

2020

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**



www.nshealth.ca

We offer a range of supports to adults aged 19 years and older. Our clients may have problems with:

- › anxiety
- › depression
- › substance misuse and/or gambling
- › Bipolar disorder
- › trauma
- › Post Traumatic Stress Disorder (PTSD)
- › panic attacks
- › Obsessive Compulsive Disorder (OCD)
- › psychosis
- › eating disorders
- › postpartum depression

We recognize cultural, spiritual, and family diversity. We value our clients' strengths.

How do I access these services?

- If you are 19 years of age or older, you can call the intake line at 1-855-922-1122 to refer yourself.
- Your primary health care provider may make a referral for you.
- A community agency worker who knows your concerns may refer you at your request.

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, our intake clinicians will ask you questions to help find out what services and supports are best for you. Please have your NS health card ready.

- This call may take about 30 minutes.
- All of your info will be kept private and confidential. The intake clinicians will talk with you about any exceptions.


What services are offered?

Groups

Many of our services are offered in groups. Our current groups include:

- Healthy Lifestyles
- Coping with Anxiety and Depression (Cognitive Behavioural Therapy)
- Seeking Safety (substance misuse and PTSD)
- Acceptance and Commitment Therapy (ACT) for Anxiety
- Dialectical Behavioural Therapy (DBT)

We offer individual therapy as needed.



Occupational therapy

Occupational therapy may be suggested for clients who want to better manage everyday activities. These may include:

- › caring for themselves or others
- › caring for their home
- › volunteering
- › leisure activities

Community Outreach Clinics

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

Withdrawal Management Services

Please call (toll-free) 1-855-922-1122 to talk with one of our clinicians about withdrawal management.



Resources

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
info, please call (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
holidays.

*Nova Scotia Health Authority promotes a smoke-free, vape-free,
and scent-free environment.*

Please do not use perfumed products. Thank you!

www.nshealth.ca

*Prepared by: Mental Health and Addictions Adult Outpatient Services,
CEHHC, LEMC*

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The information in this pamphlet is to be updated every 3 years or as
needed.