

Mental Health Services & Supports in Communities Across Nova Scotia

ANNAPOLIS VALLEY HEALTH AUTHORITY	CAPE BRETON HEALTH AUTHORITY	CAPITAL DISTRICT HEALTH AUTHORITY	IWK HEALTH CENTRE	COLCHESTER EAST HANTS HEALTH AUTHORITY	CUMBERLAND HEALTH AUTHORITY	GUYSBOROUGH ANTIGONISH STRAIT HEALTH AUTHORITY	PICTOU COUNTY HEALTH AUTHORITY	SOUTH SHORE HEALTH AUTHORITY	SOUTH WEST NOVA DISTRICT HEALTH AUTHORITY
<p>Mental Health Services Kentville Adult (902) 679-2657 ext 2870</p> <p>Mental Health Services Kentville Children & Youth (902) 679-2867 Ext 2873</p> <p>Mental Health Services Middleton (902) 825-4825</p> <p>Mental Health Services Berwick (902) 538-3111 Ext 143</p> <p>Addiction Services Kentville (902) 679-2392</p> <p>Addiction Services Middleton (902) 825-6828</p> <p>CMHA Annapolis County Branch (902) 665-4801</p> <p>CMHA Kings County Branch (902)679-7464</p> <p>SSNS Kings County Chapter 1-800-465-2601</p> <p>SSNS Support Group Middleton 1-800-465-2601</p>	<p>Emergency Crisis Services (902) 567-7767</p> <p>Adult Outpatient Services (902) 567-7731</p> <p>Child/Adolescent Services (902) 567-7731</p> <p>CMHA Cape Breton Branch (902) 567-7905</p> <p>Addictions (902) 563-2050</p> <p>SSNS Support Group 1-800-465-2601</p>	<p>Addictions (902) 424-8866 or 1-866-340-6700</p> <p>Mobile Crisis Intervention (902) 429-8167</p> <p><u>MH Services:</u></p> <p>Bedford –Sackville (902) 865-3663</p> <p>Dartmouth (902) 464-3116</p> <p>Halifax (902) 454-1400 or 454-1440</p> <p>Cole Harbour/Eastern HRM (902) 434-3263</p> <p>Hants (902) 792-2042</p> <p><u>Emergency Assessment:</u></p> <p>NS Hospital (902)464-3114</p> <p>QE11 (902) 473-2043</p> <p>CMHA Halifax/Dartmouth (902) 455-5445</p> <p>SSNS HRM Chapter (902) 462-5658</p> <p>Healthy Minds Co-op (902) 404-3504</p> <p>Self-Help Connection (902) 466-2011</p> <p>Empowerment Connection (902) 404-3445</p>	<p>Child/Adolescent Mental Health Program (902) 464-4110</p> <p>Addictions – CHOICES (902) 470-6300</p> <p>Mobile Crisis Intervention Service (902) 429-8167 (9am to 5am)</p> <p>Mental Health Nurse Advocate (902) 470-6755</p> <p>Patient & Family Advocate (902) 483-9591</p>	<p>Mental Health Services 1-800-460-21100 Ext 5526</p> <p>Addiction Services (902) 893-5900</p> <p>SSNS Support Group 1-800-465-2601</p> <p>CMHA Colchester/East Hants Branch (902) 895-4211</p>	<p>Mental Health Services (902) 667-3879</p> <p>Addiction Services (Springhill) (902) 597-8647</p> <p>Addiction Services (Amherst) (902) 667-7094</p> <p>SSNS Cumberland Chapter 1-800-465-2601</p>	<p>Mental Health Services (902) 863-4511</p> <p>Addictions Antigonish (902) 863-5393</p> <p>Addictions Port Hawkesbury (902) 625-2363</p> <p>SSNS Support Group 1-800-465-2601</p>	<p>Mental Health Services (902) 755-1137</p> <p>Addictions Services (902) 755-7017</p> <p>CMHA Pictou Branch (902) 752-5578</p>	<p>Mental Health Services (902)527-5228</p> <p>Addiction Services Lunenburg (902)634-7325</p> <p>CMHA Lunenburg County Branch (902)543-7082</p> <p>SSNS Lunenburg County Chapter 1-800-465-2601</p>	<p>Mental Health Services Yarmouth (902) 742-4222</p> <p>Mental Health Services Shelburne (902) 875-4200</p> <p>Mental Health Services Digby (902)245-4709</p> <p>Addictions Yarmouth (902)742-2406</p> <p>CMHA Yarmouth, Digby, Shelburne Branch (902)742-0222</p>

USEFUL WEBSITE LINKS

COMMUNITY SUPPORTS	GENERAL MENTAL HEALTH	SENIORS	YOUTH	
<p>Connections Clubhouse www.cdha.nshealth.ca/mental-health-program/programs-services/connections-clubhouse</p> <p>Healthy Minds Cooperative www.healthyminds.ca</p> <p>Laing House www.lainghouse.org</p> <p>Psychosocial Réhabilitation Canada www.psrrpscanda.ca</p> <p>Self Help Connection (SHC) www.selfhelpconnection.ca</p>	<p>Addiction Services www.gov.ns.ca/hpp/addictions/</p> <p>Canadian Mental Health Association (CMHA), Nova Scotia Division www.novascotia.cmha.ca</p> <p>Centre for Addiction & Mental Health www.camh.net</p> <p>Depression Lifelines www.depressionlifelines.ca</p> <p>District Health Authorities & IWK www.gov.ns.ca/health/about/DhA.asp</p> <p>E-mentalhealth Ementalhealth.ca</p> <p>Mental Health Comm.of Canada www.mentalhealthcommission.ca</p>	<p>Canada Post Foundation for Mental Health www.canadapost.ca/cpo/mc/aboutus/cpfoundation/default.jsf</p> <p>Mood Disorders www.mooddisorderscanada.ca</p> <p>Schizophrenia Society of Nova Scotia (SSNS) www.ssns.ca</p> <p>Regulations www.gov.ns.ca/just/regulations/regexact.htm</p> <p>Nova Scotia Early Psychosis Program earlypsychosis.medicine.dal.ca</p> <p>Our Healthy Minds ourhealthyminds.com</p> <p>Nova Scotia Mental Health Services www.gov.ns.ca/health/mhs</p>	<p>Alzheimer’s Society of Nova Scotia www.alzheimer.ca</p> <p>Canadian Coalition for Seniors’ Mental Health (CCSMH) www.ccsmh.ca</p> <p>Caregivers Nova Scotia www.caregiversns.org</p> <p>Department of Seniors www.gov.ns.ca/seniors</p> <p>MSVU Centre for Aging www.msvu.ca/nsca</p> <p>PIECES Canada www.piecescanada.com</p>	<p>Help Zone www.gov.ns.ca/helpzone</p> <p>IWK Health Centre www.iwk.nshealth.ca</p> <p>Laing House www.lainghouse.org</p> <p>Teen Mental Health www.teenmentalhealth.org</p> <p>Youth Suicide Prevention www.youthsuicide.ca</p> <p>Mind Your Mind www.mindyourmind.ca</p>