

Mental Health and Social Service Resource Guide

Mental illness impacts us all with 1 in 5 Canadians experiencing some kind of mental health problem or issue in any given year.¹

If you or someone you know is suffering from mental health problems or illness, there is help out there. The following is a brief list of some of the resources available.

Available resources may change with little warning, the **Canada-wide 211 service** is a free, bilingual, resource to help navigate the network of community, social and non-clinical health and government services.

Dial 211

Online: nb.211.ca (New Brunswick)

pe.211.ca (Prince Edward Island)

ns.211.ca (Nova Scotia)

nl.211.ca (Newfoundland and Labrador)

Canada Wide

Canada Suicide Prevention Service - If you're thinking about suicide, are worried about a friend or loved one.

Call or text 988 (available 24/7/365) (bilingual)

www.988.ca

Kids Help Phone - Canada's only bilingual phone and on-line counselling service for youth. It's free, anonymous and confidential.

Call 1-800-668-6868 (24/7)

Text TALK to 686868 (24/7)

www.KidsHelpPhone.ca

Hope for Wellness Helpline - Immediate mental health counselling and crisis intervention for all Indigenous people across Canada.

24/7 Help Line: 1-855-242-3310

www.hopeforwellness.ca

The National Residential School Crisis Line - A national support line offering emotional, cultural and professional support services to survivors and their families.

Call 1-866-9525-4419

www.nctr.ca

¹ Centre for Addictions and Mental Health. <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

Narcotics Anonymous

Find a meeting near you: na.org

Al-Anon - Support for families and friends of those dealing with issues related to alcohol use.

Al-Anon: al-anon.org

Nar-Anon - Support for families and friends of those facing addiction issues

Find a meeting near you: nar-anon.org

Missing and Murdered Indigenous Women and Girls (MMIWG) Crisis Line - Support for individuals impacted by MMIWG.

Call: 1-844-413-6649

www.mmiwg-ffada.ca

Pflag Canada - A national organization that offers resources to Canadians dealing with issues related to sexual orientation, gender identity and gender expression.

Online: PflagCanada.ca

Trans Lifeline - A grassroots hotline, for the trans community, by the trans community. This hotline is staffed by volunteers 24/7. Trans Lifeline also offers financial support to trans people in crisis. (Service provided in English and Spanish.)

Call: 1-877-330-6366 (24/7)

Online: translifeline.org

The Affordable Therapy Network - A network of therapists offering low-cost rates and sliding scale counselling services in an effort to increase access to affordable therapy and counselling services across Canada.

Online: affordabletherapynetwork.com

New Brunswick

Some services provided by non-governmental groups in New Brunswick may not be available in both English and French.

The John Howard Society of Fredericton - Community-based organization helping inmates, ex-offenders and those considered to be at risk to offend to re-enter the circles of mainstream society.

Call: 506-450-2750

www.johnhowardfredericton.ca

New Brunswick Provincial Addiction & Mental Health Services - Services to help individuals stop, reduce or better manage substance use and/or problematic gambling.

Call: 1-866-355-5550

Alcoholics Anonymous

NB Region: area81aa.ca

Love Shouldn't Hurt NB - New Brunswick government campaign aimed at ending intimate partner violence. This website offers resources for victims as well as for those witnessing intimate partner violence.

Online: gnb.ca/violence

Sexual Violence New Brunswick - Support for those affected by sexual violence, available from 5:00 p.m. to 8:00 a.m.

Online: svnb.ca

Or call: 506-454-0437

Reporting suspected abuse, assault or neglect of a child, adult with a disability and/or a senior

Contact: 1-833-733-7835

New Brunswick Gambling Information Line

Contact: 1-800-461-1234

Prince Edward Island

Bridge the gapp- A PEI Online resource offering guidance and support for those dealing with mental health and addiction issues.

Adults: <https://pei.bridgethegapp.ca/adult/>

Youth: <https://pei.bridgethegapp.ca/youth/>

PEI Mental Health and Addictions phone line- For immediate mental health and addictions support 24/7

Call: 1-833-553-6983

PEI Mental Health Walk-in Clinics - Offering immediate mental health support to help anxiety, as well as life events causing stress and other mental health issues.

