallest thing can impact you one way or the other. How getting help and being treated with compassion while you're seeking help changes everything. If my fundraiser can help CMHA NS help more people with kindness and compassion, I'll have met my goal.”

Jennefer Davis,  
Jennefer's Reiki Initiative



## Stories of Impact

When Donna Shea discovered the community's immense interest in exploring her distinctive home in Annapolis County, she decided to leverage this attention for a greater cause.

In November 2023, Shea organized an Open House and Art Auction at her home, charging guests a fee to enter and view her home and purchase artwork, with the proceeds going to Housing Outreach and Peer Empowerment [Project H.O.P.E.]

Project H.O.P.E. works with Nova Scotians living in Kings, Annapolis, and Digby Counties who are homeless or at risk of homelessness to locate and secure safe, sustainable, and affordable housing.

Project H.O.P.E. also offers trustee services to individuals living in Kings, Annapolis, Digby, and Colchester Counties.

Shea's event attracted 50 guests and raised \$1,000.

Those funds allowed Project H.O.P.E. to provide housing support, eviction prevention services and trustee services to 235 Nova Scotians.

To learn more about Project H.O.P.E. visit [www.novascotia.cmha.ca/project-hope](http://www.novascotia.cmha.ca/project-hope)

## Thank You to our Donors

Each donation is an act of care.

As a not-for-profit charitable organization, we rely on the generosity of those who give what they can, those who donate monthly, those who dedicate their birthdays and side hustles to raise money for us. The support and dedication of these individuals fuels our fight for mental health as a human right.

Do you want to donate to CMHA NS?

There are many ways you can support us.

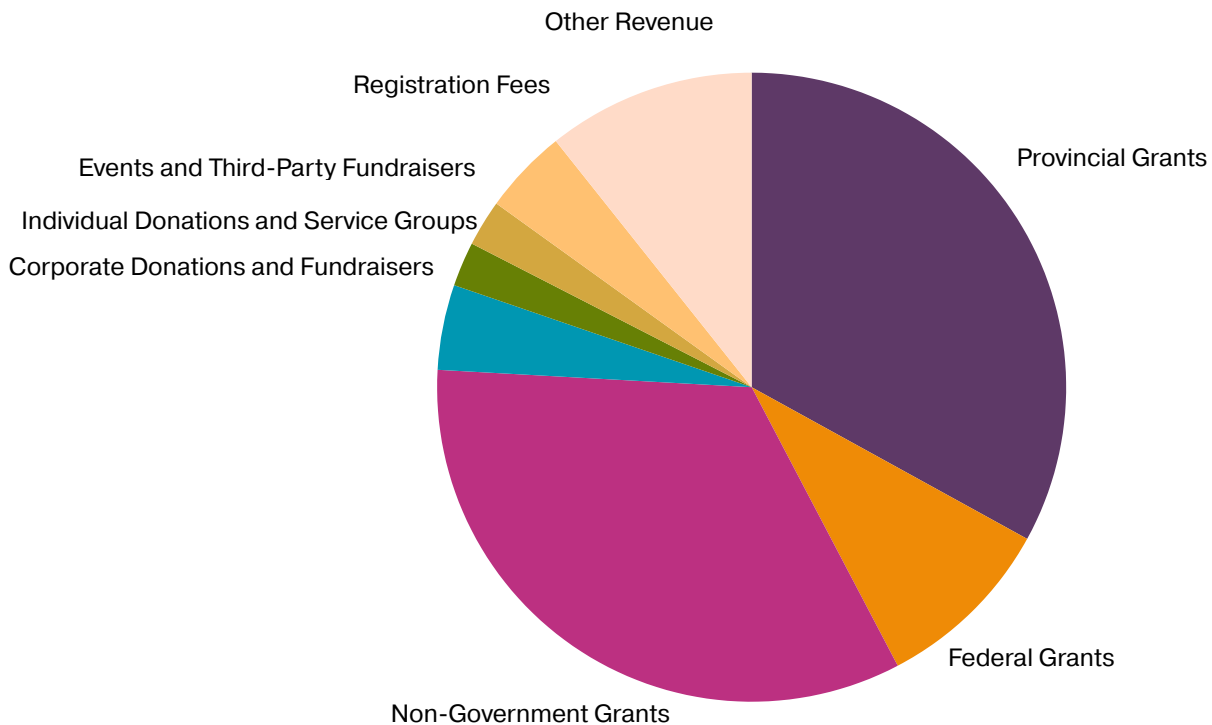
- Donate Online - Through our website at [www.novascotia.cmha.ca](http://www.novascotia.cmha.ca).
- Donate by Phone - By calling 902.517.2402.
- Donate by Mail - By sending a cheque payable to CMHA Nova Scotia Division, Suite 201, 3-644 Portland Street, Dartmouth, Nova Scotia, B2W 6C4.
- Donate by E-Transfer - By sending your e-transfer to [NSdivision@novascotia.cmha.ca](mailto:NSdivision@novascotia.cmha.ca).



