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NOVA SCOTIA

## **NOVA SCOTIA MENTAL HEALTH & ADDICTIONS RESOURCES**

Below is a list of telephone and online mental health resources available to Nova Scotians. Please note that not all resources may be listed as this list was created only from information shared by the Mental Health Foundation of Nova Scotia (<https://www.mentalhealthns.ca/>) or from the Nova Scotia Health Authority Mental Health and Addictions Program (<http://www.nshealth.ca/mental-health-addictions>) website or other websites.

Please note that some services normally provided may not be available during the COVID-19 pandemic due to public health restrictions. Please call or visit the organization's website to confirm available services.

### **PROVINCIAL MENTAL HEALTH CRISIS LINE**

**902-429-8167 or 1-888-429-8167 (toll-free)**

The Mental Health Crisis Team (MHCT) provides support for children, youth and adults experiencing a mental health crisis, or someone concerned about them. The service is available 24/7. The MHCT supports callers who present with suicidal thoughts, self-harming thoughts or behaviours, overwhelming anxiety, difficulty coping with distress, psychotic or distorted thinking, depression, substance use difficulties or any other self-identified mental health concerns. Crisis is self-defined by the individual calling for support. For more information: <https://www.nshealth.ca/mental-health-addictions>

### **KIDS HELP PHONE**

**1-800-668-6868 (toll-free) or text CONNECT to 686868**

Kids Help Phone is always there for you. No matter what you want to talk about. No judgment, totally private, 24/7. You can also Text CONNECT to 686868 to reach a trained volunteer Crisis Responder 24/7. For more information: <https://kidshelpphone.ca/>

### **MENTAL HEALTH AND ADDICTIONS INTAKE SERVICE**

**1-855-922-1122**

If you would like to self-refer to Community Mental Health and Addictions clinics, Withdrawal Management Services, or Opioid Replacement and Treatment Program, call the Mental Health and Addictions Intake Service. They're available to take your call Monday to Friday, 8:30 am to 4 pm. The line has voicemail only on evenings, weekends and holidays. For more information: <http://www.nshealth.ca/mental-health-addictions>

### **CANADIAN MENTAL HEALTH ASSOCIATION (CMHA) - NOVA SCOTIA**

**1-877-466-6606 (toll-free)**

CMHA NS continues to provide non-clinical mental health psycho-social support throughout COVID-19. They are committed to keeping communities and clients safe and their services are supportive and welcoming. For more information: <https://novascotia.cmha.ca/>

## **STRONGEST FAMILIES I-CAN ANXIETY PROGRAM**

<https://login.strongestfamilies.com/folder/1963/>

I-CAN Conquer Anxiety and Nervousness program educates and teaches adults 18+ valuable life skills that have been proven to overcome anxiety, excessive worry, and help learn how to cope with major life stressors. Participants are provided with access to a secure website, programming, and weekly phone support. The service is private and confidential and offered through the Strongest Families Institute. For more information:

<https://login.strongestfamilies.com/folder/1963/>

## **MINDWELL-U**

<https://app.mindwellu.com/novascotia>

MindWell U is a free online challenge that supports practices that lowers stress and increases resilience. The Challenge also teaches ‘mindfulness-in-action’ so people don’t need to stop what they are doing to become calmer, present and more focused. For more information:

<https://app.mindwellu.com/novascotia>

## **THERAPY ASSISTANCE ONLINE**

[https://taoconnect.org/what\\_is\\_tao/ns/](https://taoconnect.org/what_is_tao/ns/)

Therapy Assistance Online (TAO) is self-help is a free and private online resource available to Nova Scotians. It includes interactive activities and videos for people having challenges with their mental health and substance use. You can choose which topics you want to explore and go at your own pace. For more information: [https://taoconnect.org/what\\_is\\_tao/ns/](https://taoconnect.org/what_is_tao/ns/)

## **HEALTHY MINDS PATIENT NAVIGATOR**

**902-404-3504**

Healthy Minds Cooperative is an innovative mental health cooperative providing a variety of peer-based services to people with lived experience of mental health issues and their families. HMC is available Monday to Friday, 9 am to 5 pm, by phone and email. For more information:

<https://www.healthyminds.ca/>

## **211 NOVA SCOTIA**

**211**

211 Nova Scotia is a free helpline that connect you with community groups, social services and government programs in your area 24/7. Support is available in over 150 languages. For more information: <https://ns.211.ca/>