

### INFORMATION GATHERING

(Online/phone resources)

#### **Kids Help Phone 1-800-668-6868**

Provides free 24 hour, 7 days a week phone counseling and website information service for youth under 20. [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

#### **Teen Mental Health**

Provides mental health information and resources specifically designed for youth aged 12 to 25. [www.teenmentalhealth.org](http://www.teenmentalhealth.org)

#### **Mind Your Mind**

This internet resource is for youth looking for relevant information on mental health and creative stress management.

[www.mindyourmind.ca](http://www.mindyourmind.ca)

#### **IWK Mental Health & Addictions**

Provides information, resources and links to various mental health & addiction services for youth 19 and under.

[www.iwk.nshealth.ca/mental-health/](http://www.iwk.nshealth.ca/mental-health/)

**Psychology For You** is an education series offered by the IWK Psychology Discipline and their partners.

[www.iwk.nshealth.ca/psychology-for-you](http://www.iwk.nshealth.ca/psychology-for-you)

#### **Health Information & Advice Dial 811**

Talk to a registered nurse around the clock, seven days a week for health advice and general information. Check out their website for trusted health information. <https://811.novascotia.ca>

#### **Finding Community & Social Services Dial 211**

211 is a free, information and referral service to more than 3,000 community and social services across Nova Scotia. Call "211" for assistance finding the service you need or visit

[www.ns.211.ca](http://www.ns.211.ca)

### SEEKING SERVICES (In-person/phone services)

#### **Youth Health Centres**

Located in each of the three local high schools, Youth Health Centres provide a range of services to youth in school that address youth health in a safe and confidential manner. The range of services may include; health promotion, health education, health counseling and support, referrals, building youth and community capacity and leadership. Visit your Youth Health Centre for more information.

#### **SchoolsPlus**

Assistant Leaders and Community Outreach Workers act as liaisons between the school and community to advocate, coordinate, and expand services for students and families. They help families navigate the system and get the services they need. A list of the Assistant Leads can be found at <https://www.ednet.ns.ca/schoolsplus/contact-us>

#### **IWK – School Social Worker**

There is an IWK Clinical Social Worker available in the high schools for youth dealing with mild to moderate mental health concerns. Speak to the Youth Health Centre Coordinator or any faculty about referral to this service.

#### **Community School Social Worker (DMHS family of schools catchment area)**

The Community School Social worker provides support and counseling to students and their families within the Duncan MacMillan family of schools. This may include; individual and group counseling, advocacy, education/ presentations, as well as connecting to resources and/or referrals. **Contact 902-885-2777 ext7651004**

#### **Mi'kmaq Aboriginal Student Support**

The Mi'kmaq Aboriginal Student Support Worker contributes to the improved achievement and positive school experience of Mi'kmaq Aboriginal students at Duncan MacMillan and Eastern Shore District High.

#### **Doctors/Nurse Practitioners**

The first point of entry into the mental health system is through your family physician or nurse practitioner. They can provide you with a referral to visit a social worker, psychiatrist, counselor or mental health clinic. Contact your local clinic today to meet with your primary care provider to discuss.

#### **IWK Health Centre**

The IWK provides mental health and addictions services to children and youth up to age 19. The IWK offers primary prevention, secondary outpatient, and intensive and acute services. Referrals for service come from family physicians, other mental health and addictions care providers, schools, and community agencies, as well as self-referrals from youth and families. For intake and navigation to IWK Services call toll-free, **1-888-470-5888**, ask to be connected to Central Referral. [www.iwk.nshealth.ca/mental-health/professionals/information-sheets-all-services](http://www.iwk.nshealth.ca/mental-health/professionals/information-sheets-all-services) **Be sure to mention if you have challenges getting to these services as they will work with you to try to accommodate your situation.**

#### **Phoenix Youth**

Phoenix Youth Outreach Program offers support to youth 16-24 across the HRM. They can meet with youth in a community setting and provide support in the following areas: Housing, employment, education, food security, mentorship, family support, supportive counselling, recreation, referrals, parenting and much more. For more information go to [www.phoenixyouth.ca](http://www.phoenixyouth.ca) or call our information and intake number at **(902) 818-5737**

### URGENT CARE (Crisis, safety & protection)

#### **911 Emergency**

Call **911** if you feel you may be of harm to yourself or others and you need help right away.