# Financial Snapshot

Thank you to our funders, our donors, our corporate donors and our DIY fundraisers for supporting us.

Together, we are working towards better mental health for all Nova Scotians.



# Get Involved!

Do you want to support mental health? There are many ways to give!

## Become a Monthly Donor

Our programs would not be possible without the support of our donors. By becoming a monthly donor, you are supporting critical programs and services as well as the growth of our organization so we can achieve our vision of a mentally healthy Nova Scotia.

## Become a Corporate Partner

By partnering with us, you signal your support for mental health to the community. We can craft a custom partnership plan that aligns with your brand and your business while promoting mental health for all.

## Fundraise for Us

Your unique fundraising efforts will help to promote mental health and support the resilience and recovery of Nova Scotians impacted by mental illness. We deeply appreciate every donation!

## Volunteer with Us!

Volunteering with CMHA NS Division provides the opportunity to build skills, learn more about mental health and meet new people, while helping build a more caring community. It doesn't matter how much or how little time you have to offer. All that matters is that you have the desire to get involved!

## Follow us on Social Media



cmhansdiv



nscmha

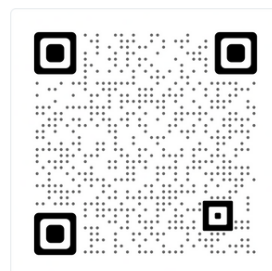


Canadian Mental Health Association  
- Nova Scotia



Canadian Mental Health  
Association NS Division

CMHA Nova Scotia Division  
Suite 201, 3-644 Portland Street  
Dartmouth, Nova Scotia, B2W 6C4  
Phone: Toll-Free: 1.877.466.6606  
E-mail: [inquiries@novascotia.cmha.ca](mailto:inquiries@novascotia.cmha.ca)  
Charitable Registration Number: 133465609RR0001



## Our Branches

### **Halifax-Dartmouth Branch**

Address: 7071 Bayers Road, Suite 311, Halifax, Nova Scotia

Email: [cmhahal@ns.aliantzinc.ca](mailto:cmhahal@ns.aliantzinc.ca)

Website: <http://www.cmhahaldart.ca>

Phone: 902 455-5445



**Canadian Mental  
Health Association**  
Halifax-Dartmouth Branch

### **Colchester East-Hants Branch**

Address: 574 Prince Street, Truro, Nova Scotia

Email: [cmha.ceh11@gmail.com](mailto:cmha.ceh11@gmail.com)

Website: <http://ceh.cmha.ca/>

Phone: (902) 895-4211



**Branching Out**  
Colchester East-Hants Branch

### **Southwest Nova Branch**

Email: [annjones@eastlink.ca](mailto:annjones@eastlink.ca)



**Canadian Mental  
Health Association**  
Southwest Nova Branch



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

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