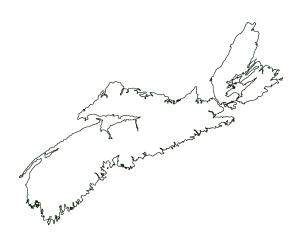




The More Than Meds Nova Scotia Mental Health Services and Support

Navigator

Timely access to care and support for mental health and addictions problems is a challenge. Use this tool to help with the first step.



VERSION: MAY 17, 2013

VERSION: MAY 17, 2013



The More Than Meds Nova Scotia Mental Health Services and Support Navigator

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Andrea Murphy, BSc Pharm, ACPR, PharmD
Associate Professor, College of Pharmacy, Dalhousie University, Halifax, NS

David Gardner, BSc Pharm, ACPR, PharmD, MSc (CH&E)
Professor, Department of Psychiatry & College of Pharmacy, Dalhousie University, Halifax, NS

Research and technical support: Magda Szumilas, Ellen Boyd, Sarah Drost, Stephanie Kenny

Contact: andrea.murphy@dal.ca

david.gardner@dal.ca

Funding: Studenship support and project funding from the Drug Evaluation Alliance of Nova Scotia (DEANS) is gratefully acknowledged.

Purpose

Every day pharmacists meet people in their communities with health concerns and they, based on their judgment and awareness of local and regional health services, supports, and information resources, suggest where that person can go to have their concerns addressed.

This tool was designed to aid pharmacists when helping people with mental health and addiction problems find needed mental health care, support, and related services and information.

What ever the situation, whether it acute or long standing, use of this or other mental health navigational resources is an important step forward in supporting someone in our community's journey toward recovery. A pharmacist can help the person take it.

How do I use this tool?

The Navigator contains information about mental health services and community supports relating to mental health and addictions throughout the province of Nova Scotia.

It is organized by district health authority as indicated by the table of contents (page 4). Important province-wide resources can be found at the beginning of this document (pages 2 & 6) and on the second page (see Principle Resources) for each district health authority section.

For a geographical map of Nova Scotia's district health authorities refer to map (page 3).

Nova Scotia 211

In 2013, Nova Scotia introduced telephone (211) and web-based service (http://ns.211.ca) that is organized to help people across the province find local community and social services. Many of the included services in the database directly help people with mental health and addictions problems. The site continues to be populated with services, programs, and groups and will be continually updated as new and changing information becomes available. We have included the following access information at the beginning of each district health authority's section.

T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
--	---

IN A MENTAL HEALTH CRISIS?

For a mental health crisis, there are 2 numbers you need to know:

When immediate medical treatment is needed:

Call Emergency Services

911

For a mental health crisis that does not require immediate medical treatment Call the Nova Scotia Mental Health Crisis

Line

1-888-429-8167

The Mental Health Crisis Line (1-888-429-8167) is available for anyone in Nova Scotia to call. You will be connected with a licensed nurse, social worker, or occupational therapist with extensive mental health experience.

This is often the best number to call when you don't know what number to call.

Nova Scotia District Health Authorities Map

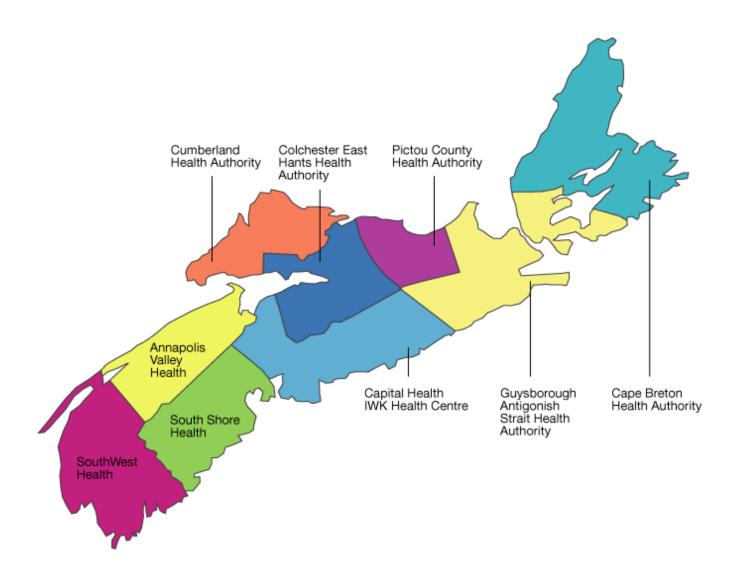


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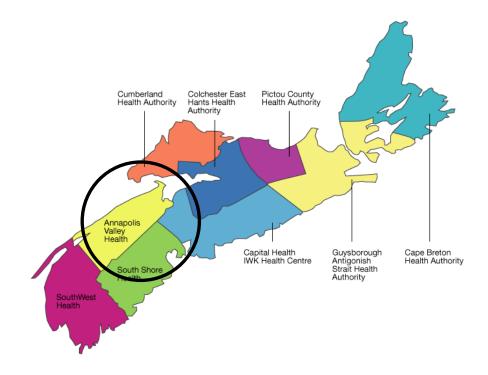
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Mental Health Services & Supports in Communities Across Nova Scotia (Self Help Connection)

To access this and other Helping Trees online, visit http://selfhelpconnection.ca/helping-tree (or search "self help connection helping trees")

ANNAPOLIS VALLEY HEALTH AUTHORITY	CAPE BRETON HEALTH AUTHORITY	CAPITAL DISTRICT HEALTH AUTHORITY	IWK HEA	ALTH CENTRE	COLCHESTER HANTS HEA AUTHORI	LTH	CUMBERLAND HEALTH AUTHORITY	GUYSBOROUGH ANTIGONISH STRAIT HEALTH AUTHORITY		U COUNTY AUTHORITY	SOUTH SHORE HEALTH AUTHOR		SOUTH WEST NOVA DISTRICT HEALTH AUTHORITY	
Mental Health Services Kentville Adult (902) 679-2657 ext 2870 Mental Health Services Kentville Children & Youth (902) 679-2867 Ext 2873 Mental Health Services Middleton (902) 825-4825 Mental Health Services Berwick	Services	Mental H (902) Addiction (902) Mob Interver (902) 429 Mental	Adolescent lealth Program) 464-4110 nns – CHOICES) 470-6300 bille Crisis ntion Service 9-8167 (9am to 5am) Head the Nurse dvocate) 470-6755	Mental Health S 1-800-460-211 5526 Addiction Se (902) 893-5 SSNS Support 1-800-465-2 CMHA Colches Hants Brar (902) 895-4	rvices 900 Group 601 ter/East	Mental Health Services (902) 667-3879 Addiction Services (Springhill) (902) 597-8647 Addiction Services (Amherst) (902) 667-7094 SSNS Cumberland Chapter 1-800-465-2601	Mental Health Services (902) 863-4511 Addictions Antigonish (902) 863-5393 Addictions Port Hawkesbury (902) 625-2363 SSNS Support Group 1-800-465-2601	Addiction (902)	ealth Services 755-1137 ons Services 755-7017 cictou Branch 752-5578	Mental Health Serv (902)527-5228 Addiction Servic Luneburg (902)634-7325 CMHA Lunenbur County Branch (902)543-7082 SSNS Lunenbur County Chapte 1-800-465-2601	ces irg h	Mental Health Service: Yarmouth (902) 742-4222 Mental Health Service: Shelburne (902) 875-4200 Mental Health Service: Digby (902)245-4709 Addictions Yarmouth (902)742-2406 CMHA Yarmouth.		
Addiction Services Kentville (902) 679-2392 Addiction Services Middleton		Addictions (902) 563-2050 SSNS Support Group 1-800-465-2601 (902) 454-1400 or 454-1440 or 4		Ac	nt & Family dvocate 1) 483-9591	OVER TO SECOND			SEFUL WEBSITE	LINKS	-	NIORS		Digby, Shelburne Branch (902)742-0222
CMHA Annapolis County Branch (902) 665-4801 CMHA Kings County Branch (902)679-7464 SSNS Kings County Chapter 1-800-465-2601 SSNS Support Group			Connections Cli www.cdha.nshea health-program/p services/connect Healthy Minds C www.healthymins Laing House www.lainghouse. Psychosocial R Canada www.psrpscanas Self Help Conne www.seifhelpcon	ubhouse Ilth.ca/mental- rograms- ions-clubhouse Cooperative ds.ca org éhabilitation da.ca	Canada Associate Scotia WWW.D Centre Health WWW.C Depreiment WWW.D Districtive WWW.D DhA.a:	tion Services tov.ns.ca/hpp/addictions/ tian Mental Health lation (CMHA), Nova Division tovascotia.cmha.ca e for Addiction & Mental lamh.net ssion Lifelines tepressionlifelines.ca et Health Authorities & tov.ns.ca/health/about/	Canada Post Foundatio Mental Health www.canadapost.ca/cpo/ aboutus/cpfoundation/del Mood Disorders www.mooddisorderscana Schizophrenia Society/ Scotia (SSNS) www.ssns.ca Regulations www.gov.ns.ca/just/regul regsxact.htm Nova Scotia Early Psyc Program earlypsychosis.medicine. Our Healthy Minds ourhealthyminds.com	mc/ fault isf da.ca of Nova ations/		Society of Nova er ca salition for stal Health sa lova Scotia ersens.org of Seniors sa/seniors er for Aging v/nsca	IWK I			



Annapolis Valley Health

Wolfville, Kentville, Waterville, Berwick, Middleton, Annapolis

Principle Resources Annapolis Valley Health

Mental Health Crisis Line	T: 1-888-429-8167	24/7 (all of Nova Scotia)
Annapolis Valley Crisis Line	T: 902-679-2870 (adult) T: 902-679-2873 (child)	M-F, 8:30am-4:30pm
911 Nova Scotia	T: 911	Emergency medical care
211 Nova Scotia	T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
811 Nova Scotia	T: 811 TTY: 711	Available 24/7 Free non-emergency health information and service

Where to Start?

Helping Tree

Listing of resources available in your community broken down into convenient to use "branches"

District Mental Health Services

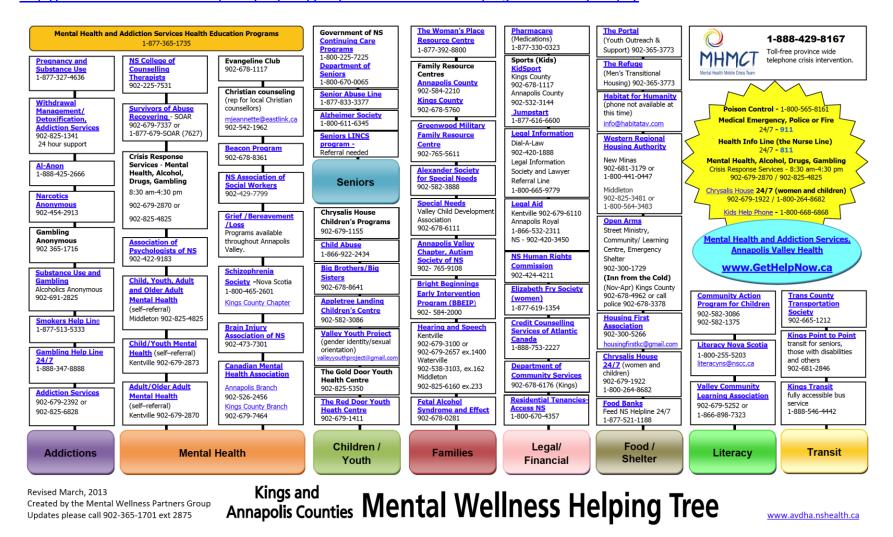
More information on select mental health resources available in your community **Community Support Services**

More information on select community support resources available in your community

My Own Resources

Know of local resources not listed in this tool? Use this space to record information about additional resources that you use in your community.

To access the links you can find the webpage (below) by searching "Annapolis valley helping tree" http://www.avdha.nshealth.ca/sites/default/files/mental_wellness_helping_tree - en-fr_0.pdf



ANNAPOLIS VALLEY HEALTH

DISTRICT MENTAL HEALTH SERVICES

www.avdha.nshealth.ca/program-service/mental-health-services

Crisis Response Service

T: 902-679-2870 (adult)

T: 902-679-2873 (child)

Available M-F, 8:30am-4:30pm

For mental health, alcohol, drugs, gambling related crisis

Acute Care Psychiatric Inpatient Unit

Valley Regional Hospital 150 Exhibition St., Kentville

T: 902-679-3315

Admission by psychiatrist only.

Referral by another physician required. 9 beds, age not spec on website

Adult Mental Health Education and Treatment Groups King's County Adult Program

AVH Chipman Kentville, NS T: 902-679-2870

F: 902-679-1766

Satellite Services

EKM Community Health Centre 23 Earnscliffe Ave., Wolfville

Valley Regional Hospital 150 Exhibition St., Kentville

WKM Health Centre 121 Orchard St., Berwick [†] Some groups require registration or referral by a counselor in the Mental Health and Addiction Services Program.

Social & Recreational

Cornwallis Club (drop-in program for clients of MHS) Evangeline Club (drop-in program for clients of MHS) Healthy Living Club (drop-in program for clients of MHS)

Munch and Crunch (social support group for people experiencing long-term

persistent MH challenges)

Self-Esteem

Assertive Communication †
Women's Self-Esteem group †

Adult Mental Health Education and Treatment Groups	Annapolis County Adult/Child and youth programs Soldiers' Memorial Hospital Middleton, NS T: 902-825-4825 F: 902-825-5181 Satellite Service Annappolis Royal Community Health Centre 821 St. George St., Annapolis Royal	Support MARS (Men are recently separated) WIN (Women Independent Now) † Monthly Caregiver Support group † Post-partum depression support group † Psychoeducation Early Stage Memory Loss Group † Chronic Pain Self-Management Program † Mindfulness Group † Transition to Change † Psychotherapy Dialectical Behaviour Therapy Group † Forensic Sexual Behaviours Program † Mood and Anxiety Management Group † Relationship Counselling Group † Supportive Psychotherapy † NB: Group offerings change frequently, contact for details
ADHD Assessment and Treatment	Child and youth program T: 902-679-2873 F: 902-679-1766	Assessment, diagnosis, treatment and education for children/youth and families. Treatment: parent education, 1:1 intervention with clinicians, pediatricians, a GP and psychiatrist. School staff is consulted. Not indicated: need for referral, age.
Annapolis Valley Intervention Team for Autism Program (AVITA)	Soldiers' Memorial Hospital Middleton, NS T: 902-825-4825	Assessment and treatment for young children (pre-school and school age) with Autistic Spectrum Disorder (ASD). Treatment team: is parents, 1:1 interventionists, Psychologists, Occupational Therapists and Speech Language Pathologists

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F: 902-825-5181

Therapists and Speech-Language Pathologists.

Early Intensive Behavioral Intervention (EIBI) Contact relevant county Child & Youth Service

EIBI is a provincial program that provides treatment using Applied Behavioural Analysis (ABA) in the home and day care settings of pre-schoolers (0-6y) diagnosed with Autism Spectrum Disorder.