#### **Mobile Mental Health Crisis Team**

Call **1-888-429-8167** (24 hrs/7 days week) for phone intervention and short term crisis management for children, youth and adults experiencing a mental health crisis. Some mobile response is available from 1 pm - 1 am as far East as Porters Lake/ Musquodoboit Harbour area.

#### **IWK Emergency**

**5850/5980 University Avenue, Halifax**

Proceed to IWK Emergency when a youth is in immediate danger to him/herself due to compromised thinking and/or judgment. A Crisis Team, made up of social workers, psychiatric nurses and psychiatrists will provide an assessment and arrange for the care of children and youth with mental health care needs.

#### **Local Emergency Departments**

- Eastern Shore Memorial Hospital, 22637 Hwy #7, Sheet Harbour (Open 24/7)
- Twin Oaks Memorial Hospital, 7704 Hwy # 7, Musquodoboit Harbour (Open 24/7)
- Musquodoboit Valley Memorial Hospital, 492 Archibald Brook Rd, Middle Musquodoboit (Open 8 am to 8 pm)

#### **Child Protection**

If you are under 16 and facing physical, mental, or sexual abuse you can access protection by calling **1-902-424-5800**

#### **NS Take Home Naloxone (THN) Program**

Opioid overdose prevention, naloxone administration training and free take home naloxone kits are available at local pharmacies.

[www.nsnaloxone.com](http://www.nsnaloxone.com)

*We all need help and support sometime. You are not alone, talk to someone.*

## INFORMATION GATHERING (Online/phone resources)

### Nova Scotia Health Authority

Find out what services are available in Nova Scotia. [www.nshealth.ca/services](http://www.nshealth.ca/services)

### Canadian Mental Health

Find resources and tips on getting help when you need it most. [www.cmha.ca](http://www.cmha.ca)

### Healthy Minds Cooperative

Offering peer-based services to those living with mental illness including assistance navigating the mental health system. [www.healthyminds.ca/services](http://www.healthyminds.ca/services) Navigator 1-902-404-3504 ext 201

### Health Information & Advice Dial 811

Talk to a registered nurse around the clock, seven days a week for health advice and general information. Check out their website for trusted health information. <https://811.novascotia.ca>

### Finding Community & Social Services

211 is a free, information and referral service to more than 3,000 community and social services across Nova Scotia. When you don't know where to turn call "211" for assistance finding the service you need. [www.ns.211.ca](http://www.ns.211.ca)

### Eastern Shore Mental Health

Peer support group offering online support and resources. **Facebook/ Eastern Shore Mental Health**

### Mental Wellness Outreach Project

Between November 2018 and April 2019 contact our local Coordinators for help finding the right resources and supports for you. Call Toll Free 1-833-851-5320 or email us at [outreach@novasalutem.ca](mailto:outreach@novasalutem.ca)

## SEEKING SERVICES (In-person/phone services)

### Doctors/Nurse Practitioners

The first point of entry into the mental health system in Nova Scotia is through your primary care provider. Your provider can decide whether to treat you independently, or provide you with a referral to visit a social worker, psychiatrist, counselor or mental health clinic. Contact your local clinic today to meet with your primary care provider to discuss. If you do not have a family doctor or nurse practitioner, please call 811 or visit <https://needafamilypractice.nshealth.ca> to register.