Find a free clinic near you: <https://www.princeedwardisland.ca/en/information/health-pei/community-mental-health-services>

Family Violence Prevention Services -A community volunteer organization dedicated to ending physical, sexual, and emotional violence in families.

Online: fvps.ca

Call: 1-800-240-9894 (24 hour crisis line)

Anderson House and Outreach Services - Provincial emergency shelter for women and children in need of safety because of violence in their lives.

Contact: 902-892-0960 or 1-800-240-9894

Text support between 7:00 a.m. and 10:00 p.m.

Chief Mary Bernard Memorial Women's Shelter - Shelter for women in distress, women without housing or young mothers who need extra support.

Contact: 1-855-297-2332 (24 hr crisis line)

Emergency Shelters - Individuals in need of shelter can contact the emergency shelter line 24 hours a day to access housing supports.

Contact: 1-833-220-4722

Bedford MacDonald House (Salvation Army) - Temporary shelter for men in need of housing.

Contact: 902-892-9242

Blooming House - Women's Shelter in Charlottetown, operating from 4:00 p.m. to 8:00 a.m., 7 nights a week.

Contact: 902-213-9969

Online: bloominghouse.ca

Winter Street Shelter - Men's shelter operation 24/7 in Summerside

Contact: 902-436-2502

<https://ncpei.com/low-barrier-mens-shelter>

Victim Services - Support and information, risk assessment and safety planning, as well as assistance to apply for an emergency protection order in appropriate circumstances.

Contact 902-368-4582 (Charlottetown)

902-888-8218 (Summerside)

PEI Rape and Sexual Assault Centre - Call to request counselling services.

Contact: 902-368-8055 or 1-888-368-8055

Online: www.peirsac.org

Child Protection - Report suspected abuse or neglect of a child.

1-877-341-3101 (8:30 a.m. - 5:00 p.m. Mon-Fri)

1-800-341-6868 (after hours and weekends.)

Adult Protection - Reports suspected abuse or neglect of a vulnerable adult

Charlottetown (902) 368-4790

Montague (902) 838-0786

O'Leary (902) 859-8730

Souris (902) 687-7096

Summerside (902) 888-8440

Alcoholics Anonymous

PEI Region: peiaa.ca

Call: 902-436-7721

Prince Edward Island Problem Gambling Help Line

Contact: 1-855-255-4255

Nova Scotia

Mental Health Mobile Crisis Team - Crisis support for children, youth and adults experiencing a mental health crisis. This team includes mental health professionals and police officers who are designated to the crisis service.

24/7 telephone support 902-429-8167 or 1-888-429-8167

Mobile Crisis Response 1 p.m. to 1 a.m. in Halifax/Dartmouth/Bedford

Nova Scotia Health - Mental Health Resource Listings

<https://mha.nshealth.ca>

Provincial Mental Health and Addictions

Crisis Line: 1-888-429-8167

Canadian Mental Health Association, Halifax/Dartmouth Branch - A nation-wide voluntary network promoting the mental health of all and supporting the resilience and recovery of people experiencing mental illness.

Contact: 902-455-5445

www.cmhahalifaxdartmouth.ca

Couch of Hope - A registered non-profit offering free mental health counseling to individuals (children 10 years and up, teens and adults) who do not have insurance and do not have the means to pay for services. Services are offered by Master's level students completing practicum hours as interns under the supervision of registered counseling therapists.

Call or text: 902-707-4414

Email: intake@couchofhope.com

Online: couchofhope.ca

Healthy Minds Cooperative - An innovative health care cooperative that provides a variety of peer-based services to people living with mental illness and their families.

Contact: 902-404-3504 or 1-855-901-6463

Online: www.HealthyMinds.ca

Hope for Mental Health - Aims to improve the quality of life for those affected by schizophrenia, psychosis, bipolar and all related mental illnesses through education, support programs, public policy and research.

Contact: 902-465-2601

www.hope4mentalhealth.ca

Pride Health - Pride Health is an NS Health initiative working to improve safe, coordinated, comprehensive primary health care for people in the 2SLGBTQIA+ community.

