



Canadian Mental
Health Association
Nova Scotia
Mental health for all



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IMAGINE CANADA



MENTAL HEALTH

Resource List

Crisis Supports

9-8-8 Suicide Crisis Helpline | Available 24/7

If you are thinking about suicide, or you're worried about someone else, there is help and there is hope. Call or text 9-8-8 toll free, any time – lines are open 24/7/365. To learn more about 9-8-8 visit their website.

Hope for Wellness | 1-855-242-3310

Resource for Indigenous people. Available 24/7 in English, French, and upon request in Cree, Ojibway, and Inuktitut.

Kids Help Phone | Call 1-800-668-6868 or Text CONNECT to 68686

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

Black Youth Helpline | 1-833-294-8650

The BYH is a Canada-wide helpline that provides professional, culturally appropriate support for youth, families and schools.

Non-Crisis Supports | Warm Lines

Men's, Women's or All Genders Helpline | 2-1-1

Call 211 and ask for one of these lines. Each caller is given a 30-minute slot.

NS Peer Support Phone Service | 1-800-307-1686

This is a toll-free, non-crisis, available to all Nova Scotians 18 years of age or older.

Good2Talk | Call 1-833-292-3698 or Text GOOD2TALKNS to 686868.

Support services available to post-secondary students in Nova Scotia.

Togetherall | Togetherall.com

Togetherall is a digital mental health support service which is available online, 24/7, and is completely anonymous so you can express yourself freely and openly.

Going to the Emergency Department

Sometimes going to an emergency department is necessary. It can be a 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 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 knows 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's the only way they can provide good care.