

Additional Supports and Contacts



Nova Scotia

Help Line

Live Chat at ns.211.ca
Text **211**

- Seeking information about community and social services in your community or across the province.
- Experiencing unmet social or human needs, and want to connect with organizations able to meet those needs. Community Resource Navigators will refer people to the resources, programs, and services needed most.
- Free and confidential. Available 24/7 in over 100 languages.



Mental Health and Addictions Program

Intake Service
1-855-922-1122

- Provides Triage, Screening, and Navigation for Mental Health and Addiction Programs offered through Nova Scotia Health.
- No referral needed to call.
- Trained clinicians help determine what services and supports best meet the caller's needs, whether provided by Mental Health and Addictions or another community provider.
- The call may take 30 minutes. Caller **may** be asked for their Health Card Number.
- Available Monday-Friday, 8:30 a.m. to 4:30 p.m. Confidential voicemail is available evenings, weekends, and holidays.



1-800-668-6868
Text **CONNECT** to
686868

- Needing one-to-one support for your mental health and well-being, as a young person. Available through phone, text, and online.
- Offers professional counselling, information and referrals by trained volunteers.
- Available in English and French.
- Free and confidential. Available 24/7.



Mental Health and Addictions Program

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

- Needing support to manage a mental health or addictions crisis.
- Seeking timely phone crisis support and a safe space to talk.
- Trained clinicians ask questions to develop a plan to manage the crisis, or connect the callers to the right services to address their needs.
- Calls take up to 30 minutes.
- Available 24/7 to all ages across Nova Scotia.
- Free and confidential.



Emergency-Fire-Police

- When your health, safety, or safety of others is immediately at risk and you need help right away.
- The operator will connect you to the fire, police or ambulance services you need.
- No charge to call from any phone, including pay phones, and cell phones without a cellular plan.

Non-Urgent

Urgent

Crisis

Emergency