

2023

# Mental Health and Addictions Adult Outpatient Services

Colchester East Hants  
Health Centre and  
Lloyd E. Matheson Centre

Colchester East Hants Health  
Centre  
600 Abenaki Road  
Truro, NS B2N 5A1

Lloyd E. Matheson Centre  
15-250 Commerce Court  
Elmsdale, NS B2S 3K5

Healthy people, healthy communities  
– for generations

We offer a range of supports to adults aged 19 years and older. We can help with challenges related to:

- › Anxiety
- › Depression
- › Problematic substance use
- › Problematic gambling
- › Bipolar disorder
- › Trauma
- › Post-traumatic stress disorder (PTSD)
- › Panic attacks
- › Obsessive-compulsive disorder (OCD)
- › Psychosis
- › Eating disorders
- › Postpartum depression
- › Schizophrenia spectrum disorders
- › Borderline personality disorder
- › Hair-pulling disorder
- › Skin-picking disorder

We recognize and honour individual differences, including but not limited to, experiences related to:

- › Race
- › Ethnicity
- › Religious and spiritual beliefs
- › Gender
- › Sexual orientation
- › Ability
- › Socio-economic status

We value and uphold our clients' individual strengths. We recognize that you are the expert on your own experiences.

## **How do I access these services?**

- If you are 19 years of age or older, you can call the Mental Health and Addictions intake line to refer yourself:
  - › Phone (toll-free): 1-855-922-1122

### **Please have your health card ready.**

- Your primary health care provider (family doctor or nurse practitioner) may also make a referral for you.

## **Where are these services offered?**

- Our services are offered at:
  - › Colchester East Hants Health Centre in Truro
  - › Lloyd E. Matheson Centre in Elmsdale

## **What can I expect?**


- When you call, a health care provider will ask you questions to help find out what services and supports are best for you.
- This call may take about 30 minutes.
- Your information will be kept private and confidential. We will talk with you about any exceptions.

# What services are offered?

## Groups

- Many of our services are offered in groups. Our current groups include:
  - › Early Recovery for Substance Use
  - › Coping with Anxiety and Depression (Cognitive Behavioural Therapy)
  - › Acceptance and Commitment Therapy (ACT) for Anxiety
  - › Comprehensive Dialectical Behavioural Therapy (DBT)
  - › Dialectical Behavioural Therapy (DBT) Skills
- We offer individual therapy as needed.

## Occupational therapy

- Occupational therapy may be suggested if you want to better manage your everyday activities. These may include:
    - › Caring for yourself or others
    - › Caring for your home
    - › Volunteering
    - › Leisure activities (like sports, gardening, socializing)
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## **Community Outreach Clinics**

- We have outreach clinics in Truro, Elmsdale, Millbrook First Nation, and Sipekne'katik First Nation.

## **Withdrawal Management Services**

- To talk with a health care provider about withdrawal management, please call:
  - › Phone (toll-free): 1-855-922-1122

## **Resources**

### **Local Crisis Response Service**

- › Phone: 902-896-2606
- › Phone (toll-free): 1-800-460-2110 ext. 42606

### **NS Mental Health Crisis Line**

**(available 24 hours, 7 days a week)**

- › Phone (toll-free): 1-888-429-8167

For a referral or more information:

- › <https://MHAhelpNS.ca>
- › Phone (toll-free): 1-855-922-1122  
Monday to Friday,  
8:30 a.m. to 4:30 p.m.

Please leave a message on evenings, weekends, and weekday holidays.

### **Nova Scotia 211**

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

In the spirit of reconciliation, we acknowledge that our services and facilities are located in Mi'kma'ki, the traditional and unceded territory of the Mi'kmaq People. We recognize that all people who make their homes here are Treaty People.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by:* Mental Health and Addictions  
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The information in this pamphlet is to be updated every 3 years or as needed.