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Newcomer Community Wellness Project

Mental Health & Wellness Resources

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How to use this Guide

This guide was created to provide you with a list of free resources available within the community to support your mental health and wellbeing. There are two sections:

General Information

Get information about resources in Nova Scotia and Halifax from agencies providing a wide range of support services, including information and referrals.

Mental Health Resources

Get information about government, nonprofit organizations and private practitioners.

Interpreter Services

Some agencies provide interpreter services. A **blue *** indicates that interpreter services are available.

Emergency Numbers

Medical Emergency: 911

Mental Health Mobile Crisis Team

Halifax: 902-429-8167

Nova Scotia: 1-888-429-8167

Who can access these services?

All resources listed in this guide are available to permanent residents and Canadian citizens.

If you are a temporary resident (refugee claimant, temporary foreign worker or international student) you will need to contact the organization to see if services are available to you.

How do I access these services?

All organizations listed in this guide provide information on how to find specialized support for mental health and wellness concerns. You can call or visit their website.

For direct referrals to mental health services, talk to your family doctor.

Where are these services located?

Most of the resources listed are located in the Halifax area, including Cole Harbour, Dartmouth, Halifax, and Bedford/Sackville. Some of these organizations also provide services throughout Nova Scotia.

What is Mental Health?

Mental health is a balance in your emotional, psychological, social and spiritual wellbeing. People who have good mental health are more connected with family, friends and their community. Good mental health helps you to cope with stress in your daily life and to face new challenges.

The mental health of immigrants is often affected by the stress of the settlement process: unfamiliarity with the new surroundings, limited networks of support such as family and friends, limited language skills and not knowing how to navigate the system. You may find that feelings of distress are affecting various areas of your life and that they increase over time. Stress may also increase previous mental health problems. Addressing settlement stress is the best thing you can do to keep you and your family mentally healthy.

How do you know that you or someone else is having mental health difficulties? This list includes common signs of mental health problems. Get help if you or your loved ones experience any of these for more than a few weeks, or if they are causing difficulties in everyday life:

- Difficulty sleeping and having low energy during the day
- Loss of interest in activities or people; becoming quiet, withdrawn, isolated
- Changes in eating habits (eating less than usual or eating more than usual)
- Getting easily angry, or having severe mood swings
- Constant feelings of helplessness, sadness or worry
- Having trouble with concentration and memory
- Experiencing frequent stomach aches or headaches
- Drinking alcohol or using drugs to deal with stress or mental health problems
- Missing days from school or work because of drinking alcohol or using drugs
- Being in debt and having family problems because of gambling
- Frequent family conflict situations

If you are concerned about your mental wellbeing talk to your family doctor. Get support from someone you trust like a friend or family member. You can also talk to someone from one of the agencies listed in this guide.



General Information

A **blue** * indicates that interpreter services are available.

General Information and support services for adults, families, children and seniors.

Government Information Lines

Available in Halifax & Nova Scotia

- **Community & Social Services:** 211 *
www.ns.211.ca
- **Municipal Services** in Halifax and surrounding areas: 311 *
- **Non-Emergency Health Information:** 811
- **Emergency:** 911 *
- **Find a Family Physician:** 1-855-444-4415
www.novascotia.ca/dhw/physicians

Settlement Services

Available in the Halifax area

- **ISANS:** 902-423-3607 *, www.isans.ca
- **YMCA Centre for Immigrant Programs:** 902-457-9622 *
www.ymcahrm.ns.ca/Locations/YMCACentreforImmigrantPrograms.aspx
- **African Diaspora Association of the Maritimes (ADAM):** 902-404-3670
www.adamnns.ca
- **Immigration Francophone Nouvelle-Ecosse:** 902-433-2028
www.immigrationfrancophonene.ca
- **Halifax Refugee Clinic** (for refugee claimants): 902-422-6736 *
www.halifaxrefugeeclinic.org

Mental Health Resources

A **blue** * indicates that interpreter services are available.

Mental Health & Addictions

Addictions and mental health services for children, youth, adults and seniors

Available in the Halifax area

- **IWK Mental Health/Addictions** for children & youth under 19 years: 902-464-4110 *
Toll Free in NS: 1-888-470-5888 *
www.iwk.nshealth.ca/mental-health
- **Addictions Program** for adults: 902-424-8866 *
www.cdha.nshealth.ca/addictions-program
- **CDHA Senior's Mental Health:** 902-473-7799 (Halifax) *
902-464-6054 (Dartmouth) *
www.cdha.nshealth.ca/mental-health-program/our-programs-services/seniors-services
- **Community Mental Health Offices** provide services for adults who are experiencing mental health problems or mental illness:
 - Bayer's Road: 902-454-1400 *
 - Bedford/Sackville: 902-865-3663 *
 - Dartmouth: 902-466-1830 *
 - Cole Harbour: 902-434-3263 *
 - West Hants: 902-792-2042 * (for all ages)www.cdha.nshealth.ca/mental-health-and-addictions

Available throughout Nova Scotia

- **Nova Scotia Mental Health Services:** www.novascotia.ca/help
- **Nova Scotia Addictions Services:** www.novascotia.ca/dhw/addictions/addiction-services-offices.asp