Selection process: diagnosis achieved by predetermined selection date (usually 4-6mo prior to enrollment in program) and random selection from 2 age group pools (<4y and ≥4y). The treatment team consists of Autism Support Workers, Clinical Interventionists, and a Clinical Leader.

Beacon Program

Andrew Livingstone

Assistant Manager, Beacon Program

T: 902-365-1701 Ext 2888

E: alivingstone@avdha.nshealth.ca

Betty Swanburg, RN Client Care Coordinator

E:

eswanburg@avdha.nshealth.ca

Community-based psychosocial rehabilitation program for individuals with severe and persistent mental illness from across NS.

Voluntary, residential, 6 beds, 6 mo. duration

Growth & Recovery programming available for clients of AVMHS

Referrals required from referring mental health team, including endorsement from the Psychiatrist and input from applicant and family.

Child & Youth Health Promotion and Treatment Groups King's County

Child & Youth Program

AVH Chipman Kentville, NS T: 902-679-2873 F: 902-679-1766

Annapolis County

Adult/Child and youth programs

Soldiers' Memorial Hospital

T: 902-825-4825 F: 902-825-5181 Groups require registration $\!\!\!\!\!^*$ or referral $\!\!\!\!^+$ by a 13 ounselor in the Mental Health and

Addiction Services Program.

"Chilled Teens" Anxiety Group †

"Chilled Teens" Anxiety & Depression Group †

"Cool Kids" Anxiety Group †

Helping Anxious Children (for parents/ caregivers) †

Parenting your Defiant Child*
Parenting your Defiant Teen

Positive Behaviour Supports for Children with Autism Spectrum Disorder)

Community Support Program (Adult)	Contact relevant county Adult Service	For adults (≥18y) with severe and persistent mental illness. Community support workers work directly with individuals and together with community agencies, organizations, and families. Service (individual/organizational) is determined by client needs and preferences.
Community Support Program (Child & Youth)	Contact relevant county Child & Youth Service	For school-aged children and youth registered with the Child & Youth Mental Health program. Program supports the work of the clinical treatment plan in the child/youth's natural setting(s) – preschool, school, home, and community. Provide parents/Caregivers with education, behaviour management strategies, and skill development to support child's diagnosis. Works with child/youth and/or family depending on need.
Early Psychosis Program	Contact relevant county Mental Health Service	For youth at risk for serious mental illness and newly diagnosed young adults Assessment, intervention, community support, and ongoing follow-up as required. Services from several disciplines (i.e., Psychology, Psychiatry, Nursing, Occupational Therapy, and Community Support) from all 3 clinics (i.e., Adult Mental Health, Child & Youth Mental Health and Addictions Services). Referral from mental health service and community, including district high schools.
Older Adult Program	Contact relevant county Adult Mental Health Service	For adults ≥65y Referral from other physician required. Psychiatry consultations, assessments and follow up.
Initiative for Sexually Aggressive Youth (ISAY)	A province-wide program coordinated by the IWK Health Centre and the provincial health authorities	Provincial intitiative designed to addres the assessment and treatment needs of youth sexually offend against others. This service is offered through a network of clinicans in the health districts across the province.

COMMUNITY SUPPORT SERVICES

Canadian Mental Health Association Regional Branch Kings County Branch

11 Opportunity Lane Kentville, NS

E: programmanager@cmhakings.ns.ca

W: www.cmhakings.ns.ca

T: 902-679-7464 F: 902-679-7470 Employment outreach and community outreach services

Annapolis County Branch

21 Hillside Drive, Lequille R.R. #1, Annapolis Royal, NS

E: chapelcreekgallery@ns.sympatico.ca

T: 902-665-4801 F 902-665-5084 No information about services provided on CMHA website.

Schizophrenia Society of Nova Scotia (SSNS) chapters **Cumberland Chapter**

16 Dale St., Apt. 16 Wolfville, NS T: 1-800-465-2601

W: www.kcss.ca

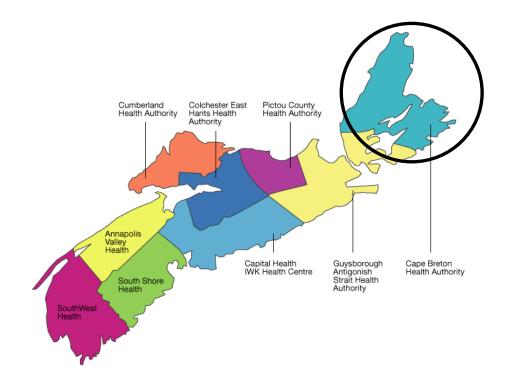
Meeting Location
Kentville Lions Club
78 River St., Kentville, NS

Monthly meeting on 3rd Wed of each month (excluding summer months) for mental health services users and family and friends for support, information, and education. Also conduct special workshops on schizophrenia and resources for treatment and support; conduct public presentations; consult with AVMHS; raise funds.

Annapolis County Education and Support Group

Contact SSNS for meeting time and place.

Middleton. NS T: 1-800-465-2601



Cape Breton Health Authority

Neil's Harbour, Cheticamp, Inverness, Baddeck, Eskasoni, New Waterford, Glace Bay, Sydney, North Sydney

Principle Resources

Cape Breton Health Authority

Mental Health Crisis Line	T: 1-888-429-8167	24/7 (all of Nova Scotia)
Cape Breton Crisis Line	T: 902-567-7767	Available 8:30am-8:30pm, 7 days a week
911 Nova Scotia	T: 911	Emergency medical care
211 Nova Scotia	T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
811 Nova Scotia	T: 811 TTY: 711	Available 24/7 Free non-emergency health information and service

Where to Start?

District Mental Health Services

More information on select metal health resources available in your community **Community Support Services**

More information on select community support resources available in your community

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My Own Resources

A space to record any additional resources that you use in your community Found something you think others would benefit from?

We would love to hear about it (email?)

CAPE BRETON HEALTH AUTHORITY

DISTRICT MENTAL HEALTH SERVICES

<u>www.cbdha.nshealth.ca</u> \rightarrow click "Department Pages" Tab \rightarrow Mental Health

Emergency Crisis

Program

Cape Breton Regional Hospital 1482 George St., Sydney, NS

T: 902-567-7767

Consultative Service to Emergency Department, 24/7.

Adult Outpatient Service

Sydney Mental Health Clinic

Cape Breton Regional Hospital, Main

Level, 1482 George St.

T: 902-567-7730

New Waterford Clinic

New Waterford Consolidated Hospital,

716 King St.,

T: 902-862-7195

Glace Bay Clinic

121 Union Street T: 902- 849-4413

North Sydney Clinic

Northside General Hospital, 520 Purves St.

T: 902-794-8551

Inverness Mental Health Clinic with satellite services to Cheticamp

Inverness Consolidated Memorial Hospital

T: 902-258-1911

For individuals ≥19 years

Referral from family practitioner/other relevant care provider "strongly suggested"; "self-

referrals may be accepted in some circumstances."

Mental health assessment and treatment in Sydney, New Waterford, Glace Bay, North

Sydney and Inverness; part-time services available in Cheticamp

Adult Inpatient Mental Health Unit	Cape Breton Regional Hospital, 1482 George St., Sydney, NS T: 902-567-7975	Admission through family physician referral or ED assessment. For individuals ≥16 years. Bed: 8 designated short stay, 22 acute, 16 rehab. Referral through Early Response Service or Emergency Department.
Eating Disorder Program	-	For all ages. Assessment, diagnostic and treatment services are offered to individuals with anorexia nervosa, bulimia nervosa and related conditions. Also provide early identification and prevention initiatives as well as consultation to professionals and families.
Adult Day Centre	-	For adults with serious emotional disorders who do not require admission. Structured group and individual sessions are provided by a multidisciplinary team to help patients cope with emotional, social and interpersonal crises.
Adult Sex Offender Program	-	Offered in collaboration with East Coast Forensic Services.
Community Rehabilitation Program	T: 902-567-7913	Case management program designed to support people living with persistent mental illness to develop and maintain a safe, satisfying quality of life in the community. Provides support for clients with severe and persistent mental illness. This support includes assistance in managing mental illness, life skills, housing, employment and education.
Initiative for Sexually Aggressive Youth (ISAY)	A province-wide program coordinated by the IWK Health Centre and the provincial health authorities	Provincial intitiative designed to addres the assessment and treatment needs of youth sexually offend against others. This service is offered through a network of clinicans in the health districts across the province.

Seniors Mental Health	HealthPark 45 Weatherbee Rd., Sydney, NS T: 902-567-1729	Provides consultation and education services to nursing homes and other care providers by community mental health nursing and psychiatry. Mental Health staff work in collaboration with local physicians and Challenging Behaviour Resource Consultants.	
Child and Youth Services	Sydney Mental Health Clinic Cape Breton Regional Hospital, Main Level, 1482 George St. T: 902-567-7731	For individuals <19 years. Contact Sydney or Inverness Mental health Clinics for referral.	
Intensive Community- based Treatment Team	Inverness Mental Health Clinic with satellite services to Cheticamp Inverness Consolidated Memorial Hospital T: 902-258-1911	Provides home, community, and school-based support for children and adolescents who as having major problems in their daily lives related to severe disruptive behaviour disorders or severe and persistent mental disorders. Team includes psychology, social work, behavioural interventionists and case managers, and case managers.	
	North Sydney Clinic Northside General Hospital, 520 Purves St.	works with all relevant systems e.g., home, school, community, work, peers, justice).	
Autism	Glace Bay Clinic 121 Union St.	For children <6 years Provides pre-school assessment, diagnosis and behavioural intervention, as well as to help	
	Baddeck (Child & Adolescent Clinician) Victoria County Memorial Hospital 30 Margaree Rd., Baddeck	facilitate the transition to schools for children with Autism both in an outpatient and home setting. Part of a province wide initiative and utilizes the Pivotal Response Therapy (PRT) model for early intervention for children under the age of six years.	
Neurodevelopmental Clinic	Neil's Harbour (Child & Adolescent Clinician) Buchanan Memorial Hospital	Provides assessment, diagnosis, and treatment of children with neurodevelopmental and mental disorders. Services include cognitive and behavioural interventions, behavioral management, school consultation and in-home behavioral intervention. The Neurodevelopmental Clinic is comprised of psychologists, behavioral interventionists and psychiatry.	

COMMUNITY SUPPORT SERVICES

Canadian Mental Health Association Regional Branch 1482 George Street Sydney, NS B1P 1P3 P 902 - 567 7735 F 902 - 567 7905

E cmhacbrh@cbdha.nshealth.ca

W:www.cmha.ca/branch locations/cape-

breton-branch/

As a nation-wide, voluntary organization, the Canadian Mental Health Association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. The CMHA accomplishes this mission through advocacy, education, research and service.

Cape Breton Mental Health Foundation P.O. Box 1051 Sydney Nova Scotia B1P 6J7

Telephone: (902)-567-8093

E-mail: macneilk@cbdha.nshealth.ca W: http://www.cbmhfoundation.ca

Provides information about mental health resources, projects, etc. in Cape Breton. Is a source for donations and project funding.

Crossroads Clubhouse

40 Bentinck St., Sydney, NS,

W: www.crossroadscapebreton.ca E: crossroads@cbdha.nshealth.ca

T: 902-567-7961 F: 902-539-2827 Community outreach program for adults aged 19 to 65 with a persistent thought, mood or anxiety disorder who experience difficulty in daily life due to his/her mental illness. Provides peer support, social change, employment and educational opportunities.

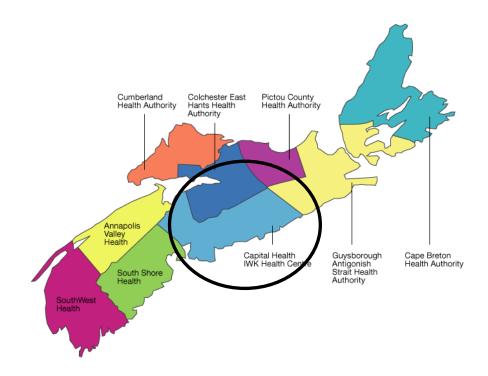
Cairdeil Place

288 Bentinck St., Sydney, NS

T: 902-539-4228

Provides life skills training, support, access to social and recreational activities for people with a mental illness.

The Missing Link Co- operative	648 George St., Sydney, NS E: misslint@hotmail.com T: 902-539-6480 F: 902-539-7062	Provides employment opportunities for people living with mental illness.
Touch on Wood	196 Prince St., Sydney, NS T: 902-539-9663	Assists with the development of employability skills through involvement in a woodworking center, retail outlet and a cooperative employment program.



Capital Health

Sheet Harbour, Middle Musquodoboit, Windsor, Musquodoboit Harbour, Dartmouth, Sackville, Halifax

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Principle	Resources	Capital Health
Mental Health Crisis Line	T: 1-888-429-8167	24/7 (all of Nova Scotia)
Capital Health Crisis Line	T: 902-429-8167	24/7 telephone intervention throughout CDHA Mobile response from 1pm-1am in areas served by HRM police, including Halifax, Dartmouth, and Bedford.
911 Nova Scotia	T: 911	Emergency medical care
211 Nova Scotia	T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
811 Nova Scotia	T: 811 TTY: 711	Available 24/7 Free non-emergency health information and service

Where to Start?

Helping Trees

Listing of resources available in your community broken down into convenient to use "branches" **District Mental Health Services**

More information on select metal health resources available in your community **Community Support Services**

More information on select community support resources available in your community

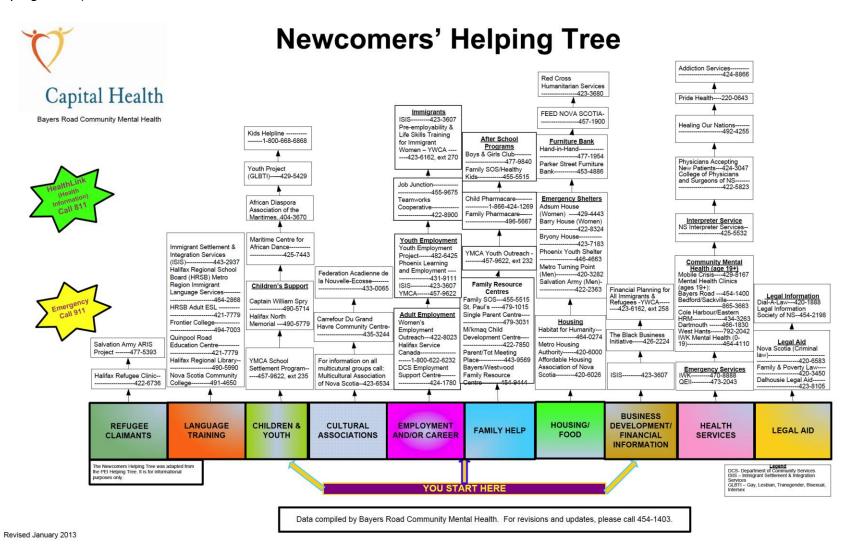
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My Own Resources

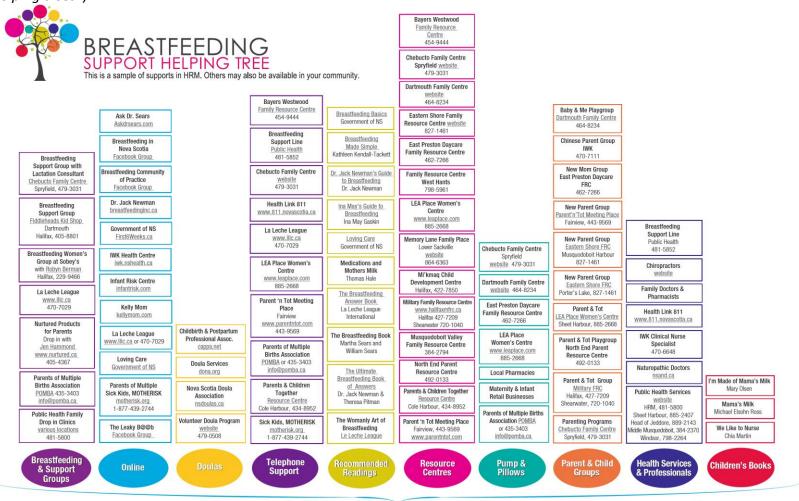
A space to record any additional resources that you use in your community Found something you think others would benefit from?

