

## Mental Health and Addictions Resources for Indigenous People in Nova Scotia

### Central Zone (Halifax area, Eastern Shore, and West Hants)

Organization	Contact Information	Location	Services Provided
Dalhousie Indigenous Student Centre	(902) 494 3875	1321 Edward Street, Halifax	Open to all Dalhousie students, the Indigenous Student Centre offers drop in spaces to study, traditional smudging indoors and access to plant medicines, support with an Elder, financial awards, and ongoing events and programming. Programs range from cultural activities to networking opportunities, educational, and information sessions to on & off campus referrals.
Every One Every Day	(902) 420 1576	2021 Brunswick Street, Suite 209, Halifax	A project of Mi'kmaw Native Friendship Centre, Every One Every Day brings together people from different parts of the North End neighbourhood to create and learn from one another. These projects involve sharing spaces, skills, and resources. They range from batch cooking and community meals, getting outside to explore the neighbourhood, sharing cultural knowledge and traditions, as well as making, crafting, building, repairing, and much more.
Mi'kmaw Native Friendship Centre	(902) 420 1576	2021 Brunswick Street, Suite 209, Halifax	The Mi'kmaw Native Friendship Centre is a nonprofit, board governed organization that currently operates nine core programs. It is one of the one hundred and nineteen Friendship Centres across Canada and opened its doors in 1973. The mission for MNFC is to provide structured, social based programming for urban Aboriginal people while servicing as a focal point for the urban aboriginal community to gather for a variety of community functions and events. Some of their programs and services include but are not limited to family resource programs, employment and skills training, Jordan's Principle, community programming, Atelihai Inuit program, addictions services, Mi'kmaq language, Aboriginal academic access post-secondary, housing support, and victim support navigator.

**Eastern Zone (Cape Breton, Antigonish, and Guysborough area)**

<b>Organization</b>	<b>Contact Information</b>	<b>Location</b>	<b>Services Provided</b>
Eskasoni Community Health Centre	(902) 379 3200	44 Spencer's Lane, PO Box 7745, Eskasoni	The Eskasoni Health Centre provides the following health services: primary care including family physicians, a nurse practitioner, support staff, visiting specialist and a Pharmacy staffed by two full time pharmacists and two Pharmacy technicians. The following health programs and services are also available: community health nursing, maternal child health, head start, diabetic clinic, nutrition, home and community care, primary care, pharmacy services, liaison interpreter, administration, and medical transportation.
Eskasoni Mental Health	(902) 379 2910	4555 Shore Road, Eskasoni	Eskasoni Mental Health Services provides a wide range of services to the Mi'kmaq people of Eskasoni, Cape Breton, Nova Scotia. The Tui'kn Residential School Survivor Team provides services to all 5 Unama'ki communities. Their mission is to provide high quality mental health and addiction services, across the lifespan, that are culturally appropriate, community based, and community led. They aim to achieve excellence in mental health and addiction service delivery by working as individuals, as a team, and as a community to create healthy people and a healthy community.
Eskasoni Mi'kmaq Crisis Line	1 (855) 379 2099	Eskasoni	A mental health crisis line offered 24 hours a day, 7 days a week.
Jane Paul Indigenous Women's Resource Centre	(902) 539 5890	440 George Street, Sydney	The Jane Paul Indigenous Women's Resource Centre is a nonprofit organization providing a variety of supports and services to Indigenous women who found themselves living in Sydney, off reserve and away from community resources, many of whom found themselves in high-risk situations experiencing violence, homelessness, poverty, addiction, mental health struggles, involvement with different agencies, disruption of family life, and/or experiencing involvement with the criminal justice system. They provide

