



**CANADIAN
MENTAL HEALTH
ASSOCIATION**
Nova Scotia Division



Supporting Mental Health for All Nova Scotians

At the Canadian Mental Health Association Nova Scotia Division (CMHA-NS), we are dedicated to improving mental health and ensuring everyone has access to the support they need.

Canadian Mental Health Association Nova Scotia Division
Mailing Address: Suite 201 - 3-644 Portland Street,
Dartmouth, Nova Scotia | B2W 6C4
Charitable Number: 133465609RR0001

Who We Are

Founded in 1908, CMHA is one of Canada's oldest national mental health charities.

In Nova Scotia, we foster recovery and well-being through programs that support Nova Scotians with housing, employment, workplace training programs, education, and peer support.

We work with our branches in Halifax, Colchester East-Hants, and Southwest Nova to promote mental health and support the recovery of individuals facing mental illness across the province.

What We Do

Advocacy: We advocate for systems and policies that enhance community capacity and support mental health in Nova Scotia.

Education: We offer inclusive, evidence-based mental health programming to increase understanding.

Resource Navigation: We connect Nova Scotians with accessible and culturally relevant mental health services, partnering with communities to meet evolving needs.

Contact Us

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