We would love to hear about it (email?)

To access this and other Capital Health Helping Trees online, visit http://selfhelpconnection.ca/helping-tree (or search "self help connection helping trees")



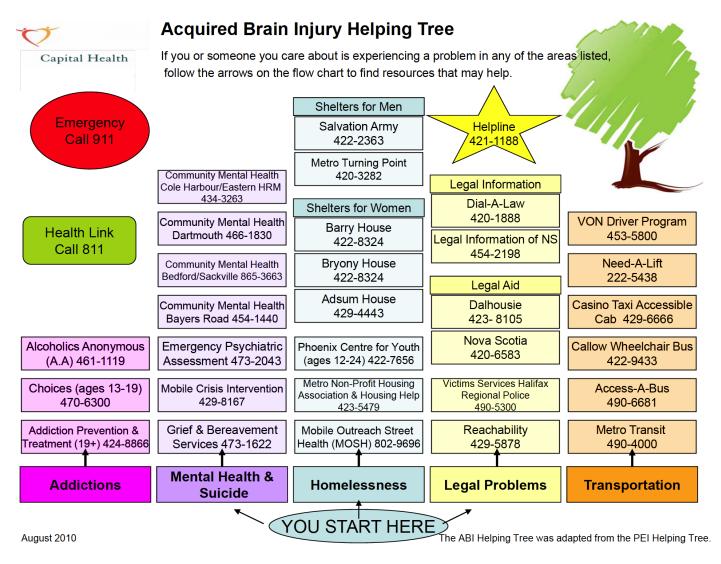
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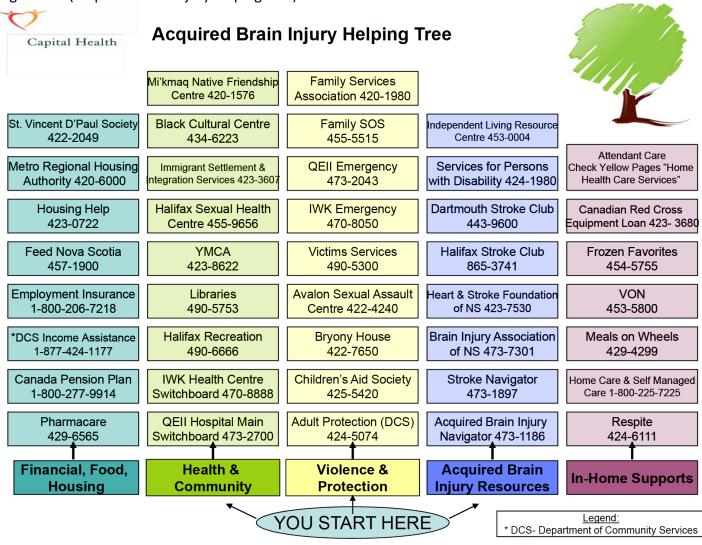
The Helping Tree was developed by the HRM Breastfeeding Community of Practice. It is for informational purposes only. For revisions and updates, please contact us (BreastfeedingCoP@gmail.com or 481-5886). Last undated March 2012. YOU START HERE



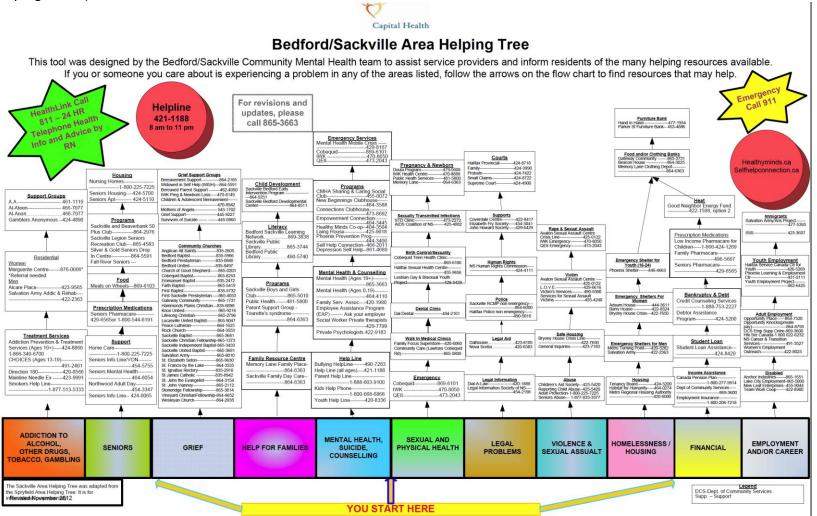
To access this and other Capital Health Helping Trees online, visit http://selfhelpconnection.ca/helping-tree (or search "self help connection helping trees"). The Acquired Brain Injury Helping Tree has 2 pages.



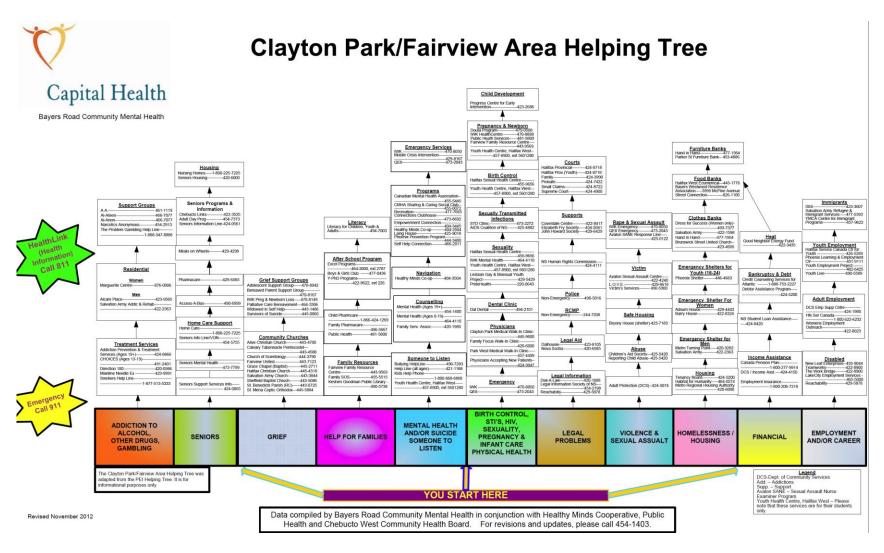
Page 2 of 2 (Acquired brain injury helping tree)



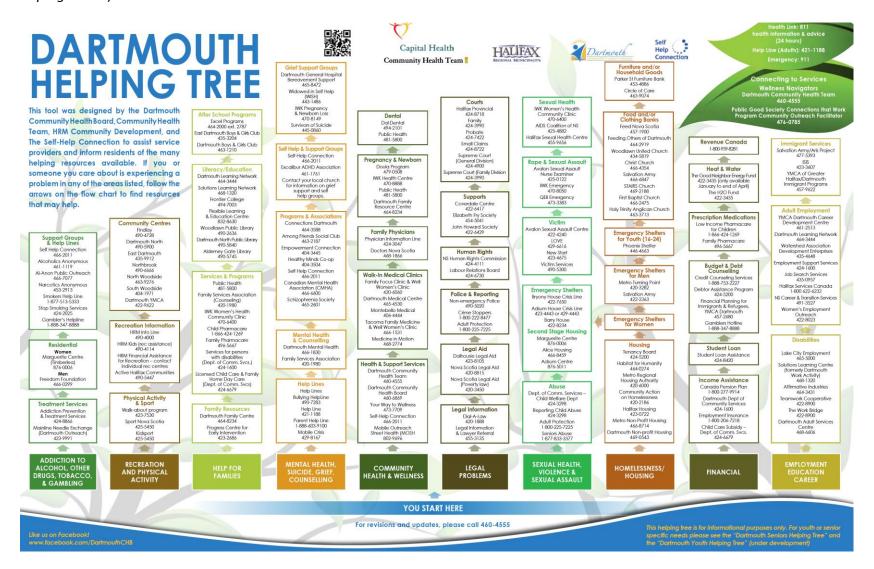
To access this and other Capital Health Helping Trees online, visit http://selfhelpconnection.ca/helping-tree (or search "self help connection helping trees")



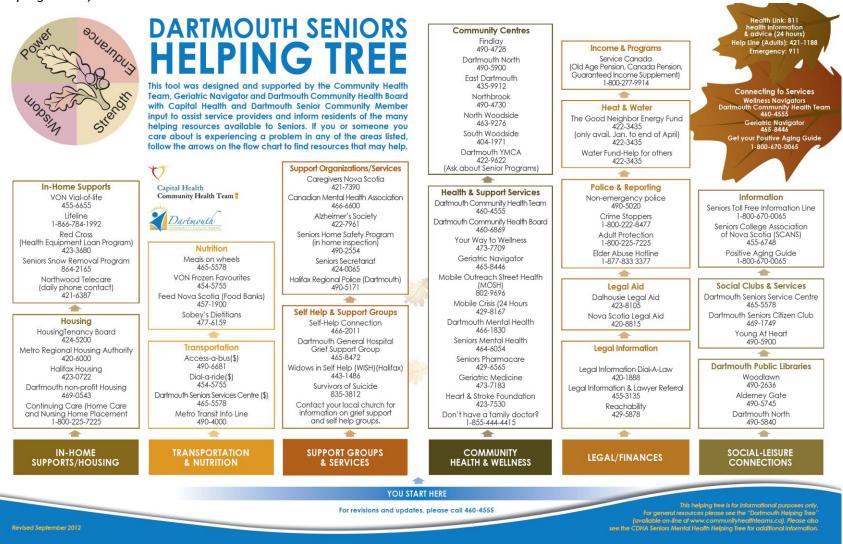
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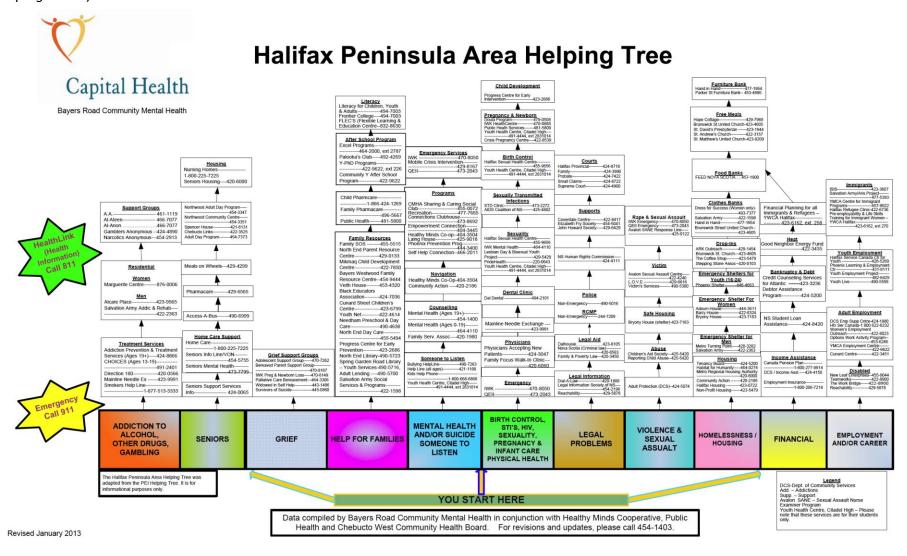
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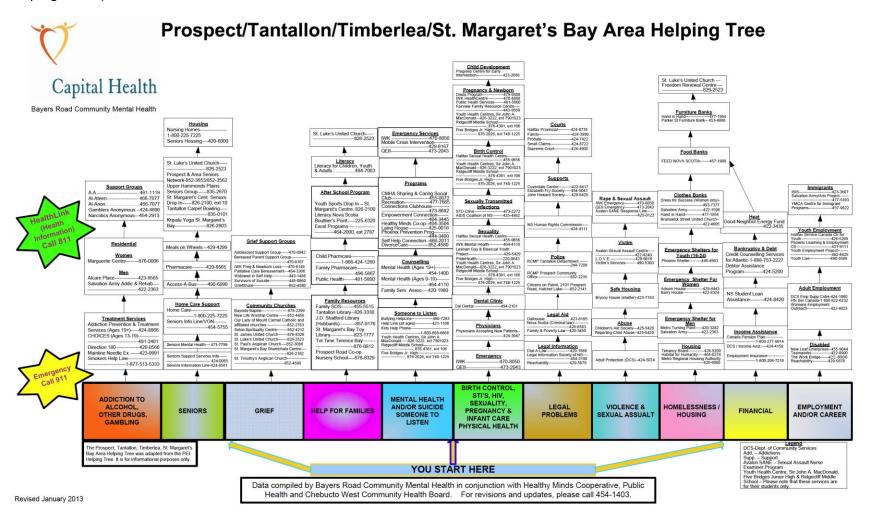
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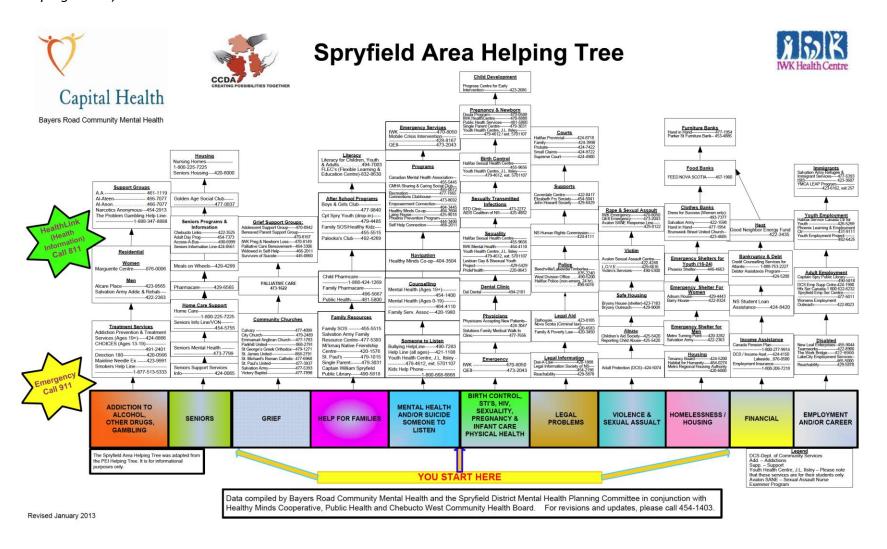
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Spryfield Youth Connecting Tree - June 2011