Call: 902-487-0470

Email: pridehealth@nshealth.ca

Online: www.nshealth.ca/pridehealth

Laing House - Support for youth aged 17 to 24 who are living with serious mental illness or mood disorders.

Contact: 902-425-9018

www.lainghouse.org

Eating Disorder Action Group - Dedicated to promoting healthy body image and self-esteem and to supporting individuals who experience disordered eating.

Contact: 902-229-8436

www.EatingDisordersNS.ca

Phoenix Youth Programs - Dedicated to supporting youth between the ages of 11 and 24, their families, and communities through services including youth and family therapy.

Contact: 902-422-3105

Email: phoenix@phoenixyouth.ca

<https://phoenixyouth.ca>

Child Protection Services - Nova Scotia Department of Community Services' child protection services protect children under 16 years of age from abuse and/or neglect while making every effort to keep families together.

Find Child Welfare Services in your area: <https://NovaScotia.ca/coms/departmtment/contact/ChildWelfareServices.html>

After hours Contact: 1-866-922-2434

Continuing Care Adult Protection Services - The Department of Health offers help and support for people 16 years of age and older who are abused or neglected and who cannot physically or mentally protect themselves

Contact: 1-800-225-7225

Alcoholics Anonymous

NS and NL Region: www.https://area82aa.ca

Bryony House - 24 hour emergency services for women, with or without children, escaping intimate partner abuse

Distress Line: 902-422-7650

Shelter Main Line: 902-423-7183

www.bryonyhouse.ca

Avalon Sexual Assault Centre - A feminist organization working to eliminate sexual assault/abuse, and to change the current socio-political culture that fosters sexism, social injustice and other forms of oppression.

Contact: 902-422-4240

Online: <https://avaloncentre.ca>

Anyone who has experienced a sexual assault in the last 7 days can speak to a Sexual Assault Nurse Examiner at 902-425-0122, or proceed to Emergency for treatment and/or forensic evidence collection.

Gamblers Anonymous Nova Scotia

Contact: 902-252-3132

www.gamblersanonymous.novascotia.com

Newfoundland and Labrador

Provincial Mental Health and Addictions System Navigator

Contact: 709-752-3916

24-Hour Mental Health Crisis Line

Contact: 1-888-737-4668 or 709-737-4668

24 hour Walk-in Crisis Service

Psychiatric Assessment Unit, Waterford Hospital Site, Waterford Bridge Road, St. John's NL

Psychiatric Emergency Service, Health Sciences Centre, Emergency Room, St. John's NL

Bridge the Gapp - An online service helping individuals connect with guidance and supports for mental health and addictions in Newfoundland and Labrador.

www.bridgethegapp.ca

Thrive - A umbrella organization focused on supporting vulnerable individuals and enhancing the capacity of social serving agencies.

Visit www.thrivecyn.ca/directory-of-services/health for a list of associated health services.

Choices for Youth - Help for youth and young families ages 16-29 secure stable housing and employment, while working towards family stability, and better health.

www.choicesforyouth.ca/contact-us

Stella's Circle - Programming for adults facing barriers, including mental illness, addictions, trauma, poverty, homelessness, criminal justice involvement, low literacy, and unemployment.

Contact: 709-738-8390

Email: info@stellascircle.ca

<https://stellascircle.ca>

NL Sexual Assault Crisis and Prevention Centre

Online: <https://endsexualviolence.com>

24-hour support and information line: 1-800-726-2743

Provincial Domestic Violence Help Line

Contact: 1-888-709-7090

Provincial 2SLGBTQIA+ Warm Line - Early intervention with emotional support aimed at preventing a crisis.

Contact: 1-866-230-8041

Doorways Mental Health Walk-in Clinics

Find a clinic in your area: <https://mha.easternhealth.ca/doorways>

Alcoholics Anonymous

NS and NL Region: area82aa.ca Narcotics Anonymous

Provincial Opioid Dependence Treatment Line

Contact: 709-753-2560 or 1-855-753-2560

Newfoundland Problem Gambling Help Line

Contact: 1-888-899-4357