

Mental Health and Addictions Services

NEED HELP NOW?

Mental Health Crisis Line
1-888-429-8167 (toll-free)

Kids Help Phone
1-800-668-6868 (toll-free)

Kids Help Phone Crisis Text Line
Text HOME to 686868

All Services Available 24 hours, 7 days a week

Or call 911 or go to your closest emergency department

You can check out Mental Health and Addictions Services by calling the number for your area listed below. Intake clinicians will ask you questions to help determine what services you need. This intake call may take 15 - 20 minutes and you will need your Health Card Number.

You can ask your Doctor about these services, other health care professionals or community agency that is aware of your concerns. Please note that some services may need a referral from a Doctor.

Annapolis Valley, South Shore, and South West Nova Scotia

- 1-877-334-3431 – South Shore
- 1-855-273-7100 – Annapolis Valley
- 1-844-380-4324 – South West

Colchester, East Hants, Cumberland and Pictou

- 1-844-855-6688

Cape Breton, Guysborough, and Antigonish

- 902-567-7951 – Cape Breton Area (Adult)
- 902-567-7731 – Cape Breton Area (Child and Adolescent)
- 1-888-291-3535 – Guysborough, Antigonish, and Strait Areas

Halifax Area, Eastern Shore, and West Hants

- Addictions: 902-424-8866 / 1-866-340-6700 (toll-free)
- Mental Health: 1-888-429-8167 (toll-free)

What are your questions? Please ask. We are here to help you.



Nova Scotia Cancer Care Program

Looking for more health information?

Find this brochure and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Please do not use perfumed products. Thank you!

Nova Scotia Health Authority

www.nshealth.ca

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider. The information in this pamphlet is to be updated every 3 years or as needed.