Recreation and Free Time

Sports

Atlantic Karate Club 477-4639

Bike/Skateboard Bowl -Captain William Spry Centre

Briarwood 440-2363 www.briarwoodgolfclub.net

Chebucto Hiking Club 462-1458 www.chc.chebucto.org all year

Chebucto Minor Hockey 477-6887 Sept.-March www.chebuctominorhockey.com

Chimo Taekwondo 477-0538 www.chimotaekwondo.com ages 3 up to adults

Dunbrack Soccer 455-0078 www.dunbracksoccer.ns.ca

Halifax City Wanderers Soccer Club 453-0741 ages 5 and up halifaxcitysoccerclub.ns.ca

Halifax Southwest Hurricanes Lacrosse 477-2540

www.hhla.goalline.ca ages 5 & up

Herring Cove Minor Basketball 479-1895 ages 12-19 Sept-June

Herring Cove Soccer http://www.servicedeliveryoffice.c om/public/herringcovesharks/start/ Ketch Harbour Yoga 868-1892

Mainland South Basketball

852-5468 www.mse.goalline.ca

Spryfield Minor Softball www.angelfire.com/bug/spryult

Spryfield Lions Rink & Recreation Centre 477-5466 ringette, skating

Williamswood Minor Ball 475-1662 ages 5-12

Community Centres

Captain William Spry Community Centre/wave pool www.halifax.ca/rec/CentresCaptain Spry.html

Captain William Spry Library 490-5809; 490-5818 www.halifaxpubliclibraries.ca Teen programs & services

Chocolate Lake Center 490-4607 www.halifax.ca/rec/CentresChocol ateLake.html

Harrietsfield/Williamswood Community Centre 446-4847 www.halifax.ca/rec/reccentres.html facility for community use

Clubs & Interest Groups 529 Armdale Kiwanis Air

Cadet Squadron ages 12-19 www.aircadetleague.ns.ca

Adventure Earth Centre 490-4539 www.earthed.ns.ca outdoor programs

Barrens & Backlands 868-1892 ww.publicland.ca/herringcovebac klands.html environmental group

Boys and Girls Club 477-9840 www.bgcspryfield.org activities ages 5-12, 12-19

Girl Guides of Canada 423-3735 www.girlguides.ns.ca girls groups, Sparks (5-6) Brownies (7-8), Guides (9-11), Pathfinder (12-14), Rangers (15-17)

HEAT (Helping the Earth by Acting Together) 490-4520 www.earthed.ns.ca/heat environmental group ages 13-19

Katimavik 492-3111 www.katimavik.org youth programs 12-21

Mainland South Heritage Society history/heritage Armdale/Pennants rootsweb.ancestry.com/~nsmshs

Scouts Canada 423-9227 www.ns.scouts.ca boys and girls co-ed groups, Beavers (5-7), Cubs (8-11), Scouts (11-14), Venturers (14-17), Rovers (17-26)

Connecting with Others

Connecting Places

The Centre @ Halifax Shopping Centre 446-4838, drop-in for ages

Urban Farm - Come Grow with us 477-6087 agricultural activities, ages 12 and up www.urbanfarmspryfield.com

YWCA 423-6162 vwcahalifax.com leadership program girls 12-15; lunchtime program Rockingstone, Cunard & Elizabeth Sutherland

Youth On the Radar 479-4612 innovative art project for Spryfield youth 12-18

Churches

Calvary United Baptist City Church 479-2489

www.citychurchhalifax.ca **Emmanuel Anglican** 477-1783 www.emmanuelanglican.net Parkhill United 868-2791

Saint Augustine's Anglican

Saint George's Greek Orthodox

Saint James Anglican 477-2979 Saint James United 868-1445 Saint Joseph's Monastery

475-1986 Saint John The Baptist

Catholic 477-3110 Saint Michael's Roman Catholic 477-3530 Saint Paul's Roman Catholic

477-3855 Saint Paul's United 477-3937 Saint Peter's Roman Catholic

Saint Phillips Anglican

477-3855

Salvation Army Spryfield Community Church 477-5393 www.spryfieldarmy.com Victory Baptist Church 477-7898

Central Spryfield 479-4286 www.cses.ednet.ns.ca

Chebucto Heights Elementary 479-4298 www.echs.ednet.ns.ca **Cunard Junior High**

479-4418 www.cunard.ednet.ns.ca Elizabeth Sutherland 479-4427 www.elizabethsutherland.ednet.ns.ca Frontier College tutoring children, youth, adults 494-7003 Harrietsfield Elementary 479-4230 harrietsfield.ednet.ns.ca Herring Cove Junior High

479-4214 www.hcjh.ednet.ns.ca

479-4612 www.jlihs.ednet.ns.ca John W. MacLeod Fleming Tower 479-4437 jwmft.ednet.ns.ca

Pathways to Education www.pathwaystoeducation.ca/com m-halifax.html 471-1262 tutoring, counselling program for any Gr.9 student in Spryfield

Rockingstone Heights 479-4452 www.rhes.ednet.ns.ca

Sambro Ketch Harbour 868-2717 sambro.ednet.ns.ca William King Elementary 479-4200 wkes.ednet.ns.ca

YOUTH ADVOCATE WORKER

Tyla Johnson 476-2562 (with youth 9-14)

HRSB COMMUNITY **OUTREACH WORKER** Stephen McCracken

237-2273 (youth/family support, school liaison)

Schools/Education Community Groups

Chebucto Connections 477-0964 creating possibilities together with partners and residents from Armdale to Pennant



Greystone Community Centre 431-8087

Healthy Kidz 446-3020 familysos.ca/healthy-kidzprograms club & meeting place for kids, youth

HeartWood Centre for Community Youth Development 444-5885 www.heartwood.ns.ca programs, opportunities, info for youth

Ketch Harbour Area Residents Association 868-1310

Volunteering, **Grants & Funding**

Active Halifax 490-5447 www.halifax.ca/activehalifax funding for groups to promote

HRM Kids 479-4760 get \$\$ to send kids to recreation activities www.halifax.ca/rec/hrmkids.html HRM Youth (see box on other side) www.halifax.ca/hrmyouth

Katimavik 492-3111 www.katimavik.org volunteering KidSport - financial supports for children to be in sports programs www.sportnovascotia.ca/kidsport/

Mind Shift (at J.L. Isley) www.earthed.ns.ca/mindshift United Way Youth Grants www.unitedwayhalifax.ca/whatwe-do/youth-grants.html

Employment & Income

www.gov.ns.ca/coms/employn DCS Income Assistance 424-4262 financial helps DCS Employment Assistance 424-4150 various job, income & training programs

Halifax Regional Police Service Youth Program 490-5397 www.policeyouth.com career help in policing profession

MetroWorks 477-5011 www.mymetroworks.ca

Phoenix Learning & Employment 431-9111 www.phoenixyouth.ca

Service Canada 426-5269 job listings www.servicecanada.gc.ca Student Loans www.canlearn.ca, studentloans.ednet.ns.ca

YMCA Youth Outreach for Newcomers www.ymcahrm.ns.ca 422-9622

YWCA 423.6162 ywcahalifax.com LAUNCH lifeskills/employment program for young women 15-30

YMOVE 461-2513 x234 - Helping vouth ages 15-30 overcome barriers to gaining employment www.yecdartmouth.ca/ymove.html

Youth Employability Project 482-6425 www.ceed.ca (see Youth Programs link) small busine initiatives for youth 15-21

Youth LIVE Job Experience Program 490-5589 www.halifax.ca/police/YouthLIVE for youth 16-30 with employment

How to read this

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- ITALICS in HRM but not in Spryfield
- underlined website

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Housing

General

The ARK 492-2577 www.arkoutreach.com drop-in centre for street involved youth Metro Housina 420-6000 public

housing and subsidized rent **Youth Shelters**

Phoenix House

www.phoenixyouth.ca Shelter 446-4663 ages 16-24, short term; Long term housing 422-5583; Apartment Program 431-9678

Homebridge Youth Society 466-2666 ages 12-18, short term, numerous supports www.homebridgeyouth.ca

Women Shelters

Adsum House 429-4443 www.adsumforwomen.org emergency and long term shelter

Bryony House 423-7183 www.bryonyhouse.ca short term up to 6 weeks

SHYM - Supportive Housing for Young Mothers - 465-2213 www.shym.ca full apartment units for moms 16-24 with kids

YWCA 423.6162 ywcahalifax.com various - December 6th Fund (for women escaping domestic violence); WISH (for women at risk homelessness); HERizons (for single mothers and their children)

How to read this

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underlined website



Spryfield Youth Connecting Tree – June 2011

Family Support

811 - health info, 24-7

Adult Protection (Department of Community Services) 1-800-225-7225 for abused adults 16+ www.gov.ns.ca/health/ccs/adult_p

Al-Anon Family Groups 466-7077 www.freewebs.com/alanonmaritimes support for adult relatives of

Chebucto Family Centre 479-3031 pre-natal classes support for new borns and more www.homeoftheguardianangel.ca

Child Protection (Department of Community Services) 425-5420 for children 0-15 in danger

Children's Aid Society of Halifax 425-5420 supports for children

Children's Reading Support 490-5714 (Captain Spry Library)

CMHA www.cmhahaldart.ca comprehensive links of mental health resources in HRM

Cowie Hill Child Care Centre 473-1234 medical and mental health services

Edward Jost Children's Centre 477-9324 daycare age 18months to 5 years, subsidy available

Emmanuel Anglican 477-1954 foodbank

Family Service Association 1-888-886-5552 www.fshalifax.com counselling service

Family SOS - 455-5515 support for kids & families familysos.ca

Feed Nova Scotia Help Line 421-1188 www.feednovascotia.ca various supports, counselling,

Immigration Services (ISIS) 423-3607 <u>www.isisns.ca</u> supports for newcomers

IWK - Health Centre 464-4110 www.iwk.nshealth.ca mental health support

IWK Family Help and Strongest Help – 1-866-470-7111

IWK Extra Support for Parents 470-7111 in-home help, open to all parents of infants, 0-6 months

Mi'kmag Friendship Centre 420-1576 www.mikmaq.ca supports for First Nation families

Mi'kmag Child Development Centre 422-7850 pre-natal & family programs, child care

PFLAG (Parents, Families and Friends of Lesbians and Gays) 431-8500 (1-888-530-6777) supports for families

Transfamily 431-8500 supports for family of transgendered children, youth and adults

Progress Centre for Early Intervention 423-2686 ext.223 www.progresscentre.com assess children 0-6 for learning difficulties

Public Health Services 481-5800 www.publichealth.ns.ca programs for pregnancy, birth breastfeeding, healthy beginnings

Salvation Army Family Centre/ Cornerstone Family Centre 477-5393 spryfieldarmy.com/ helping children, families thrive; refugee & immigrant service

Sexuality and You www.sexualityandu.ca

St. Paul's Family Resource Centre 479-1015 family & children's supports, food bank

YMCA Centre for Immigrant Programs 457-9622 www.ymcahrm.ns.ca for newcomer/refugee youth 13-18

YWCA 423.6162 ywcahalifax.com Standing Our Ground (for mothers being abused by teenage children)

Mental Health & Counselling

Support Groups

Adolescent grief support 470-8942

Al-Ateen 466-7077 supports for teens dealing with someone else's

Smokers Help Line 1-877-513-5333

Teen Mental Health teenmentalhealth.org resources, videos for youth and families

Treatment & Info

IWK CHOICES - Mental Health & Addictions: Prevention and Treatment 491-2401 substance abuse programs for ages 13-19 IWK Mental Health 464-4110 for 0-18 years old

Laing House (17+) 425-9018 www.lainghouse.org peer support organization for youth with mental

Emergency Services

IWK Emergency 470-8888 medical aid for up to 0-15 yrs old Metro Help line 421-1188

Mental Health Mobile Crisis

QEII Emergency 473-2300 medical aid for 16 yrs and older

Kids Help Phone 1-800-668-6868 www.kidshelpphone.ca supports, info and helps

911

Help Lines

Teen Helpline 1-800-852-8336 Kids Help Phone 1-800-668-6868 Bullying Help line 490-7283

Emergency Numbers

Police - Beechville/Timberlea/Lakeside 876-2240 Police - Herring Cove 477-7242

General Health & Sexual Health

AIDS & Sexual Health Info line 455-9656

Chebucto Community Health Team 487-0690 health/wellness programs, supports/navigation www.communityhealthteams.ca

Eating Disorders Action Group 443-9944, www.e-d-a-g.com

Gay, Lesbian, Bisexual Youth Group 423-7735 or 429-5429

Halifax Sexual Health Centre 455-9656 sexual health services, pregnancy tests, options

JL Ilsley Youth Health Centre (JL students only) 479-4612 +

Phoenix Centre for Youth Health 420-0676

STD Clinic 473-2272

Support Group Directory dailystrength.org/support-

Violence & Sexual Assault

Avalon Sexual Assault Centre Crisis Line 425-0122 call in case of threats, abuse or violence Services for Sexual Assault Victims

Domestic Violence LGBTQ Support 422-4240 - Supports for lesbian, gay, bi, transsexual and queer

Bryony Outreach 422-7650 for women, call in case of abuse,

IWK Emergency 470-8888 medical aid for up to 0-15 yrs old L.O.V.E. (13-18) 429-6616 Leave Out Violence support group OEII Emeraency 473-2300

medical aid for 16 yrs and older Victim's Services 490-5300 supports for victims of crime,

www.hrmvouth.ca

- events & programs post your event!
- arts & culture ZINES, MUSIC, Art Map
- volunteer opportunities and GRANTS (\$\$)
- jobs opportunities, career preparation
- teen health Health Centres in your school, websites, Health Services, Shelters, Drop-in Centres & Soup Kitchens
- recreation Skate Park Info. Dirt Bike Parks. Swimming, Weight Rooms/Fitness Centres
- interactive contests.



Spryfield Youth Connecting Tree was created by Chebucto Connections (477-0964) & HRM Volunteer Services (490-4535). Please contact us for updates, changes or more info.

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CAPITAL HEALTH

DISTRICT MENTAL HEALTH SERVICES

http://www.cdha.nshealth.ca/mental-health-program

Mental Health Mobile	
Crisis Team	

T: 902-429-8167

Provides intervention and short-term crisis management for children, youth and adults experiencing a mental health crisis.

