

Mental Health Services in the HRM & Nova Scotia

Free

For immediate/emergency assistance:

- **Mental Health Crisis Line**
 - Contact: 1-888-429-8167 (also if in HRM: 902-429-8167)
 - About: Available 24/7, the telephone service offers help to callers who have 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. It helps callers manage mental health crisis through education, outreach, and consultation.

Non-emergency assistance:

- **NSHA Community Health Teams**
 - Area served: Central NS
 - Contact: 902-460-4560; cht@nshelath.ca (same for all locations)
 - Location:
 - Bedford/Sackville: 1658 Bedford Highway Bedford NS, B4A 2X9
 - Chebucto: 16 Dentith Road Halifax NS, B3R 2H9
 - Dartmouth: 58 Tacoma Drive Dartmouth NS, B2W 3E5
 - Halifax: 6080 Young Street, Suite 105 Halifax NS, B3K 5L2
 - About: The team offers free health and wellness programs throughout NS, including mental health services. Individuals can make calls to the number to speak to a health professional to find the right resources offered at different times and community locations.
- **Laing House**
 - Area served: Central NS
 - Contact: 902-425-9018; info@lainghouse.org
 - Location: 1225 Barrington Street Halifax NS, B3J 1Y2
 - About: It is a drop-in centre for individuals aged 16-29 living with a mood disorder, psychosis, and/or anxiety disorder. In addition to various programs including art, meals, education, employment support, camping, and music that it offers, it also helps individuals meet friends who have gone through similar experiences and receive peer support.
- **Schizophrenia Society of Nova Scotia**
 - Area served: NS
 - Contact: 902-465-2601; manager@ssns.ca
 - Location: 5571 Cunard Street Halifax NS, B3K 1C5
 - About: The society provides peer-led education and peer support programs for those affected by schizophrenia, psychosis, bipolar disorder and related mental health disorders. The society also helps those affected individuals navigate to find and access the right services, support, treatments, education, and resources.

- **Healthy Minds Cooperative**
 - Area served: Central NS
 - Contact: 902-404-03504; info@healthyminds.ca
 - Location: 45 Alderney Drive, Suite 200 Dartmouth NS, B2Y 2N6
 - About: It provides a variety-of peer-based services to people with lived experience of mental health issues. The services include workshops that focus on recovery and wellbeing, navigation services and more.
- **Youth Project**
 - Area served: Central NS
 - Contact: 902-429-5429;
 - Location: 2281 Brunswick Street Halifax NS, B3K 2Y9
 - About: The organization provides support and services to those aged 25 and under who need help with sexual orientation and gender identity. The programs and services include support groups, referrals, supportive counseling, educational workshops, social activities, resource library, and food bank.
- **Family Service Association**

**Fees are based on what the individual ability to pay*

 - Area served: Central NS
 - Contact: 902-420-1980/1-888-886-5552; admin@fshalifax.com
 - Location: 6080 Young Street Suite 401, Young Tower Halifax NS, B3K 5L2
 - About: The organization offers services to individuals, couples and families to help address issues such relationship conflicts, depression and anxiety, stress, violence and anger, substance abuse, and more.
- **NSHA: Mental Health and Addictions (NSHA MHA)**
 - Area served: Central NS, Eastern NS, Northern NS, Western NS
 - Contact:
 - South Shore: 1-877-334-3431
 - Annapolis Valley: 1-855-273-7110
 - South West: 1-844-380-4324
 - Cape Breton: 902-567-7951
 - Colchester, East Hants, Cumberland, Pictou: 1-844-855-6688
 - Halifax: 1-888-429-8167
 - Location: N/A
 - About: MHA gives care and support to people with mental health disorders and substance/gambling addictions. The services include health promotion and prevention, and general and specialized treatment programs such as outpatient/community-based programs, home/school-based interventions, and inpatient services.

- **Connections Dartmouth**
 - Area served: Central NS
 - Contact:
 - Dartmouth: 902-464-3588
 - Halifax: 902-473-7114
 - Location:
 - Dartmouth: 16 Portland Street Dartmouth NS, B2Y 1G9
 - Halifax: 1221 Barrington Street Halifax NS, B3J 1Y2
 - About: It provides a recovery-focused program that provides supports and opportunities to adults living with mental illness such as schizophrenia, schizoaffective disorder or bipolar disorder, and those who experience substantial functional challenges in their daily lives.

- **Pause (North End Community Health Centre)**
 - Area served: Central NS
 - Contact: 902-420-0303; northend@nehc.com
 - Location: 2131 Gottingen Street, Suite 500 (5th Floor) Halifax NS, B3K 5Z7
 - About: Mental health workers including a community mental health nurse, social worker, and psychiatrist collaborate to provide mental health services. Services provided include individual assessments and diagnosis, health promotion, prevention, monitoring, interventions, and education.

Online resources:

- **Centre for Interactive Mental Health Solutions (CIMHS)**
 - Area served: world
 - Contact: contact@cimhs.com
 - Location: N/A
 - The CIMHS offers a free online therapy program for depression based on Cognitive Behavioural Therapy that teaches skills and strategies for managing mood.

Not Free

Roberts Wellness Services (she is a Black woman)

Facebook: https://www.facebook.com/pg/RWSP/services/?ref=page_internal

Kathrine Lincoln and Associates (she is a woman of colour)

Main office phone and Fax: 902-719-7039

Email: klincolnpsych@gmail.com

Website: <https://www.kathrinelincolnassociates.com/contact>

Location: Suite 555, SunTower,
1550 Bedford Hwy,
Bedford, N.S. B4A 1E6