

**Are you feeling stressed, anxious, depressed, hopeless, or overwhelmed?
Having problems at home? Problems with substance abuse? Low self esteem?
You're not alone. We can help.**

**Mental Health
Mobile Crisis Team
1-888-429-8167**

**Addiction Prevention
and Treatment Services
1-866-340-6700 or
(902) 885-2611**

**Musquodoboit Valley
Family Practice
(902) 384-2834**

**Family Services
Association
1-888-886-5552**

**911 or nearest
Emergency room**

**Cole Harbour /
Eastern HRM Mental
Health Services
(902) 434-3263**

**Social Worker
(902) 384-2220**

**Primary Health Care Provider
(Family Doctor, Nurse Practitioner, etc)**

211

**IWK Reproductive
Mental Health Services
(902) 470-8888 or
1-888-470-5888**

811

**Musquodoboit Valley
Memorial Hospital &
Collaborative Emergency Center
(902) 384-2220**

**Public Health
Nurse
(902) 384-2370**

**Health Beginnings
Facebook page**

**Family Resource
Centre
(902) 384-2794**

**Healthy Beginnings
Middle Musquodoboit
Mental Health Helping Tree**