Telephone intervention available throughout CDHA 24/7.

Mobile response available from 1pm-1am in areas served by HRM police, including Halifax, Dartmouth, and Bedford.

All services listed below are for adults ≥19 years

Emergency Psychiatric Services	Halifax Infirmary T: 902-473-2043	Referral by family physician or ED physician. 9am-9pm and overnight (resident physician)
Adult Services- Short Stay Unit	Abbie J. Lane Building, 6 th floor 5909 Veterans' Memorial Ln., Halifax, NS T: 473-4771	Provides intense support for people experiencing a mental health crisis who would benefit from a short period in hospital. 5 beds designated for short stay (approx 72h). Team includes nurses, a psychiatrist, social worker and unit clerk.
Adult Services- Acute Care	Abbie J. Lane, 6 th & 7 th floor 5909 Veterans' Memorial Lane, Halifax, NS 6 Lane T: 902-473-6334/4268 7 Lane T: 902-473-2488/2489	Provides short-term care and treatment for individuals experiencing sudden and severe symptoms of mental illness.

Nova Scotia Hospital, Mayflower Unit, 300 Pleasant St., Dartmouth, NS T: 902-464-3322/473-3323 For people with personality dysfunction, a range of psychiatric diagnoses, or significant T: 473-2500/2503 Mental Health Day psychological distress. **Treatment Program** Treatment consists of a 6w intensive group psychotherapy program covering topics such as goal setting; relaxation; leisure; physical activity; assertiveness training; stress, emotions, and your health; relationship with self and others; feelings group. Patients receive an individual formulation (individual) and community meeting. Referral by a psychiatrist or other mental health clinician. **Community Mental Bayers Road Community Mental Health** Assessment, consultation, group therapy (anxiety/panic management, coping with Suite 109, Bayers Road Centre depression, self-esteem/assertiveness, stress management, relationships, health living); **Health Services** 7071 Bayers Road, Halifax individual therapy, psychosocial rehab, family education, prevention and promotion, (Outpatient) T: 902-454-1400 community education, referral to other services. Referral by family practitioner, agency, family or individual. **Bedford/Sackville Community Mental** Health Cobequid Community Health Centre 40 Freer Lane, Lower Sackville T: 902-865-3663 Cole Harbour/Eastern HRM Community **Mental Health** Cole Harbour Place 51 Forest Hills Parkway, Dartmouth Tel: 434-3263

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Dartmouth Community Mental Health 33 Alderney Drive, Dartmouth

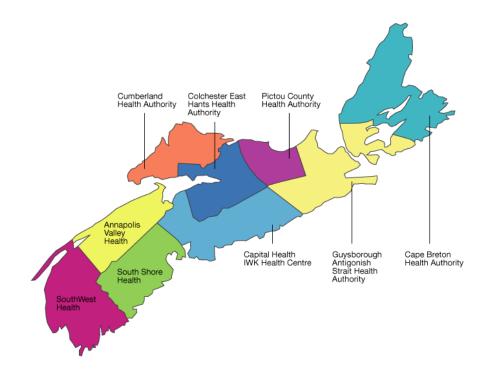
	Tel: 466-1830	
	*West Hants Community Hospital 89 Payzant Drive, Windsor Tel: 792-2042 *serves children, youth and adults	
Eating Disorders Clinic	Abbie J Lane Building 5909 Veterans' Memorial Lane, Rm 3005, Halifax, NS T: 902-473-6288 F: 902-473-6282	For individuals meeting DMS-IV diagnostic criteria for anorexia nervosa, bulimia nervosa, or eating disorder NOS AND BMI ≥18 Service provides outpatient group therapy that addresses self-esteem, relationship issues, and other concerns. Referral by physician.
Early Psychosis Program of Nova Scotia	Abbie J Lane Building 5909 Veteran's Memorial Lane, 3 rd Floor, Halifax, NS T: 902-473-2976 F: 902-473-3456 E: EarlyPsychosisProgram@cdha.nshealth.ca W: http://earlypsychosis.medicine.dal.ca	For individuals ages 15 to 35 who are experiencing a first episode of psychosis. Program promotes early detection and provides quick and accessible assessment and treatment. Treatment includes medication, supportive psychotherapy, crisis intervention (if necessary), education, skills training and occupational counseling, liaison with community agencies, relapse prevention therapy, group therapy (learning about psychosis, wellness programs), family education program and family support group, Referrals to NSEPP can be made by anyone, including mental health care professionals, family physicians, community agencies, educators and school counselors, family members, friends and the individual.
Community Outreach Assessment and Support Team (COAST)	Nova Scotia Hospital, 300 Pleasant St., Dartmouth, NS T: 902-464-3032/3048	For individuals with dual diagnosis of mental illness and developmental disability. Biopsychosocial assessment, F/U services, crisis assessment, discharge planning, individual care planning, vocational assessment, nutrition counseling, consultation to family practitioner, support for families and care providers. Referral by general practitioner, community health professional, service provider, direct care providers and family members.

Dual Diagnosis Program (Mental Illness/ Developmental Disability)	Nova Scotia Hospital, Emerald Hall, 300 Pleasant St., Dartmouth, NS T: 902-464-3035	Services include functional and mental status assessment, counseling, recreational and vocational program planning, behavioral assessment and evaluation of programs and crisis intervention strategies provided in 18 bed inpatient service. Referral by COAST assessment
Mental Health Case Management Services	T: 902-434-5027/6767	For individuals living in community with severe and persistent mental illness or concurrent mental illness and substance abuse that has a major impact on their life. Two levels of support intensity: SCOTeam (supportive community outreach team); Intensive Case Management Service. Referral from mental health professional in CDHA.
Connections Clubhouse	1221 Barrington St., Halifax, NS E: connections@navnet.net W: www.connectionsclubhouse.com T: (902) 473-8692 F: (902) 473-6259	For adults with serious and recurring mental illness. Provides opportunities for skills improvement, education, social interactions, and participation in other community organizations, plus help in finding employment. Referrals can be made by a general practitioner, mental health professional, caseworker, community support person, or individual.
New Beginnings Clubhouse	16 Portland Street Dartmouth, NS B2Y 1G9 T: 902-464-3588 F: 902-464-3566	Ongoing support for adults who experience difficulties in daily functioning because of the effects of long-term psychiatric illness. Services include day support, a recreation and social program, case management, and a housing program. Provides opportunities for paid labor, activities, hobbies, and education. Self-referral accepted.

Seniors Services- Outpatient/Community	T: 902-473-7799	 For people ≥65 years living with mental illness and physical challenges or disabilities, and individuals with dementia who live with behavourial difficulties associated with mental illness. Outreach service: assessment, consultation and where required, direct care to individuals in their homes Outpatient service Healthy Living Program: primary prevention resource materials and caregiver support material; psycho-educational and therapeutic treatment groups for seniors with depression and/or anxiety Telehealth and tele-education: Specialty consultation to other DHAs; CME-accredited monthly Tele-education program to the other mental health districts on topics in seniors mental health. Education, training, capacity-building for health care providers Referral through the family physician is the preferred. Other health care professionals, family members and individuals may contact the service and receive direction for access.
Seniors Services- Inpatient	Nova Scotia Hospital, Willow Hall, 300 Pleasant St., Dartmouth, NS T: 902-464-6054	For people ≥65 years living with mental illness and physical conditions, and individuals with dementia and behavioural difficulties associated with mental illness. The unit contains 19-beds designated for acute care

COMMUNITY SUPPORT SERVICES Halifax-Dartmouth Branch Peer support (Building Bridges Program) **CMHA** Regional Bloomfield Centre, Rm 216 Among Friends Social Club (social activities, advocacy, equipment loan, information, and Branch 2786 Agricola St., Halifax, NS referral) E: cmhahal@ns.aliantzinc.ca Sharing and Caring Club (social and recreational activities) W: http://haldart.cmha.ca Our Voices Matter Project (living legacy archive project for adults >50y) T: 902-455-5445 Mosaic for Mental Health (Fundraising Event) F: 902-455-7858 Share and Care Support Group meets on the 2nd Monday of every month at 7pm (no Schizophrenia Society T: 902-462-8658 E: hrmchapterssns@accesswave.ca meetings in July, August) of Nova Scotia (SSNS) W http://openpockets.com/SSNS/ index files/HRMChapter.htm Meeting Location Halifax Infirmary, Rm 1234A, 1796 Summer St., Halifax, NS **Healthy Minds** 7071 Bayers Rd., Suite 112, Halifax, NS Provides peer-based services to end-users of mental health services and families. W: http://www.healthyminds.ca Programs include: creative writing group, Speakers Bureau (public speaking group), Healthy Cooperative T: 902-404-3504 Minds Comedy Troupe, Recovery to Discovery peer support group meeting, Peer Support F: 902-404-3584 Worker, and workshops. One-time membership fee is \$5 http://www.healthyminds.ca Initiative for safe, affordable housing and case management for individuals living with 250 Homes mental illness

Laing House	1225 Barrington St., Halifax, NS E: visit webpage "contact us" W: www.lainghouse.org T: 902-425-9018 F: 902-422-6943	For youth aged 16 and 30 years who are living with serious mental illness. Provide education program (SupportEd); employment programs; independent living program; healthy living program; peer support network; creative arts program; Youth Spea (youth-led mental health workshop); hospital outreach; and family support group.
Self-Help Connection	CMHA Building 63 King Street, 2 nd floor, Dartmouth, NS E: selfhelp@eastlink.ca W: www.selfhelpconnection.ca T: 902-466-2601	Helps individuals to "take control of their health by increasing their knowledge, skills, and resources for individual and collective action". Programs include peer support (recovery support, consultations, education, self-advocacy); informatics education (computer literacy, information management, promotional material development); entrepreneurship and employability enhancement (self-assessment, business plan development, training in business and job search skills, information about accessing funding); and self-help group development
Eating Disorders Action Group	E: reception@edag.ca W: www.edag.ca T: 902-443-9944	Provide phone and email support, a family support group and peer support group through partnership with the Self Help Connection.
Lake City Employment Services	386 Windmill Rd., Dartmouth, NS E: lesa@lakecityemployment.com W www.lakecityemployment.com T 902-465-5000 F: 902-465-5009	Provides full-time and part-time paid employment and volunteer work opportunities for mental health consumers. Referral from self or psychiatrist, family practitioner, another clinician, other source.
TEAM Work cooperative/ WorkBridge	7071 Bayers Rd., Suite M278, Halifax, NS W www.teamworkcooperative.ns.ca T 902-422-8900 F 902-422-3992	For individuals with disabilities in the HRM. Services include a return-to-work action plan, access to the opportunity fund and Labour Market Agreement for Persons with Disabilities, employability workshops, job development training (WorkBridge), career counselling and assistance with school-to-work transition.



IWK Health Centre

A tertiary referral centre and primary care centre for children and youth of the Maritime provinces

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Principle Resources

IWK (CHILDREN & YOUTH)

Mental Health Crisis Line	T: 1-888-429-8167	24/7 (all of Nova Scotia)
IWK Crisis Line	T: 902-429-8167	24/7 telephone intervention throughout CDHA Mobile response from 1pm-1am in areas served by HRM police, including Halifax, Dartmouth, and Bedford.
911 Nova Scotia	T: 911	Emergency medical care
211 Nova Scotia	T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
811 Nova Scotia	T: 811 TTY: 711	Available 24/7 Free non-emergency health information and service

Where to Start?

District Mental Health Services

More information on select metal health resources available in your community **Community Support Services**

More information on select community support resources available in your community

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My Own Resources

A space to record any additional resources that you use in your community Found something you think others would benefit from?

We would love to hear about it (email?)

IWK HEALTH CENTRE (CHILDREN & YOUTH)

MENTAL HEALTH SERVICES

http://www.iwk.nshealth.ca \rightarrow Click "Care Services" tab \rightarrow Filter by "Mental Health and Addictions"

Mental Health Mobile Crisis Team T: 902-429-8167

Provides intervention and short term crisis management for children, youth and adults experiencing a mental health crisis. Telephone intervention available throughout CDHA 24/7.

Mobile response available from 1pm-1am in areas served by HRM police, including Halifax, Dartmouth, and Bedford.

Partners include CDHA, IWK Health Centre, HRM police, NS Department of Health

All services described below are for children and youth <19 years.

Crisis Team

IWK Emergency Department
Entrance: South St., near Robie St.,
opposite Gorsebrook Jr. High School.

Emergency mental health assessments and crisis intervention services for children, youth and their families.

Available 24/7.

Acute Inpatient Service (4 South)

Mental Health Services Central Referral Line

T: 902-464-4110

Provides stabilization, assessment and treatment planning for children and youth with serious mental health issues.

CHOICES

Mental Health Services Central Referral

Line

T: 902-464-4110

For youth 13 to 19 with substance abuse, mental health issues and/or gambling problems

- **Outpatient services**: individual, family and group therapy, drug information groups, evening school and wilderness experiential therapeutic outings.
- **Day Program**: M-F, P/T, F/T; onsite therapeutic school, provides individual, family and group therapy, psycho-educational groups, recreation therapy and community

		 outreach support. Inpatient (24/7) Program: provides a structured therapeutic residential environment for youth who are in need of a more intensive treatment intervention beyond community-based therapy and/or who cannot participate in Day Program due to their home location. All youth in 24/7 Program attend the Day Program and participate in the therapeutic classroom and groups.
Compass Centre for Collaborative Child and Family Treatment	Mental Health Services Central Referral Line T: 902-464-4110	12-bed inpatient treatment service for children <13y of age with severe behavior disorders (disruptive behaviour and anxiety disorders). Treatment occurs 24 hours/5 day per week in a residential setting with community-based support for patients and families during weekends, and at transition to home. Average length of stay is 6 months. Services include individual, group therapy (for youth and parents), recreational and occupational therapies, and an on-site therapeutic classroom.
Adolescent Centre for Treatment (ACT)	Mental Health Services Central Referral Line T: 902-464-4110	Rehabilitative mental health treatment for teens aged 13 - 19 years with chronic and persistent mental health disorders with serious/profound functional impairment and/or severe disruptive behavior disorders. Program consists of 4-month "inpatient" component apartment-style living (4 apartments with 4 bedrooms each), followed by 4 months follow-up with Transition Team. Services include individual therapy, skill training, medication management, parent education and support, family therapy, behavior management, educational programming and liaisons with community schools and organizations.
Adolescent Day Treatment Program	Mental Health Services Central Referral Line T: 902-464-4110	For youth 13 to 19y who are in need of additional support to return to full time school attendance, review diagnosis, assess medications, improve self-esteem and improve social functioning. Voluntary program, with medium to high treatment intensity lasting up to 3 months. Services include skills-based groups on topics including anger management, school process, anxiety, self esteem and social skills training; individual and family therapy and a therapeutic classroom.

