

Recovery Support Program

Mental Health and Addictions

Notes:

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.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Recovery Support Program,
Mental Health and Addictions
Designed and Managed by: Library Services

WM85-2324 © September 2026 Nova Scotia Health Authority
To be reviewed September 2029 or sooner, if needed.
Learn more:
<https://library.nshealth.ca/patient-education-resources>

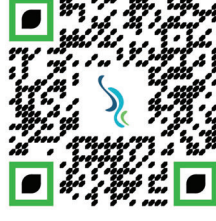
If it is an emergency, call 911 or go to the nearest Emergency Department right away.

How can I give feedback?

- We welcome your feedback. When you tell us about your experience, good or bad, it helps us improve the care and services we provide.

Ways to provide feedback:

- Contact the Recovery Support Program manager or any of your team members.
- Fill out a client experience survey or feedback form at the Recovery Support Centre or visit:
 - › <https://mha.nshealth.ca/en/clients-and-providers/feedback-complaints>



Scan the QR code on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)

- **Contact the Nova Scotia Health Patient Relations Team:**
 - › Phone (toll-free): 1-844-884-4177
 - › www.nshealth.ca/contact-us/patient-feedback

- Sessions include activities like:
 - › Group discussions
 - › Short videos
 - › Learning and practicing recovery skills
- The sessions cover many topics to help you meet your goals, like:
 - › Coping with triggers and cravings
 - › Recovery planning
 - › Improving your health and wellness
 - › Learning about leisure and self-care
 - › Managing your emotions
 - › Healthy relationships and boundaries
- You choose which groups to attend.
- You can attend the groups in any order.
- Ask for a calendar of group sessions at the Recovery Support Centre.

Who can I call for support?

- For questions about your recovery plan, call your Recovery Support Program team:
 - › Phone: _____
- For mental health and addictions crisis support, call the Provincial Mental Health and Addictions Crisis Line (24 hours a day, 7 days a week):
 - › Phone (toll-free): 1-888-429-8167

Recovery Support Program

This pamphlet gives information about the Recovery Support Program for you and your support persons.

If you or your support persons have any questions, please call the Recovery Support Program team:

- › Phone: _____

What is the Recovery Support Program?

The Recovery Support Program is for people who:

- › Are 19 years old or older
- › Have problems with substance use and/or gambling
- › Want to stop or lower their substance use and/or gambling
- › Want to use substances and/or gamble **more safely**

What supports does the program offer?

Supports include:

- Learning about harm reduction
- Learning how to lower the risks of your substance use and/or gambling
- Working with your health care team to make a recovery plan that meets your needs
- Educational and skill-building groups
- One-on-one 30-minute sessions with a clinician. You may want to talk about:
 - › Your recovery goals
 - › Learning from your relapses
 - › Learning ways to use substances and/or gamble more safely
 - › Healthy ways to use your leisure time
 - › Supports in your community

Note: You may not have the same clinician for each session.

The program does not offer long-term therapy.

Ask a member of our team how to register for group and one-on-one sessions.

How do I join the Program?

- You will meet with a team member to talk about your needs and learn more about the program, including:
 - › What supports are offered
 - › How to make goals for your recovery and start to work on them
 - › How the team works together to support your recovery
 - › Other general information (like when and where services are offered, how to book sessions, where to park)
- Together you will decide if the program is right for you.

What are Recovery Support Skills Groups?

- These groups are 2-hour sessions on topics that can help you:
 - › Better understand substance use and/or gambling disorders
 - › Learn skills for your recovery
 - › Learn ways to use substances and/or gamble more safely
 - › Connect with others and learn from their experiences