			harm reduction products, programming, mental health services, life enhancing resources, cultural ceremonies and teachings, skills development, and educational and employment skills to provide a safe environment for clientele. The prevention model of the Jane Paul Indigenous Women's Resource Centre includes a Mi'kmaq traditional component to help guide and protect Indigenous women and girls.
Mawita'mk Society	(902) 756 2992	33 Subdivision Road, Whycocomagh	Mawita'mk is a nonprofit registered charitable society. They value and support the gifts of people with disabilities and our youth. They strive to see that they receive services and supports within their cultural community.
Membertou Health and Wellness Home	(902) 564 6466 ext. 2440	107 Membertou Street, Membertou	The Membertou Wellness Home delivers programs in heart disease/hypertension, smoking cessation, healthy weight, crisis prevention/intervention, mental health, prenatal, diabetes foot care, addictions services, dental therapy, chronic disease, home and community care, and respiratory illness. All programs encourage a healthy lifestyle and are offered through monthly information sessions, groups, and one on one counselling. Programs are available to anyone in the community requesting these services.
Mi'kmaq Family Healing Center	(902) 756 3440	Whycocomagh	Mi'kmaw Family Healing Centre is one of two shelters in Nova Scotia designed to serve First Nation People. Our culturally relevant holistic programming is available to all First Nation men, women, and children who have experienced family violence. They provide protection, safety, shelter and basic life necessities to women and children, 24-hour crisis support telephone line, support and information to women, men, and children to enable them to develop and maintain a healthy and violence free lifestyle, individual and group support, outreach, referral and follow up to other social services programs, and community education in family violence intervention, treatment, and prevention.

Mi'kmaq Lodge Treatment Centre	(902) 379 2267	70 Gabriel Street, Eskasoni	Our goal is to enhance physical, spiritual, emotional, and social issues caused by alcohol and drug misuse. We provide our First Nations Communities with current best practices and community based culturally relevant programs which are delivered by certified addictions counsellors.
Native Alcohol and Drug Abuse Counselling Association of Nova Scotia (NADACA)	(902) 379 2262	70 Gabriel Street, Eskasoni	NADACA programming is designed to deal with all aspects of substance abuse, i.e., alcohol abuse, illicit drug abuse, prescription drug abuse, and solvent abuse. Our mandate is to provide accredited certified Indigenous addictions prevention, education, outreach, community, and in patient wellness programming to the First Nation population.
Native Council of Nova Scotia	(902) 567 1240	235 Charlotte Street, Unit 1, Sydney	The Native Council of Nova Scotia is the self-governing authority for the large community of Mi'kmaq/Aboriginal peoples residing off reserve in Nova Scotia throughout traditional Mi'kmaq territory. Their goal is to operate and administer a strong and effective Aboriginal Peoples Representative Organization that serves, advocates, and represents the community.
Paqtnkek Health Centre	(902) 386 2048	128 Saqamaw Road, Afton Station	Dedicated and caring staff at the Paqtnkek Health Centre support a variety of community health promotion, education, and prevention programs. The centre provides primary health care services for adults and children, such as immunizations, home health care and prenatal instruction to anyone in need. Additional professional service personnel visit the Paqtnkek Health Centre regularly offering services such as foot care, family support, legal aid, women's supportive services, social and family support workers and a field worker from NADACA are available.

Potlotek Health Centre	(902) 535 2961	264 Sitmuk Road, Chapel Island	The Potlotek Health Centre provides the following health services: referrals, addiction services, travel assistance for medical appointments, journey to healing program, diabetes prevention worker, NADACA field counsellor, home care, once a week doctor service, foot care nurse, and case management.
Tajikeimkij	1 (844) 381 7779	90 San'tele'sew Anti, Suite 305, Membertou	Tajikeimik is the new and developing health and wellness organization being created to lead health transformation for Mi'kmaq communities in Nova Scotia. The health transformation process will build on, grow, and evolve the health and wellness services and programs used by Mi'kmaq people in Nova Scotia, with a focus on high quality, culturally safe and holistic approaches. The Chiefs and Health Directors from the 13 First Nations in Nova Scotia have long been working in their communities, and with Mi'kmaw organizations, to address gaps in health services and improve wellness.
Theresa Cremo Memorial Health Centre	(902) 756 2156	93 Reservation Road, Whycocomagh	The Theresa Cremo Memorial Health Centre provides the following services: home and community care, dietician services, clinical therapists, addiction services, public health, primary care, palliative care, and lab services.
Tiana Fusco Counselling Services	(902) 754 4632	174 Archimedes Street, New Glasgow	Tiana provides private and confidential in person and virtual counselling services to adults through Nova Scotia.
Union of Nova Scotia Mi'kmaq	(902) 539 4107	90 San'tele'sew Awti, Suite 201, Membertou	The Union of Nova Scotia Mi'kmaq offers several health-related services and programs aimed at creating and maintaining a healthy and vibrant Mi'kmaq nation, such as: Jordan's Principle, mental wellness services, Aboriginal diabetes initiative, dietician services, home and community care, and Mi'kmaq cancer care strategy.