Child and Family Day Treatment Program	Mental Health Services Central Referral Line T: 902-464-4110	For children aged 5 to 12y in need of additional support to manage their behaviour, and who require medication review and diagnosis. Program runs for approximately 3.5 months. Services include individual therapy and group sessions for children and their families on such topics anger management, school process, parent training, social skills and relaxation training, as well as a therapeutic classroom.
Intensive Community Based Treatment Team	Mental Health Services Central Referral Line T: 902-464-4110	Home, community and school-based support for children and teenagers <19y who are having major problems in their daily lives related to disruptive behaviour disorders or long term mental health disorders. Intensive program (1-4x/week), deliverd over a short term (6-8 months). Services include education re: parenting skills; family therapy; individual therapy; medication and diagnostic review; and consultation with the child/teenager, family and schools, health centers, community agencies, justice, etc., to solve problems that are creating difficulties in child and teens lives.
Community Mental Health Clinics (Outpatient)	Mental Health Services Central Referral Line T: 902-464-4110 Locations Halifax, Dartmouth, Sackville	Assessment and treatment for youth and their families.
Maritime Psychiatry	Mental Health Services Central Referral Line T: 902-464-4110	Sub-specialty clinics consultation to Community Mental Health Clinics and other community services, for children and youth with mood disorders, eating disorders, pervasive developmental disorders, Tourette's (tics) and OCD disorders, anxiety disorders, youth psychosis, and ADHD. Provide assessment, treatment and consultation for children and youth; and education sessions for the public on various diagnoses.
IWK Adolescent Forensic Team	Nova Scotia Youth Facility 1442 County Home Road	Provides health and mental health screening, medical monitoring of disease processes, acute care, medications management, cognitive behavioural interventions for anger

	PO Box 100 Waterville, NS BOP 1V0 T 902-538-8071 F 902-538-7405	management, social skills, anxiety or depression, suicide risk assessment and management, violence risk assessment, consultations with corrections staff, family therapy, individual therapy, community reintegration, liaison with services for addiction services, community resources, and outpatient services.
Youth Court Assessment Service	See Forensic Team contact information	Provides specialized assessments for the youth justice court; mental health interventions in the community; mandated treatments in association with Probation Officers; and rehabilitation services, and advocates for services for youth.
Halifax Youth Attendance Centre (HYAC)	T: 491-2441	Community-based transition facility for children and youth referred through Probation Services. Provided in cooperation with the Department of Justice and key partners: IWK Mental Health, Department of Community Services, and the Department of Education. Services include advocacy, academic programming, mental health services, job skills training, life skills and referrals for existing services in the community.
Initiative for Sexually Aggressive Youth (ISAY)	T: 902-491-2459.	Province-wide assessment and treatment program for youth who have engaged in sexually inappropriate behaviour. Services delivered under the IWK Youth Justice Service, through a partnership between the IWK Health Centre & DHAs. The IWK-ISAY team: comprehensive psychological risk assessments and consultation services province-wide; treatment services to youth in HRM.
IWK Mental Health Child Welfare Initiative	T: 902-864-8668	For children and youth exposed to maltreatment referred by Dept of Community Services. Services include comprehensive assessments of youth and family, child psychotherapy, parent and foster parent consultations relevant to the child's mental health, and delivery of Resourceful Adolescent Program (RAP).
Mental Health Advocate	Andy Cox E andy.cox@iwk.nshealth.ca T 902-470-7302 C 902-483-9591	Available to any youth/families in any of the IWK Mental Health and Addictions programs for assistance with Rights issues (e.g. involuntary status issues) Individual Advocacy (one on one)

Systemic Advocacy (federal, provincial, local, and the IWK Mental Health and Addictions Program)
 Navigation of the IWK Mental Health and Addictions services, government agencies

 Navigation of the IWK Mental Health and Addictions services, government agencies (e.g. Department of Community Services, Department of Health, Department of Justice, etc.), and other resources in the community

Shared Care

Mental Health Services Central Referral Line

T: 902-464-4110

Provides early detection, prevention and screening for mental illness for clients <19y in CDHA who may otherwise not seek mental health services from the IWK directly. Works in partnership with general practitioners, community health clinics, Phoenix Youth Programs and schools.

Services include parent training/education, family and individual therapy, coping skills, and resources for parents.

COMMUNITY SUPPORT SERVICES

Canadian Mental Health Authority (CMHA) Regional Branch Halifax-Dartmouth Branch Bloomfield Centre, Rm 216 2786 Agricola St., Halifax, NS E: cmhahal@ns.aliantzinc.ca W: http://haldart.cmha.ca

T: 902-455-5445

Peer support (Building Bridges Program)

Among Friends Social Club (social activities, advocacy, equipment loan, information, and referral)

Sharing and Caring Club (social and recreational activities)

Our Voices Matter Project (living legacy archive project for adults >50y)

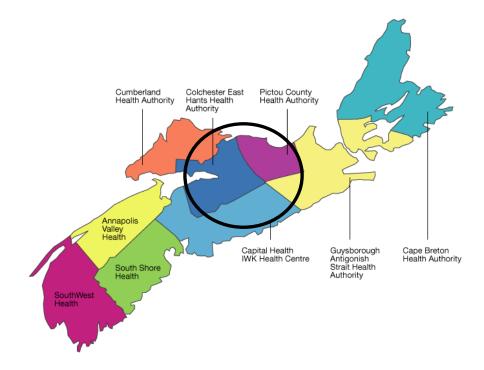
Mosaic for Mental Health (Fundraising Event)

Schizophrenia Society of Nova Scotia (SSNS)

T: 902-462-8658

E: hrmchapterssns@accesswave.ca W: http://openpockets.com/SSNS/ index_files/HRMChapter.htm Has a Halifax chapter among others across the province. Provides support groups (From Recovery to Discovery), education, public awareness, advocacy, and media relations. See website for up-to-date list of activities and support groups.

Healthy Minds Cooperative	7071 Bayers Rd., Suite 112, Halifax, NS W: http://www.healthyminds.ca T: 902-404-3504	Provides peer-based services to users of mental health services and families. Programs include: creative writing group, Speakers Bureau (public speaking group), Healthy Minds Comedy Troupe, Recovery to Discovery peer support group meeting, Peer Support Worker, and workshops. One-time membership fee is \$5
Pheonix Centre for Youth Health Program	Pheonix Centre for Youth 6035 Coburg Rd. W: http://pheonixyouth.ca E: phoenix@phoenixyouth.ca T: 1-866-620-0676 (Centre for Youth) 1-888-878-5088 (Youth shelter)	Offers at-risk and homeless youth (ages 12 – 24) the opportunity to break the cycle of homelessness and find a better path. Provides a youth shelter. Offers comprehensive onsite health care at Phoenix Centre for Youth, Phoenix Youth Shelter and Phoenix House. Services include health assessments; immunizations; nursing and physician care for some illness and injury; mental health support and coordination; STD testing; and acquisition of a health card.
Laing House	1225 Barrington St., Halifax, NS E: visit "Contact Us" on website W: www.lainghouse.org T: 902-425-9018	For youth aged 16 and 30 years who are living with serious mental illness. Provide education program (SupportEd); employment programs; independent living program; healthy living program; peer support network; creative arts program; Youth Speak (youth-led mental health workshop); hospital outreach; and family support group.



Colchester East Hants Health Authority

Truro, Tatamagouche

Principle Resources

Colchester East Hants

Mental Health Crisis Line	T: 1-888-429-8167	24/7 (all of Nova Scotia)
Colchester East Hants	T: 902-896-2606 or 1-800-460-2100 ext. 2606	M-F, 9:30am-4:30pm
911 Nova Scotia	T: 911	Emergency medical care
211 Nova Scotia	T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
811 Nova Scotia	T: 811 TTY: 711	Available 24/7 Free non-emergency health information and service

Where to Start?

District Mental Health Services

More information on select metal health resources available in your community **Community Support Services**

More information on select community support resources available in your community

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COLCHESTER EAST HANTS HEALTH AUTHORITY

DISTRICT MENTAL HEALTH SERVICES www.cehha.nshealth.ca/Mental%20Health				
Crisis Response Service	T: 902-896-2606 or 1-800-460-2100 ext. 2606	Available M-F, 9:30am to 4:30pm, on evenings, weekends, and holidays, go to closest hospital ED.		
Inpatient Services	Colchester Regional Hospital 207 Willow Street Truro, NS T: (902) 897-4357 F: (902) 895-5829	For individuals ≥19y with a mental illness who are in crisis (acute care). 12 inpatient beds, of which 2 are designated for observation. Services include facilitation of self-help through independent reading; individual therapy; group therapy; education; community outreach; and recreation Referral by family practitioner, psychiatrist, crisis response service or ED physician		
Adult Outpatient Services	Colchester Regional Hospital Annex 207 Willow St., Truro, NS T: 902-893-5526 or 1-800-460-2110 x5526 F: 902-893-5551	For adults ≥19y. Services include groups and classes, individual therapy, occupational therapy, seniors services, and community outreach clinics in Truro, Elmsdale, Tatamagouche, Milbrook First Nation, Indian Brook First Nation, Rawdon, Bass River; public information sessions Call Truro for information or referral		
Community Psychosocial Rehabilitation and Support Service (COMPASS)	Satellite Services Elmsdale Lloyd E. Matheson Centre 15 Commerce Ct., Suite 150 Tatamagouche Lillian Fraser Memorial Hospital 110 Blair Ave.	Program for individuals with severe, persistent mental illness that interferes with daily life Services include individual support in home, community or clinic; goal and skill development, wellness education, problem solving and support, recreation groups, advocacy, early treatment, access to community resources, promtion and support of healthy relationships, crisis support, and relapse prevention. Referral does not appear to be required.		
Seniors Mental Health	Millbrook Millbrook Health Centre	For individuals ≥65y who have existing psychiatric disorder that has become worse or complicated by the aging process, or who are experiencing a psychiatric disorder for the		

	812 Willow St., Truro, NS Indian Brook Indian Brook Health Centre	first time; and for all individuals with dementia. Service includes home visits (inc. long-term care facilities) throughout district. Referral by self, family practitioner, other health care professionals, or family members.
Forensic Sexual Behaviour Program	Upper Rawdon Rawdon Hills Community Health Centre 3889 Hwy #14 NS	Outpatient service provided in collaboration with East Coast Forensic Hospital. Referrals go through the Dartmouth office, most often referred by the Department of Justice.
	Bass River West Colchester Community Health Centre Bass River Plaza	
Child, Adolescent & Family Service	Colchester Regional Hospital Annex 207 Willow St., Truro, NS T: 902-893-5526 or 1-800-460-2110 x. 5526 F: 902-893-5551	Groups, Individual and family therapy, occupational therapy, ADHD clinic, psychiatric services, outreach
ADHD Clinic	Contact Child, Adolescent & Family Service T: 902-480-2110 x 5536	For children aged 6-12y who are suspected to have ADHD. Services include screening, assessment, diagnosis, intervention, and research. Team consists of child and school psychology, pediatrics, and child psychiatry. Referral by family practitioner, school personnel, parent/caregiver, outside community agency who works with family/school (parental consent required to make referral).
Autism Services	Contact Child, Adolescent & Family Service T: 902-480-2110 x 5536	For children <6y who are suspected or have been diagnosed with ASD. Services include assessment, core services treatment block (available to all preschool children with ASD), and EIBI program (available to selected children).

Family First Contact Child, Adolescent & Family Service

T: 902-480-2110 x 5536

Intensive community-based services for families in need of extra in-home support.

Service include group, individual, and family therapy; community support; community

consultation and referral.

Referral by self, family member, family practitioner, community agency working with

individual or family.

COMMUNITY SUPPORT SERVICES

CMHA Regional Branch Colchester East Hants

25 Revere St., Truro, NS

E: visit website for "Contact Us" details

W: www.cmhaceh.ca T: 902-895-4211 F: 902-895-4027 Support

Community Living Program (support for living in the community) Friendship Club (drop in social and recreational program)

Employment support (Routes to Work Program and TREES Project)

Community Support Groups (drop-in)

- Depression and bipolar self-help groups (Wed at 7pm)
- Auricular Acupuncture (Wed at 8pm)

Education

Mental Health First Aid Course

safeTALK (suicide alert helper training)

Changing Minds Course (mental illness education for front line responders)

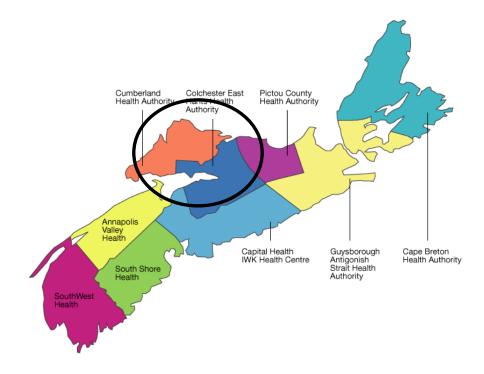
Schizophrenia Society

T: 1-800-465-2601

of Nova Scotia (SSNS) W: www.openpockets.com/SSNS

Website has a map of support groups and chapters, as well as link to a PDF with meeting

location and time details.



Cumberland Health Authority

Pugwash, Springhill, Advocate Harbour, Amherst, Parrsboro

Principle Resources

Cumberland

Mental Health Crisis Line	T: 1-888-429-8167	24/7 (all of Nova Scotia)
Cumberland Regional Health Mental Health	T: (902) 667-3361	Available M-F, 8am-4pm
911 Nova Scotia	T: 911	Emergency medical care
211 Nova Scotia	T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
811 Nova Scotia	T: 811 TTY: 711	Available 24/7 Free non-emergency health information and service

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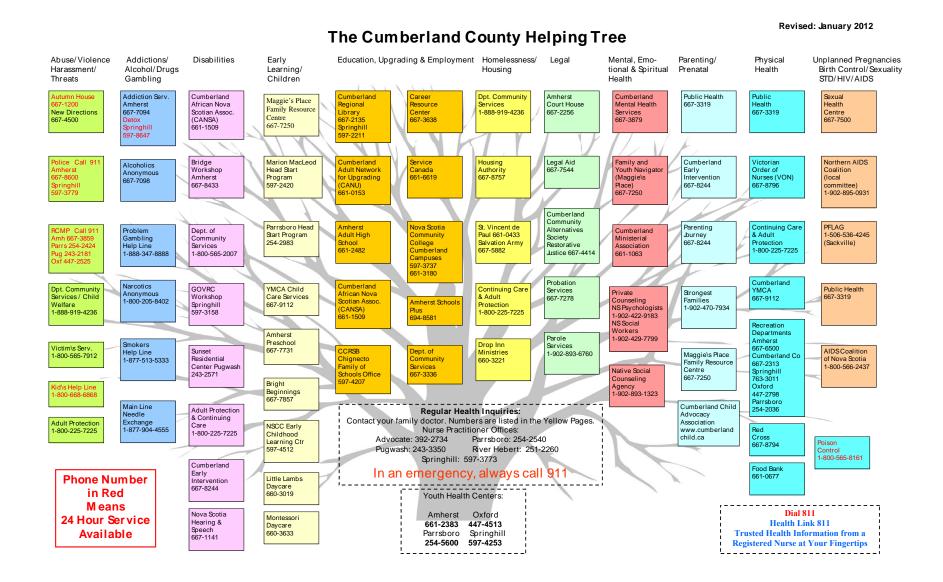
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CUMBERLAND HEALTH AUTHORITY

DISTRICT MENTAL HEALTH SERVICES

www.cha.nshealth.ca/mentalhealth

Early Response Service Cumberland Regional Health Centre

Emergency Department 19428 Highway #2, R.R.#6

Amherst, NS T: (902) 667-3361 F: (902) 667-6306 Available M-F, 8am-4pm

Emergencies and urgent situations are assessed during weekday working hours by a

therapist on call or referral from family practitioner or ERP

After hours and weekend emergencies are assessed by the ERP → hospitalization or

request for Mental Health Early Response for next working day.

