

Unifor Atlantic Regional Council

# Mental Health and Social Service Resource Guide



The COVID-19 pandemic has had an impact on many people's mental health. Statistics Canada indicates that fewer Canadians reported "very good" or "excellent" mental health since the pandemic began. Just 55% in July 2020 vs 68% in 2019. (Statistics Canada, 2020)<sup>1</sup>

Mental illness affects us all with 1 in 5 people experiencing some kind of mental health problem or issue in any given year. (Canadian Mental Health Association, 2013)<sup>2</sup>

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.

## Canada Wide

**Canada Suicide Prevention Service** - If you're thinking about suicide, are worried about a friend or loved one.  
Call 1-833-456-4566 (available 24/7/365) (bilingual)  
Send a text to 45645 (4 p.m. to 12 a.m. EST)  
[www.CrisisServicesCanada.ca](http://www.CrisisServicesCanada.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](http://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](http://www.hopeforwellness.ca)

**Pflag Canada** - A national organization that offers peer-to-peer support striving to help all Canadians with issues of sexual orientation, gender identity and gender expression.  
Contact: 1-888-530-677  
Online: [PflagCanada.ca](http://PflagCanada.ca)

1 Canadian Mental Health Association. (2013). Fast Facts about Mental Illness. Retrieved from Canadian Mental Health Association Web site: <https://cmha.ca/fast-facts-about-mental-illness>

2 Statistics Canada. (2020, October 20). Impacts on Mental Health. Retrieved from Statistics Canada Web site: <https://www150.statcan.gc.ca/n1/pub/11-631-x/2020004/s3-eng.htm>

## New Brunswick

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

**CHIMO Helpline** – CHIMO is a provincial service that provides a free, confidential and bilingual crisis intervention service to all residents of New Brunswick.

Contact: 1-800-667-5005

**211 New Brunswick** – 211 Free, bilingual, confidential resource to help New Brunswickers navigate the network of community, social, non-clinical health and government services.

Dial 211

Online: nb.211.ca

**New Brunswick Addiction Centres** – Services to help individuals stop, reduce or better manage substance use and/or problematic gambling.

Bathurst: (506) 547-2086

Campbellton: (506) 789-7055

Edmundston: (506) 735-2092

Fredericton: (506) 453-2132

Miramichi: (506) 778-6111

Moncton: (506) 856-2444

Saint John: (506) 674-4300

Tracadie-Sheila: (506) 394-3615

### Alcoholics Anonymous

NB and PEI Region: area81aa.ca (site disponible en français, réunions francophone disponibles dans certains régions.)

### Narcotics Anonymous

Find a meeting near you: na.org (réunions francophone disponible dans certains régions)

**Al-Anon** – Support for families and friends of those dealing with issues with alcohol

Maritimes Region: alanonmaratimes.webs.com

Al-Anon: al-anon.org (site disponible on français)

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

Find a meeting near you: nar-anon.org

**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. 24/7, bilingual

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

After hours emergency social services: 1-800-442-9799

## **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

**211 PEI** – Free, confidential resources to help Islanders navigate the network of community, social, non-clinical health and government resources.

Dial 211

Online: [pe.211.ca](http://pe.211.ca)

**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 clinic near you: <https://www.princeedwardisland.ca/en/information/health-pe/mental-health-walk-clinics>

**Family Violence Support** - Full details of provincial services for those experiencing family violence can be found online.

<https://www.princeedwardisland.ca/en/information/social-development-and-housing/supports-family-violence>

**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

**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)

**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

**PEI Rape and Sexual Assault Centre** – call to request counselling services

Contact: 902-706-9272

Online: [www.peirsac.org](http://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) or 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

**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: 902-892-2949

**Blooming House** - Women's Shelter in Charlottetown

Contact: 902-213-9969

Online: [bloominghouse.ca](http://bloominghouse.ca)

**Deacon House** - Overnight shelter for adult men with addiction issues in Charlottetown

Contact: 1-833-220-4722

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

Find a meeting near you: [nar-anon.org](http://nar-anon.org)

**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 anywhere in Capital Health Region

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

Contact: 902-429-8167 or 1-888-429-8167

**Nova Scotia Health** - Mental Health Resource Listings

<https://mha.nshealth.ca>

**Provincial Mental Health and Addictions**

Crisis Line: 1-888-429-8167

**211 Nova Scotia** - A 24/7 Service connecting residents with resources in their community, from community groups and non-profits to government departments across Nova Scotia.

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

**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.cmhahaldart.ca](http://www.cmhahaldart.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

Online: [www.HealthyMinds.ca](http://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](http://www.hope4mentalhealth.ca)

**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](http://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](http://www.EatingDisordersNS.ca)

**Phoenix Centre for Youth Health Program** – A walk-in health and counseling facility that offers a first exit from street life.

Contact: 902-420-0676 or 1-866-620-0676

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

**Child Protection Services** – Nova Scotia Department of Community Services' child protection services protects 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: [NovaScotia.ca/coms/department/contact/](http://NovaScotia.ca/coms/department/contact/)

[ChildWelfareServices.html](http://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: [area82aa.ca](http://area82aa.ca) Narcotics Anonymous

Find a meeting near you: [na.org](http://na.org)

**Al-Anon** – Support for families and friends of those dealing with issues with alcohol

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Al-Anon: [al-anon.org](http://al-anon.org)

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

Find a meeting near you: [nar-anon.org](http://nar-anon.org)

**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

Text: 902-422-7650

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

**Phoenix Youth Shelter** - Always open, 24-hour intakes  
902-446-4663 or 1-888-878-5088

**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.

**Nova Scotia Problem Gambling Help Line**

Contact: 1-888-347-8888

## **Newfoundland and Labrador**

**Provincial Mental Health 24 Hour Crisis Line**

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

**Mobile Crisis Response Team** (St. John's and Area)

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.

[nl.bridgethegapp.ca](http://nl.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](http://www.thrivecyn.ca/directory-of-services/health) for a list of associated health services.

**NL Sexual Assault Crisis and Prevention Centre**

Contact: 709-747-7757 or [endsexualviolence.com](http://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://nl.bridgethegapp.ca/adult/service-directory/doorways-walk-in-clinic-counselling/>

Video and phone sessions can be arranged by calling 709-752-4903

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Find a meeting near you: [na.org](http://na.org)

**Al-Anon** - Support for families and friends of those dealing with issues with alcohol

Newfoundland and Labrador : [www.al-anonandalateen.nl.ca](http://www.al-anonandalateen.nl.ca)

Al-Anon: [al-anon.org](http://al-anon.org)

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

Find a meeting near you: [nar-anon.org](http://nar-anon.org)

**Pflag Canada** - A national organization that offers peer-to-peer support striving to help all Canadians with issues of sexual orientation, gender identity and gender expression.

Contact: 1-888-530-6777 Ext 575 (St. John's) Ext 584 (Grand Falls- Windsor)

**Newfoundland Problem Gambling Help Line**

Contact: 1-888-899-4357