

MENTAL HEALTH RESOURCES

Where to Get Support in Nova Scotia during COVID-19



1 MENTAL HEALTH MOBILE CRISIS TEAM 902-429-8167 or 1-888-429-8167 (Toll Free)

The Mental Health Mobile Crisis Team provides crisis support for children, youth and adults experiencing a mental health crisis by phone 24/7 anywhere in Nova Scotia and a Mobile Response from 1 pm to 1am to most Halifax area communities.



2 KIDS HELP PHONE 1-800-668-6868 or text CONNECT to 686868

Kids Help Phone is always there for you. No matter what you want to talk about. No judgment, totally private, 24/7. Live Chat is currently open daily from 1 am to 8 am to provide more timely access to support through their other services.



3 MENTAL HEALTH AND ADDICTIONS INTAKE SERVICE 1-855-922-1122

If you need help with a mental health and addictions concern, Nova Scotia Mental Health and Addictions team can help. They're available to take your call Monday to Friday, 8:30 am to 4 pm. The line is voicemail-only evenings, weekends and holidays.



4 CMHA NOVA SCOTIA 1-877-466-6606 (Toll Free)

CMHA NS continues to provide non-clinical mental health psycho-social support throughout COVID-19. They are committed to keeping communities and clients safe and their services supportive and welcoming. Visit novascotia.cmha.ca.



5 HEALTHY MINDS PATIENT NAVIGATOR 902-404-3504

Healthy Minds Cooperative is an innovative mental health cooperative providing a variety of peer-based services to people with lived experience of mental health issues and their families. HMC is available 9-5 Monday-Friday by phone and email.



6 STRONGEST FAMILIES I-CAN ANXIETY PROGRAM 1-866-470-7111 (Toll Free)

This program educates and teaches adults 18+ skills to overcome their anxiety, excessive worry, and learn how to cope with major life stressors. Participants are provided with access to a secure website, programming, and weekly phone support. Visit strongestfamilies.com.



7 211 NOVA SCOTIA

211 Nova Scotia is a free helpline that connects you with community groups, social services and government programs in your area 24/7. Support is available in over 150 languages. Call or visit ns.211.ca