Adult Inpatient Services Colchester Regional Hospital

207 Willow Street Truro, Nova Scotia T: (902) 897-4357 F: (902) 895-5829 For individuals ≥16y; # beds not specified

Admission to Cumberland Regional Health Care Centre (brief) or Colchester Regional Hospital Referral from family practitioner, psychiatrist, Early Response Service, local ED

Adult Outpatient

Child & Youth

Outpatient Services

Services

Cumberland Mental Health Service

33 Havelock St., Amherst, N. S.

T: (902) 667-3879 F: (902) 667-5959 For adults ≥18y

Groups: women's, men's, AD, sexual assault, MD, socialization, relaxation training

Individual and family therapy

Community supports
Community Outreach

Consultation

Referral from family/nurse practitioner (Parrsboro, Advocate, Springhill)

Satellite Services

South Cumberland Community Care Centre

50 Jenks Ave., Parrsboro, NS

T: (902) 254-2540

Group Programs:

Topics include anger management, parenting and social skills development.

Groups offered when sufficient numbers of clients referred.

	F: (902) 254-2504 North Cumberland Memorial Hospital 260 Church St., Pugwash, NS T: (902) 243-2521 F: (902) 243-2941	Offered one or more times per year. Individual Therapy Family Therapy Parent Therapy Community Outreach Consultation
ADHD Program	All Saints Hospital 10 Princess St., Springhill, NS T: (902) 597-3773 F: (902) 597-3440	For children with ADHD and their families Includes a Parent Group Program, school-based assessment, consultation and intervention, and individual and family intervention.
Early Identification and Intervention Service (EIIS)		Early assessment and treatment for children <6y with suspected Autism Spectrum Disorder (ASD). Members of this team work with children and their families in their home and preschool/daycare environments to identify challenges and provide supports. Team collaborates with speech/language pathologists, School Transition Workers, other school board staff, staff of Early Intervention and staff of daycares and preschools.
Early Intensive Behavioural Intervention (EIBI)	-	EIBI is a provincial program. The Cumberland EIBI team includes a Clinical Interventionist and Autism Support workers from Cumberland MHS and Speech-Language Pathologists from NS Hearing and Speech Centres. Team collaborates with Cumberland Early Intervention Program, local daycare, preschoo and school staff.
Child & Youth Inpatient Services	_	Admission to Cumberland Regional Health Care Centre (brief) or IWK Referral from family practitioner, psychiatrist, Early Response Service, local ED
Family Help Program** (Provincial Program)	Trish Pottie, Program Manager IWK Health Centre 8th floor, Pediatric Pain Research Lab	Distance treatment program for families with children who have mild to moderate difficulties with disruptive behaviour disorders, ADHD, bedwetting, anxiety, recurrent headaches and abdominal pain. Referral required through family practitioner

MENTAL HEALTH RESOURCES CUMBERLAND

5850 University Avenue, Halifax, N.S.

T: 1-866-470-7111 F: 1-866-470-7222

E: Family.help.info@dal.ca

W: www.bringinghealthhome.com

Behaviour Education Support Treatment (BEST) Program E: bestproj@dal.ca

W: http://acsweb.ucis.dal.ca/psych/

Multi-agency early-intervention & prevention program for young children with behavioral and social difficulties and their families. Involves school, individual, group, home and parent interventions.

COMMUNITY SUPPORT SERVICES

CMHA Regional Branch

Colchester East Hants Branch

25 Revere Street, Truro, NS

T: 902-895-4211 F: 902-895-4027 E: CMHA@eastlink.ca No regional branch in Cumberland county; closest office is in Truro.

<u>Support:</u> Community Living Program (support for living in the community) Friendship Club (drop in social and recreational program)

Employment support (Routes to Work Program and TREES Project)

Community Support Groups (drop-in)

- Depression and bipolar self-help groups (Wed at 7pm)
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Changing Minds Course (mental illness education for front line responders)

Schizophrenia Society of Nova Scotia (SSNS)

Cumberland Chapter

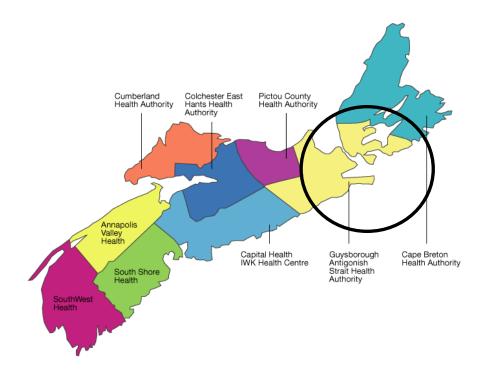
Dr. Carson & Marion Murray Community Ctr 8 Main St., Springhill, NS

T: 1-800-465-2601

W: www. cumberland.ssns.ca

Monthly meeting for mental health services users and family and friends for support, information, and education on 3rd Tuesday of each month (excluding July & August) at 7pm. **Partnership Program** (public awareness program presented by individuals with lived experiences and mental health professionals)

Family Education Series



Guysborough Antigonish Strait Health Authority

Cleveland, Arichat, Antigonish, Guysborough, Canso, Sherbrooke

Principle Resources

Guysborough Antigonish Strait

Mental Health Crisis Line	T: 1-888-429-8167	24/7 (all of Nova Scotia)
Guysborough Antigonish Strait Mental Health Services	T: 902-867-4500 x4345 (adult) T: 902-867-4500 x4760 (child)	M-F, 8:30am-4:30pm
911 Nova Scotia	T: 911	Emergency medical care
211 Nova Scotia	T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
811 Nova Scotia	T: 811 TTY: 711	Available 24/7 Free non-emergency health information and service

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MENTAL HEALTH RESOURCES GUYSBOROUGH ANTIGONISH STRAIGHT

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We would love to hear about it (email?)

To access updates of this resource list check the web (http://gashahealthconnections.ca)



GUYSBOROUGH ANTIGONISH STRAIT HEALTH AUTHORITY

DISTRICT MENTAL HEALTH SERVICES

www.gasha.nshealth.ca/mental-health.htm

Non-medical Crisis Response Service **Adult Service**

St. Martha's Regional Hospital, 3rd floor

25 Bay St., Antigonish, NS T: 902 867-4500 x4345 F: 902-863-4496

Child Service

Martha Centre, 2nd floor 25 Bay St., Antigonish, NS T: 902-867-4500 x4760 F: 902-867-4761 Available M-F 8:30am to 4:30pm at St. Martha's Regional Hospital. After hours, contact ED of nearest local hospital.

Adult Inpatient Service Adult Service (General Intake)

T: 902 867-4500 x4345

Mental Health Unit (Nurses' Station)

T: 902-867-4500 x4328 F: 902-867-4402 For individuals ≥16y

10 beds, voluntary and involuntary acute care service.

Services include Individual therapy, psychoeducation, medication and specialized treatment, self-help, and referral for outpatient care.

Referral from family practitioner, psychiatrist, crisis responder, ED physician.

Adult Outpatient Services

Adult Service (General Intake)

T: 902 867-4500 x4345

F: 902-863-4496

For adults ≥19y with mental health diagnosis and/or mental health-related issues.

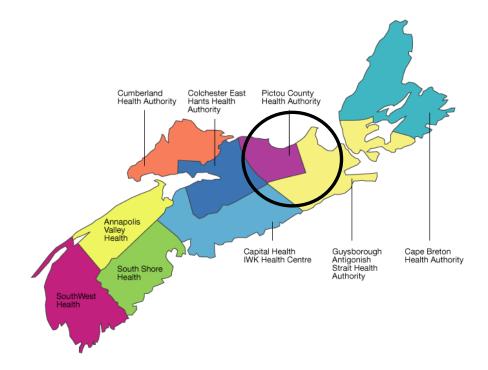
Services include individual therapy, group treatment/support, psychiatric assessment and medication management, community education and consultation, referral to community-

based resources.

Referral from self, family practitioner, mental health provider or community agency.

Community Supports for Adults		For adults ≥19y experiencing difficulties with daily living as result of severe, persistent mental illness. Services include individual counseling and support, psychiatric assessment, case management, education, medication, relapse prevention, consumer wellness initiatives, and work ordered day activities. Referral from self, family practitioner, mental health provider, or community agency.
Child, Youth & Family Service	Child, Youth & Family Team T: 902-867-4500 x4760 F: 902-867-4761	For children and youth >19y and their families with primary mental health diagnoses and/or mental health related issues. Services include rapid Response, group programs, individual (general MH), neurodevelopmental, early autism intervention and EIBI, and community supports. Referral from client/guardian, family practitioner, health provider, or community agency.
Neurodevelopmental Team	-	For clients who have a diagnosis related to neurological dysfunction (including ASD) (no age range specified). Services include assessment, diagnosis, and treatment. Referral from client/guardian, family practitioner, health provider, or community agency.
Rapid Response		For youth who need mental health services on an emergency or urgent basis. Services include assessment of risk to self/others and short-term solution-focused treatment (1-3 sessions) in hospital, with potential for other services as indicated. Referral from client/guardian, family practitioner, health provider, or community agency
Community Partnerships initiative	Senior Director, Mental Health Services T: 902-867-4500 x4345 F: 902-863-4496	Leadership, special projects, public presentations and education, partner in other community initiatives for mental health. Requests for involvement of MHS prevention and mental health promotion should be directed to Senior Director and Mental Health Leadership Team.

COMMUNITY SUPPORT SERVICES		
CMHA Regional Branch	Pictou Branch 825 East River Rd., New Glasgow, NS E: drobins@pchg.net T: 902-752-5578	No regional branch in GASHA, closest office is in New Glasgow.
Schizophrenia Society of Nova Scotia (SSNS)	Antigonish Education & Support Group T: 1-800-465-2601 W: www.openpockets.com/SSNS	No meeting information available online. Website suggests contacting main SSNS line for meeting time and place.
Antigonish Mental Health Awareness & Support Group	Sandra Silver smsilver@live.ca	Inaugural meeting was March 2013. Planning for monthly meetings.



Pictou County Health Authority

Pictou, New Glasgow

Principle Resources

Pictou County

Mental Health Crisis Line	T: 1-888-429-8167	24/7 (all of Nova Scotia)
Pictou County Mental Health Services & Crisis Line	T: 902-755-1137	M-F, 8:30am-4:30pm
911 Nova Scotia	T: 911	Emergency medical care
211 Nova Scotia	T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
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PICTOU COUNTY HEALTH AUTHORITY

DISTRICT MENTAL HEALTH SERVICES

www.pcha.nshealth.ca/mentalhealthservices

Crisis Response Service

Mental Health Services Aberdeen Regional Hospital

835 East River Rd., New Glasgow, NS

T: 902-755-1137 F: 902-928-0297

Emergency Department T: 902-752-7600, x2430

Available M-F, 8:30am to 4:30pm. On evenings, weekends, and holidays, contact Aberdeen Hospital Emergency Department or .Nova Scotia Mental Health Crisis Line: 1-888-429-8167.

Adult Inpatient Service

Mental Health Services main desk

T: 902-755-1137 F: 902-928-0297 Voluntary, acute, short stay unit for individuals ≥16y

Services provided include individual counseling and support, education, medication and specialized treatment, self-help through independent reading, referral for continued

outpatient care

Referral through family practitioner, crisis response service, ED physician

Adult Outpatient Services

Mental Health Services main desk

T: 902-755-1137 F: 902-928-0297 For adults ≥19y. Services include individual, family, and group therapy; medication management; community education; consultation & referral; outreach clinics. Referral by self or designate, family practitioner, community agency.

Life Management Program

Mental Health Services

T: 902-755-1137 F: 902-928-0297

New Hope Site

352 East River Rd., New Glasgow, T: 902-

For clients of adult services division "experiencing mental health difficulties [who] feel distressed and alone with their concerns" – Services include life management groups (managing anger, coping with depression and anxiety, building positive living skills), and rapid response individual supports.

Referral from within mental health service required.

Community support for adults	755-1838 Mental Health Services T: 902-755-1137 F: 902-928-0297 New Hope Site 352 East River Rd., New Glasgow, T: 902-755-1838	For adults with severe and persistent mental illness. Services include individual counseling support, community support, education, medication management and delivery, relapse prevention, discharge planning. Services at New Hope Site include group, life skills instruction, and recreation. Referral from family practitioner, psychiatrist, other adult mental health service staff.
Seniors Mental Health	- 733 1030	Services include psychiatry involvement in home or long-term care facilities and Seniors challenging behaviour resource consultant who works in collaboration with Continuing Care and Mental Health Services. Referral from in-house support person, Continuing Care facilities, care coordinator in Home Care agencies, family practitioner, support agency, family or self-referral.
Child/Adolescent Outpatient services	Mental Health Services T: 902-755-1137 F: 902-928-0297	For children/youth <19y struggling with emotional, behavioural or learning difficulties. Services include family, individual and group therapy; medication management; community consultation and inpatient consultation. Referral from parent/caregiver, family practitioner, community agency, school personnel, self (youth with capacity to consent).
Autism service	-	EIIS is accessible to all children 0-6y with diagnosis of ASD. Service team includes autism skills workers, psychologists, occupational therapists, speech language pathologists and psychiatrists. EIBI (provincial program) is accessible to selected children. Referral from parent, family practitioner, agency or professional familiar with child.

Intensive communitybased treatment team For children and youth <19y and their families who are dealing with early onset of severe and persistent MI and/or significant disruptive behaviour.

Services include individual counseling and support; intensive in-home interventions; multi-systemic case management; consultation and collaboration with other agencies & referrals.

Referral from within mental health service.

COMMUNITY SUPPORT SERVICES

CMHA Regional Branch

Pictou Branch

825 East River Rd., New Glasgow, NS

E: drobins@pchg.net T: 902-752-5578 No information about services provided on CMHA website.