Union of Nova Scotia Mi'kmaq Mental Wellness Team	(902) 539 4107 ext. 209	90 San'tele'sew Awti, Suite 201, Membertou	The Union of Nova Scotia Mi'kmaq Mental Wellness Team provides case management and service navigation for First Nations persons of all ages seeking mental wellness services. They work in collaboration with relevant community and provincial organizations to facilitate access to existing mental health services, and we hope to create improved linkages between existing services and community organizations. This team works in each of the five Unama'ki (Cape Breton) communities, and Paqtnkek (Antigonish County).
Wagmatcook Health Centre	(902) 295 2755	75 Humes Rear W Loop, Wagmatcook	The Wagmatcook Health Centre provides the following services: primary care, community health nurse, social worker, dietician, and mental health and addictions services.
We'koqma'q Health and Wellness Department	(902) 756 2156	93 Reservation Road, Whycomomagh	The department provides an array of services including home and community care, dietician services, clinical therapists, addictions services, public health, primary care, palliative care, and lab services. The department is also actively involved in the Tui'kn partnership and works collaboratively on larger initiatives such as health information data, mental health, and research projects.
<b>Northern Zone (Colchester East Hants, Cumberland, and Pictou areas)</b>			
<b>Organization</b>	<b>Contact Information</b>	<b>Location</b>	<b>Services Provided</b>
Eagles Nest Recovery House	(902) 758 4277	44 Eagles Nest Avenue, Sipekne'katik	Their goal is to enhance physical, spiritual, emotional, and social issues caused by alcohol and drug misuse. They provide our First Nations Communities with current best practices and community based culturally relevant programs which are delivered by certified addictions counsellors.

Millbrook Family Healing Centre	(902) 893 2987	Truro	Millbrook Family Healing Centre is one of two shelters in Nova Scotia designed to serve First Nation People. Our culturally relevant holistic programming is available to all First Nation men, women, and children who have experienced family violence. They provide protection, safety, shelter and basic life necessities to women and children, 24-hour crisis support telephone line, support and information to women, men and children to enable them to develop and maintain a healthy and violence free lifestyle, individual and group support for women, men and children, outreach services to women, men, and children, referral and follow up to other social services programs, and community education in family violence intervention, treatment, and prevention.
Millbrook Health Centre	(902) 895 9468	812 Willow Street, Truro	The Millbrook Health Centre provides health services to Millbrook Band members, First Nations people who reside at Millbrook First nation and community members. Services provided include primary health care, nursing services, dental services, and mental health counselling, as well as some addiction services and social support.
Nova Scotia Native Women's Association	(902) 893 7402	835 Willow Street, Truro	Develops and delivers programs promoting equal opportunity for Indigenous women, 2SLGBTQQIA+ people, and their families.
Pictou Landing Health Centre	(902) 752 0085	19 Maple Street, Trenton	Provides health services to Pictou Landing First Nation community members including mental health counselling.
Sipekne'katik Health Centre	(902) 758 2063	601 Church Street, Indian Brook	The Sipekne'katik Health Centre has many programs available for its community to benefit from, including adult primary health care services, prenatal classes and services, parent programming, maternal child health services, public health protection, mental health, and addictions services.