### Health Care Social Worker

Health Care Social Workers assist individuals coping with life changes and stress from trauma, illness, or disability. These services may include; counseling, advocacy, collaborating with healthcare teams, educating, referring, and providing practical support when dealing with various individual, family and/or financial concerns. To arrange an appointment call; Eastern Shore Memorial Hospital **902-885-3627** - Musquodoboit Valley Memorial Hospital **902-384-4107** - Twin Oaks Memorial Hospital **902-889-4103**

### Community Mental Health and Addictions Clinic

Community Mental Health and Addictions provides specialized mental health and addictions services to individuals aged 19 years and older who are diagnosed with, or suspected to have, a moderate to severe mental disorder and/or substance use disorder who are experiencing significant problems related to their disorder that interfere with their day to day functioning. It is preferred that people are referred to these services by their family doctor. Once the referral is received and processed, you will be contacted with an appointment date. If you have workplace or private insurance that covers counseling, access this first before requesting services from Community Mental Health & Addictions. Services are provided at Musquodoboit Valley Memorial Hospital, Eastern Shore Memorial Hospital and Twin Oaks Hospital. To book an appointment with Mental Health please call the Cole Harbour Clinic at **(902)434-3263** (Monday-Friday). For an appointment with Addictions call **1-866-340-6700**

### Paid services

You may be able to access a mental health practitioner through;

- Private insurance (ie; Blue Cross, Manulife, Sunlife) or a work related Employee Assistance Program [EAP]
- If you have private insurance or the financial means to pay for the session you can find service providers at The Association of Psychologist of Nova Scotia [www.apns.ca](http://www.apns.ca) **902-422-9183** or NS College of Social Workers [www.nscsw.org](http://www.nscsw.org) **902-429-7799**.
- The Family Services Association (offers counselling in HRM, many of the Association's services are accessed through self-referral and fees are based on person's ability to pay)

### Seniors Mental Health

The multi-disciplinary team of Seniors Mental Health Services provides assessment, consultation and time-limited treatment. The clinicians work together with the senior and family members to identify the problem and provide treatment, education and support. Clinicians communicate with the family doctor to ensure that care can be continued after Seniors Mental Health is no longer required. In addition, they strive as much as possible to provide care for seniors in their community or home setting. Talk to your physician or nurse practitioner or contact **902-464-6054**. [www.nshealth.ca/service-details/seniors%20Mental%20Health](http://www.nshealth.ca/service-details/seniors%20Mental%20Health)

*This Resource is brought to you by the Eastern Shore Musquodoboit Community Health Board in partnership with the Tri-Community CAST Coalition. (Communities Addressing Suicide Together)*

## URGENT CARE (Crisis, safety & protection)

### 911 Emergency

Call 911 if you feel you may be of harm to yourself or others and you need help right away.

### Mental Health Mobile Crisis Team

Call **1-888-429-8167** for phone intervention and short term crisis management for children, youth and adults experiencing a mental health crisis. Some mobile response services are available in Porters Lake/ Musquodoboit Harbour area.

### Local Emergency Departments

- Eastern Shore Memorial Hospital, 22637 Hwy #7, Sheet Harbour (Open 24/7)
- Twin Oaks Memorial Hospital, 7704 Hwy # 7, Musquodoboit Harbour (Open 24/7)
- Musquodoboit Valley Memorial Hospital, 492 Archibald Brook Rd, Middle Musquodoboit (Open 8 am to 8 pm)

### Other Emergency Departments

- Dartmouth General, 325 Pleasant Street, Dartmouth
- Halifax Infirmary, 1796 Summer Street, Halifax

### Adult Protection

Call **1-800-225-7225** if you have concerns about a person (over 16) whose safety is at risk (neglect, abuse, poor living conditions) and who lacks the capacity to make proper decisions for themselves.

### NS Take Home Naloxone (THN) Program

Opioid overdose prevention, naloxone administration training and free take home naloxone kits are available at local pharmacies. [www.nsnaloxone.com](http://www.nsnaloxone.com)