Schizophrenia Society of Nova Scotia (SSNS)

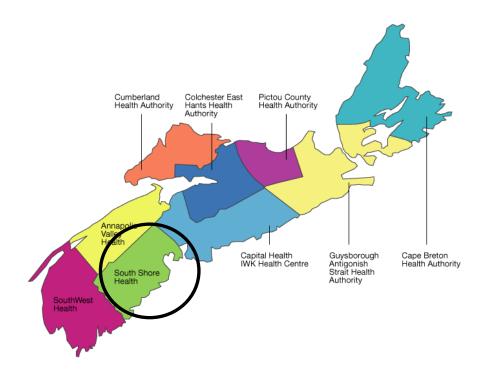
Pictou Education & Support Group

Meets on 2nd Tuesday of each month at

7pm

NSCC Pictou Campus, Rm B166 39 Acadia Ave., Stellarton, NS Monthly meeting for mental health services users and family and friends for support, information, and education.

(No meetings in July, August)



South Shore Health

Lunenburg, Bridgewater, Liverpool, Caledonia

Principle Resources

South Shore

Mental Health Crisis Line	T: 1-888-429-8167	24/7 (all of Nova Scotia)
South Shore Health Mental Health Services	T: 902-527-5228	M-F, 8:30am-4:30pm
911 Nova Scotia	T: 911	Emergency medical care
211 Nova Scotia	T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
811 Nova Scotia	T: 811 TTY: 711	Available 24/7 Free non-emergency health information and service

Where to Start?

District Mental Health Services

More information on select metal health resources available in your community **Community Support Services**

More information on select community support resources available in your community

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My Own Resources

A space to record any additional resources that you use in your community Found something you think others would benefit from?

We would love to hear about it (email?)

SOUTH SHORE HEALTH

DISTRICT MENTAL HEALTH SERVICES

www.mentalhealthsouthshore.com

Early Response Service

Bridgewater

Dawson Centre, 197 Dufferin St., 2nd floor, Bridgewater, NS

T: 902-527-5228

Satellite Sites

Liverpool

Nurses Residence, Queens General

Hospital

175 School St., Liverpool, NS

T: 902-354-2721

Chester

3762 Highway #3, Chester, NS

T: 902-275-2373

Available M-F 8:30am to 4:30pm in Bridgewater.

Adult- Outpatient Services

Bridgewater

Dawson Centre, 197 Dufferin St., 2nd floor, Bridgewater, NS

T: 902-527-5228

For individuals ≥19 years

Provide individual and family therapy, group education and therapy

Referral by self or family practitioner.

Adult- Inpatient Mental Health Unit	Bridgewater Dawson Centre, 197 Dufferin St., 2 nd floor, Bridgewater, NS T: 902-527-5228 Inpatient Mental Health Unit South Shore Regional Hospital, 90 Glen Allan Dr, Bridgewater, NS T: 902-527-5208	For individuals ≥19 years 10 bed acute care unit for voluntary and involuntary treatment Referral through Early Response Service or Emergency Department.	
Adult- Community Support Services	Bridgewater Dawson Centre, 197 Dufferin St., 2 nd floor, Bridgewater, NS T: 902-527-5228	For adults who are living with a mental illness Services include individual community support (housing, finances, activities of daily living, school/work, health services, relationships, legal) and drop-in leisure, social, and recreational programs	
	<u>Drop-In Locations</u> Bridgewater : Mon 3:00-5:00 p.m. Dawson Centre, Conference room, 197 Dufferin St.	Referral from self, mental health services provider, physicians, or community agend	
	Liverpool : Tues 1:00-2:30 p.m. Zion United Church, Main St.		
Child and Youth Service- Outpatient	Early Response Service T:902-543-4604 x2449	For individuals ≤18 years Services include individual and family therapy; group education/ therapy sessions for children/youth and families - "Cool Kids" and "Chilled Teens" anxiety group (referral req'd) - "Great Parenting Strategies" (GPS) for caregivers of challenging children & teens Referral by parent or family practitioner	
Child and Youth Service- Inpatient	Early Response Service T: 902-543-4604 x2449	Referral to IWK through Early Response Service.	
Child and Youth	Contact Early Response Service T:902-543-	No specific information about age or diagnostic status required for services.	

Service- Autism	4604 x2449	Services include: Diagnostic assessment (wait time 11mo) and provincial Early Intensive Behavioral intervention (EIBI) program
Child and Youth Servi —Community Support Services		Services include in-home intervention and programming on topics such as parenting skills, behaviour management, anger/stress/anxiety management, social skills, mental health information, home management skills, and intervention for school refusals and behaviour issues. Referral from within mental health service.

COMMUNITY SUPPORT SERVICES

CMHA Regional Branch Lunenburg/Queens

17-450 LaHave St., Bridgewater, NS $\,$

E: cmha.lqb2011@gmail.com

T: 902-521-1153 ??

Support

Family Support Group

Strengthening Families Together

Education

Changing Minds Course (mental illness education for front line responders)

Schizophrenia Society of Nova Scotia (SSNS)

Lunenburg Queens Support Group

17-450 LaHave St., Bridgewater, NS

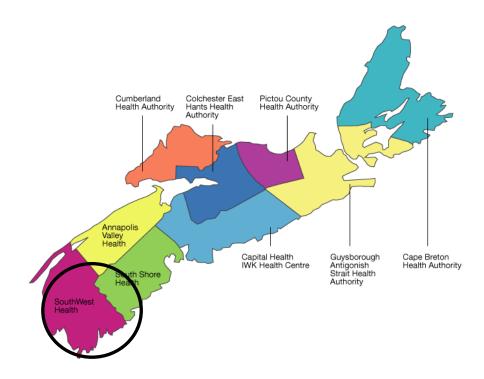
E: ssnslq@gmail.com

W: http://ssnslcc.blogspot.ca

T: 902-527-1893

Share and Care Support Group meets on the 3^{rd} Tuesday of every month at 7pm (no meetings in July, August)

Holy Trinity Anglican Church, 68 Alexandra Ave., Bridgewater, NS



South West Health

Digby, Shelburne, Yarmouth

Principle Resources

South West

Mental Health Crisis Line	T: 1-888-429-8167	24/7 (all of Nova Scotia)
SouthWest Health	T: 902-742-4222 (Yarmouth) T: 902-875-4200 (Shelburne) T: 902-245-4709 (Digby)	M-F, 8:30am-4pm
911 Nova Scotia	T: 911	Emergency medical care
211 Nova Scotia	T: 211 TTY: 1-888-692-1382 (for the hearing impaired) W: ns.211.ca	Available 24/7 Free, confidential information and referral service for community and social service available across the province
811 Nova Scotia	T: 811 TTY: 711	Available 24/7 Free non-emergency health information and service

Where to Start?

Helping Tree

Listing of resources available in your community broken down into convenient to use "branches"

District Mental Health Services

More information on select metal health resources available in your community **Community Support Services**

More information on select community support resources available in your community

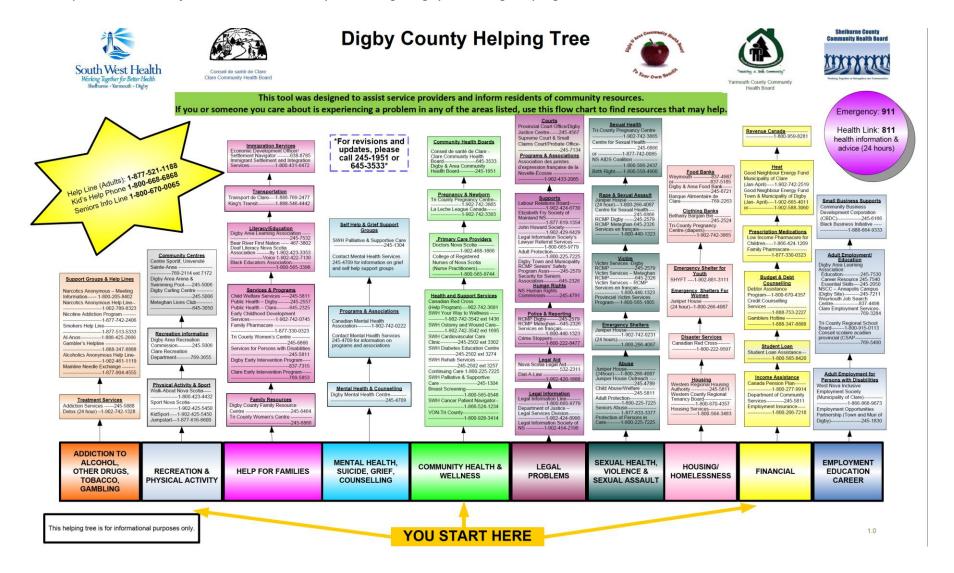
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My Own Resources

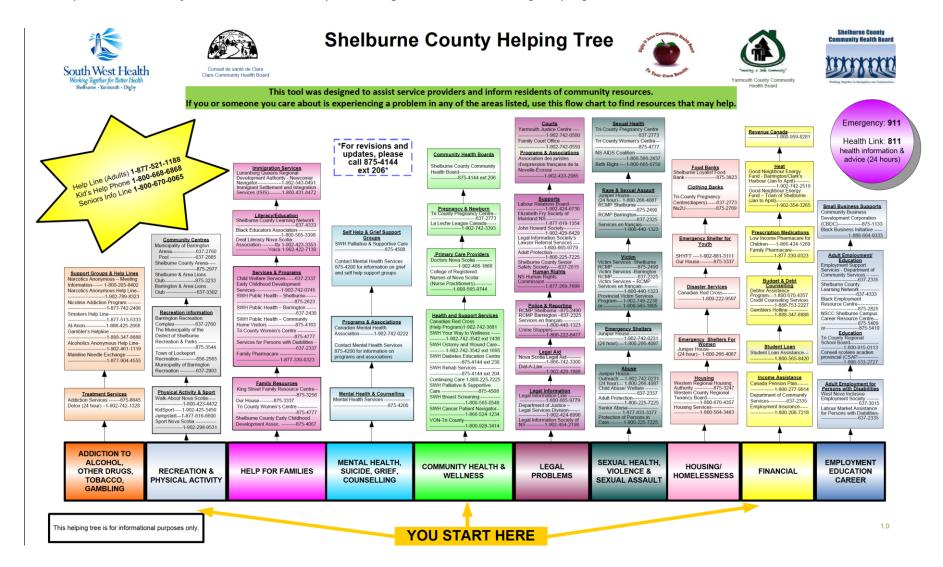
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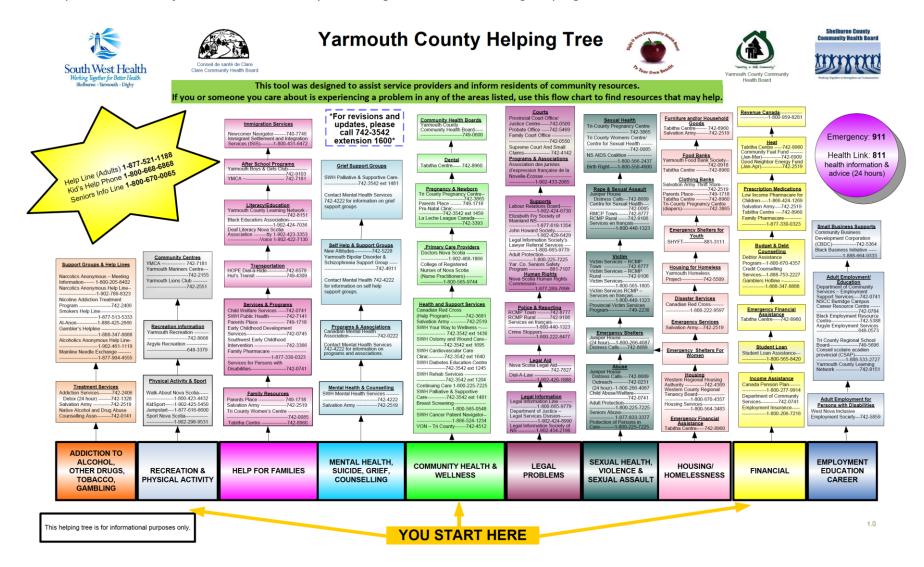
For an updated version of this, check the web by searching "Digby Counting Helping Tree"



For an updated version of this, check the web by searching "Shelburne Counting Helping Tree"



For an updated version of this, check the web by searching "Yarmouth Counting Helping Tree"



SOUTHWEST HEALTH

DISTRICT MENTAL HEALTH SERVICES

www.swndha.nshealth.ca/pages/mentalhealth.htm

Early Response Service

Yarmouth Mental Health Centre

Yarmouth Regional Hospital 60 Vancouver St., Yarmouth, NS

T: 902-742-4222 F: 902-742-2320

Shelburne Mental Health Centre

Roseway Hospital, 2nd Floor 1606 Lake Rd., PO Box 610, Shelburne, NS

T: 902-875-4200

F: 902-875-3493

Digby Mental Health Centre

Digby General Hospital, 3rd Floor 75 Warwick St., PO Box 820,

Digby, NS

T: 902-245-4709 F: 902-245-2145 Available M-F 8:30am to 4pm at Yarmouth Regional, Roseway, and Digby General Hospitals.

Referral is triaged by early response service nurse as emergent (seen same day), urgent (seen within 5 days), or routine (seen within 90 days). After hours, contact ED of nearest local hospital.

Adult Service	Contact relevant county mental health centre.	For individuals aged ≥19y Services include individual assessment and treatment; community supports for adults with chronic mental illness; consultation service and education sessions for seniors; consultation to health care providers and community agencies; treatment groups and individual counseling for stress, anxiety, depression, anger; medication clinics and community education Team includes psychiatrists, psychologists, social workers, nurses, physicians, community support workers, and occupational therapists. Referral by self, family practitioner, or community agency.
Inpatient Service	Yarmouth Mental Health Centre Yarmouth Regional Hospital 60 Vancouver St., Yarmouth, NS T: 902-742-4222	Acute service for adults (no age range specified) # beds or services provided not specified on website
Child and Youth Service	Contact relevant county mental health centre.	Services include individual assessment and treatment; community supports for children with mental health and/or emotional problems and families; treatment groups and individual counseling for emotional problems, coping with loss, body image issues, effects of abuse, anxiety and mood swings; services for children with ASD and community education.

COMMUNITY SUPPORT SERVICES

CMHA Regional Branch

Yarmouth Digby Shelburne 37 Brunswick St., Yarmouth, NS

E: info@cmhayds.com W: www.cmhayds.com

T: 902-742-0222

F: 902-742-9301

Support

Bipolar Disorder & Schizophrenia Support Group

Shelburne Association Supporting Inclusion (SASI, vocational and residential programs and

supports)

Recovery Inc (support group)

Website contains a "Tri-County Private Therapist Directory" revised Sept. 2011

Education

New Attitudes (public education group)

Resources and information assembled in partnership with CMHA-YDS branch available at

district public libraries.

Schizophrenia Society of Nova Scotia (SSNS)

T: 1-800-465-2601

W: www.openpockets.com/SSNS

No support group in the SWNDHA.

Website has a map of support groups and chapters, as well as link to a PDF with meeting

location and time details.

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Mere Than Meds

Pharmacists & Communities Partnering for Better Mental Health