Tajikeimkij	1 (844) 381 7779	4 Stanley Johnson Street, Millbrook	Tajikeimkij is the new and developing health and wellness organization being created to lead health transformation for Mi'kmaq communities in Nova Scotia. The health transformation process will build on, grow, and evolve the health and wellness services and programs used by Mi'kmaq people in Nova Scotia, with a focus on high quality, culturally safe and holistic approaches. The Chiefs and Health Directors from the 13 First Nations in Nova Scotia have long been working in their communities, and with Mi'kmaw organizations, to address gaps in health services and improve wellness.
The Confederacy of Mainland Mi'kmaq	(902) 895 6385	57 Martin Crescent, Truro	The CMM is a Tribal Council incorporated in 1986 as a not-for-profit organization under the Societies Act of Nova Scotia. They offer a variety of health and social services such as the Aboriginal Diabetes Initiative, Fetal Alcohol Spectrum Disorder Program, First Nations Health Services Program, Health and Social Services, Jordan's Principle, Mental Wellness, and Resolution Health Support Program. To provide mental health and wellness services to 7 of the member communities including the following: helping clients navigate the provincial and federal mental health systems, offering emotional support to clients, professional letters of support to gain access to services, individualize client care plans and providing mental health workshops for community.
Tiana Fusco Counselling Services	(902) 754 4632	174 Archimedes Street, New Glasgow	Tiana provides private and confidential in person and virtual counselling services to adults through Nova Scotia.



**Western Zone (Annapolis Valley, South Shore, and South West)**

<b>Organization</b>	<b>Contact Information</b>	<b>Location</b>	<b>Services Provided</b>
Acadia First Nation Community Health Centre	(902) 742 4337	24 Reserve, Yarmouth	Acadia First Nations Health mission is to provide health programs and services to assist communities and its members to achieve physical, mental, emotional, and spiritual health through health promotion, traditional teachings, education, disease prevention activities, partnerships, and health services.
Annapolis Valley First Nation Health Centre	(902) 538 1444	640 Ratchford Road, Cambridge	The Annapolis Valley First Nation Health Centre is made up of a Community Health Nurse, NADACA Prevention Counselor, Community Based Water Monitor and a Receptionist.
Glooscap First Nation Health and Healing Centre	(902) 684 0165	157 Smith Road, Hantsport	Programs offered include Aboriginal Head Start, home and community care, Brighter Futures, health promotion, Community Health Promotion and Injury/Illness Prevention, Building Health Communities and Mental Health Management, Canadian Prenatal Program, Aboriginal Diabetes Initiative, Maternal Child Health, Mi'kmaq Physical Activity Leadership Program.

**All Zones**

<b>Organization</b>	<b>Contact Information</b>	<b>Location</b>	<b>Services Provided</b>
Hope for Wellness Help Line	1 (855) 242 3310	Canada	Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced and culturally competent Helpline counsellors can help if you want to talk, are distressed, have strong emotional reactions and/or are triggered by painful memories. Phone and chat counselling is available in English and French, and on request, phone counselling is also available in Cree, Ojibway, and Inuktitut.

Indian Residential Schools Crisis Line	1 (866) 925 4419	Canada	The Indian Residential Schools Crisis Line is available 24 hours a day for anyone experiencing pain or distress because of their residential school experience.
Indian Residential Schools Resolution Health Support Program	1 (866) 925 4419	Canada	All former Indian Residential School students, regardless of the individual's status or place of residence in Canada, who attended an Indian Residential School listed in the 2006 Indian Residential Schools Settlement Agreement, are eligible to receive services from the Residential Health Support Program. Resolution Health Support Program Services are safe, confidential, respectful, and nonjudgmental. You can access emotional and crisis referral services by calling their 24/7 National Crisis Line.
Kids Help Phone	1 (800) 668 6868	Canada	Kids Help Phone is Canada's only 24/7, national support service. They offer professional counselling, information and referrals and volunteer led, text-based support to young people in both English and French. Whether by phone, text, mobile app or through their website, you can connect with them whenever and however you want.
Nova Scotia Health Mental Health and Addictions Intake Service	1 (855) 922-1122	Nova Scotia	If you need help with a mental health or addiction concern, our team is here to help. Monday to Friday, 8:30 a.m. to 4:30 p.m. (Tuesdays until 8:00 p.m.) Voicemail evenings, weekends, and holidays.
Provincial Mental Health and Addictions Crisis Line	1 (888) 429 8167	Nova Scotia	A mental health crisis line offered 24 hours a day, 7 days a week.