



Visit our Website

Nova Scotians who have concerns or questions about mental health or addiction, for either themselves or a loved one, have a simple, friendly, helpful place to turn.

MHAhelpNS.ca



Here you will find:

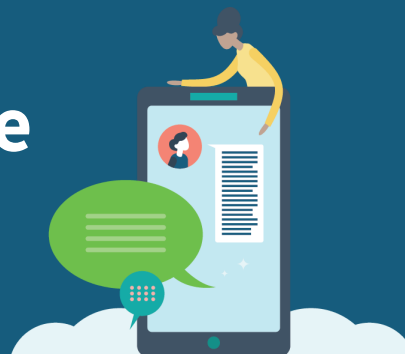
- Information about our services
- Important emergency information
- Online tools to help you manage your mental health, wellness and addictions, at your own pace
- Resources on common topics
- Location details
- Information for our partners and providers

The website features an interactive wizard tool to guide you on a personalized journey tailored to your unique needs.



Hope and **help** are always at your fingertips.

Online Tools



Did you know you can access confidential, secure and effective online mental health, wellness and addictions services, right on your computer, tablet or phone? Our team at Nova Scotia Health wants to make sure you get the right level of care, at the right time, in a manner that works just for you.

We each have our own journey with mental health and we know people need options to meet their needs. The online services, virtual care supports and mobile apps we are offering complement the services and care we offer in-person. They are available 24/7, at your fingertips.

These services are interactive, help you learn skills, practice strategies and make changes for your mental wellness. They have been tested for quality and have positive impacts on mental wellness.

Enhancing our online mental health and addiction resources means that we'll be here when you're ready. No matter the time. Wherever you are.

MHAhelpNS.ca/tools



Need Help Now?

The hotlines are toll-free and available to help 24/7, or go to your closest emergency department.

Provincial Mental Health and
Addictions Crisis Line
1-888-429-8167

Kids Help Phone
1-800-668-6868
Text **CONNECT**
to **686868**

Emergency
911



Mental Health and Addictions Intake Service

If you need help with a mental health and addictions concern our team is here to help.

*Real people Monday - Friday,
8:30am to 4:30pm, Voicemail evenings,
weekends, and holidays.*

1-855-922-1122

How to access services in other languages

At Intake / your first interaction

When calling Intake, follow the instructions on the menu (in English only at this time). You will either be connected directly to a clinician or administrator, or be invited to leave a voicemail.

In all cases, if you prefer to continue in another language, please let us know. If no intake clinician is available to speak that language, interpretation services are available.

If you are accessing services outside of the Intake process, please let us know your preferred language during your first interaction.

Interpretation Services

All Nova Scotia Health locations have access to a 24/7 telephone interpretation service.

Some sites have access to a video interpretation service.

You may also be offered an in-person interpreter.

All of these options are free to you.

For more information about services in French, go to nshealth.ca and select “en Français” in the top right corner to learn more.

For more information on accessing healthcare in French in Nova Scotia, visit our partners Réseau Santé Nouvelle-Écosse. They offer resources, courses, as well as a listing of healthcare providers who provide services in French.



<https://reseausantene.ca/>



Follow us on Facebook

facebook.com/HealthPromotionMHA

Bookmark our website so you have the information nearby when you or a loved one need it most. We'll be here when you're ready.

Visit our website in French:

MHAhelpNS.ca/fr



You're not alone.

We're here to help.

Whether you or a loved one are looking to maintain mental wellness, working towards recovery or experiencing a crisis, the Mental Health and Addictions program is here for you.



MHAhelpNS.ca