

HEALTH RESOURCES



211

- 211 is a free service that connects you with resource navigators in order to find programs, resources, and services that you need. This can include housing/shelter, mental health, addictions, food resources and more. • Access is available 24/7
- You can call or text the number [211](tel:211) or go to their website: <https://ns.211.ca/>

811

- 811 is a free health resource that connects you to a registered nurse that will give you advice about current health issues. Questions can range from a bee sting, to nausea and vomiting and or abdominal pain etc.
- Dial the number [811](tel:811) • Access is available 24/7
- For more information refer to their website: <https://811.novascotia.ca/>

HALIFAX SEXUAL HEALTH CENTRE

- Provides non judgmental sexual and reproductive care and education.
- Services: STI testing, HIV testing, pregnancy testing, Transgender/gender affirming care, Free condoms and lube, and sexual health education.
- Location: 7071 Bayers Road, Suite 302 Halifax, NS
- Call: 902.455.9656 • Hours vary depending on day (see website)
- For more information visit their website: <https://hshc.ca/mission/>

GOOD2TALK NOVA SCOTIA

- Provides post secondary students with free confidential access to counselors and crisis responders on the topics of mental health and well-being.
- Call 1.833.292.3698 or text GOOD2TALKNS to 686868
- For more information visit their website: <https://good2talk.ca/novascotia/>
- Accesses is available 24/7

PROVINCIAL MENTAL HEALTH AND ADDICTIONS CRISIS LINE

- For those experiencing addictions or mental health crisis or are concerned about someone who is experiencing a crisis.
- Call: 1.888.429.8167 • Access is available 24/7
- For more information visit: <https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>

THE FAMILY FOCUS MEDICAL CLINICS

- Offers a walk-in clinic for those who need to be seen by a physician.
- Offers virtual care appointments via internet or phone.
- Locations:
 - Halifax Professional Building, Mezzanine Level, 5991 Spring Garden Road, Halifax
 - 3601 Joseph Howe Drive, Halifax, NS
 - 667 Sackville Drive, Suite 207 (above Lawtons), Lower Sackville
 - 240 Baker Drive, Suite 201 (above Lawtons), Dartmouth
- Call: 902.402.6060
- For more information refer to their website: <https://thefamilyfocus.ca/>