Help Lines

Available in Halifax & Nova Scotia

- **Mental Health Mobile Crisis** - 24/7 information and short-term mental health crisis management for children, youth and adults: Halifax area: 902-429-8167 *
Toll free in Nova Scotia: 1-888-429-8167

Available throughout Nova Scotia

- **YMCA – YREACH Program** - to find the settlement service near to you: 902-497-7760

Community Health Teams

Available in the Halifax area & West Hants

Community Health Teams offer free health and wellness programs for individuals and families as well as individual information on community and government services through a wellness navigator: 902-460-4560 *
www.communityhealthteams.ca

Hants Health & Wellness Teams: 902-460-4560 *
www.healthandwellnessteam.ca

Family Support

Available in the Halifax area

- **Bayer's/Westwood Family Resource Center:** 902-454-9444
www.bayerswestwoodfrc.com
- **Fairview Family Center:** 902-443-9569
www.ffcns.ca
- **Dartmouth Family Center:** 902-464-8234
www.dartmouthfamilycentre.ca
- **Parent Resource Centre:** 902-492-0133
- **Veith House:** 902-453-4320
www.veithhouse.com
- **Family SOS:** 902-455-5515
www.familysos.ca
- **Chebucto Family Centre:** 902-479-3031
www.homeoftheguardianangel.ca
- **Parents and Children Together:** 902-434-8952
www.parentsandchildrentogether.info

- **Nova Scotia Early Childhood Development Intervention** 902-423-8010, www.nsecdis.ca
- **Bullying Helpline** - by Halifax Regional Police for students being bullied and parents who have concerns about bullying: 902-490-7283
www.antibullying.novascotia.ca/resources

Available throughout Nova Scotia

- **Canadian Mental Health Association Nova Scotia Division** - information and support to improve the mental health of children, youth and adults, and support for persons living with mental illness: 902-466-6600, Toll free: 1-877-466-6606
www.novascotia.cmha.ca
- **Family Resource centers in Nova Scotia** www.nscouncilfamily.org/parenting
- **Shelter Safe** - a directory of shelters for women experiencing domestic abuse. Shelters offer information, counselling, referrals or a safe place to stay for women experiencing domestic violence.
www.sheltersafe.ca

Information for Seniors

Available in Halifax & Nova Scotia

Although seniors can access the other resources listed in this section, these offer services specifically for seniors.

- **Seniors Information VON:** 902-454-5755
- **Positive Aging Directory:** www.novascotia.ca/seniors/positive_aging_directory.asp

- **Kids Help Phone** - 24 hour information and counselling services for children and youth as well as online counselling services: 1-800-668-6868, www.kidshelpphone.ca

Support Groups & Services

Available in Halifax & Nova Scotia

- **Laing House Peer Support Group** - programs and support for youth (ages 16-29) living with a mental illness: 902-425-9018, www.lainghouse.org
- **Youth Project** - support and programs for LGBTQ (Lesbians, Gay, Bisexual, Transgender, Queer) youth (under 25) focusing on issues surrounding gender identity and sexual orientation: 902-429-5429, www.youthproject.ns.ca
- **Pride Health** - health information and support for LGBTQ youth and adults 902-473-1433
www.cdha.nshealth.ca/pridehealth
- **YWCA** - support services for women and girls: 902-423-6162, www.ywcahalifax.com
- **Canadian Mental Health Association** - information and support to improve the mental health of children, youth and adults, and support for persons living with mental illness: 902-455-5445 (Halifax) 902-466-6600 (Dartmouth)
Find the office near you in NS: www.cmha.ca
- **Self-Help Connection** - list of self-help and support groups in Nova Scotia. 902-466-2011, www.selfhelpconnection.ca
- **Healthy Minds Cooperative** - information, education, advocacy, and support for people living with a mental illness and their families: 902-404-3504
www.healthyminds.ca

Free Counselling Services

Available in the Halifax area

- **Phoenix Prevention** offers individual and

family therapy for youth aged 12-19: 902-444-3400

- **Avalon Sexual Assault Centre** - individual counselling services to women and trans individuals (age 16+) who have experienced sexual assault, abuse, or harassment: 902-422-4240
www.avaloncentre.ca
- **Halifax Refugee Clinic** - individual counselling services for refugee claimants and asylum seekers: 902-422-6736 *
www.halifaxrefugeeclinic.org
- **Canadian Paraplegic Association, Nova Scotia** - support and counselling services to individuals with mobility disabilities, as well as families and friends: 902-423-1277
Toll free in NS: 1-800-889-1889
www.thespine.ca

Paid Counselling Services

Private Practitioners - psychologists, social workers, counsellors or physiotherapists are independent practitioners that offer counselling services to address mental health and wellbeing concerns. They provide a wide range of individual, couple and family counselling services. You do not need a doctor's referral.

Find a private mental health specialist in Nova Scotia:

- **Psychologists:** www.psychologist-find.ca/nova-scotia--psychologists.html
- **Counsellors:** www.nscct.ca/directory
- **Social Workers:** www.nsasw.org

Family Service Association - 902-420-1980
Toll free in NS: 1-888-866-5552

When paying for services visit several professionals before making a decision. Ask about their fees and if they have sliding scale (your income will help to determine your fee).

Employees may have access to the Employee Assistance Program or supplementary health care plan, which could cover fees. Talk to your supervisor or Human Resources manager.