





This list is not an exhaustive list but merely meant to give you an overview of some of the many services available to you. Please do not hesitate to reach out to the counsellor at NSCAD or [211](tel:211).

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Family Friends and Helpers Lifeline

No Physical Location
Phone (24 hours, operators guaranteed on-call from 11 am to 6 am):
1-877-330-6366
Email: contact@translifeline.org
<https://translifeline.org/>

Trans led peer support for friends, partners, family members, and professionals supporting trans loved ones and community members. Call the Trans Lifeline and ask for the family and friends line. The operator will arrange a callback time for you.

Lifeline

Phone (24 hours, operators guaranteed on-call from 11 am to 6 am):

1-877-330-6366

Email: contact@translifeline.org

<https://translifeline.org/>

A peer support phone service run by trans people for trans and questioning peers.

House of Goddesses and Junos Centre

1443 Seymour Street, Halifax NS B3H 3M6

Phone: 902-494-2432

Email: outreach@southhousehalifax.ca

<https://southhousehalifax.ca>

A trans-and queer-positive space that offers a resource centre, library, and free meeting space for woman-positive and anti-oppression organizing and gathering.

2281 Brunswick Street, Halifax, NS B3K 2Y9

Phone: 902-429-5420 Fax: 902-423-7735

Email: carmel@youthproject.ns.ca

www.youthproject.ns.ca

Provides support and services to LGBTQ2S+ youth, 25 and under, around issues of sexual orientation and gender identity.

ABUSE SERVICES

BRYONY HOUSE

Phone (24-hour crisis line, call or text): 902-422-7650

Phone (main shelter line): 902-423-7183

Fax: 902-429-0954

Email: staff@bryonyhouse.ca

<https://bryonyhouse.ca>

Bryony House provides emergency shelter for emotionally and/or physically abused women and their children or assists those who do not wish to stay at the shelter to find future housing options. The shelter offers counselling, women's programs for residents, referrals to community agencies, and follow-up services with former residents.

CYBERSCAN

Phone: 902-424-6990

Toll Free: 1-855-702-8324

<https://novascotia.ca/cyberscan/>

The Intimate Images and Cyber-Protection Act aims to discourage people from bullying others online or by text or email, and from sharing intimate images of someone without their consent. If you believe you are the victim of cyberbullying or that an intimate image of you was shared without your consent, Cyberscan can help.

NON-VIOLENCE HOTLINE

Phone (available 24 hours): 1-833-900-1010

Email: hotline@ccteht.ca

<https://www.canadianhumantraffickinghotline.ca>

A confidential, multilingual service that connects victims and survivors of human

trafficking to law enforcement, emergency shelters, transition housing, long-term supports, counsellors, and a range of other trauma-informed services. The public can call to discuss potential cases of human trafficking, safety planning, and reporting options. Call the hotline, use the chat function on the website, send an email, or submit a tip through the website. Interpretation available in more than 200 languages and accessibility for deaf, hard of hearing, and non-verbal individuals.

<https://sheltersafe.ca>

An online resource to help women and their children seeking safety from violence and abuse. The clickable map serves as a fast resource to connect women to the nearest shelter that can offer safety, hope, and support.

Phone: 902-490-5300

<http://www.halifax.ca/re-police/police/>

programs-services/victim-services-Halifax The Victim Services Unit of Halifax Regional Police is a police-based victim support unit. The Unit was established in 1996 to provide supportive services to victims of crime, with particular emphasis on victims of domestic violence. The Unit is comprised of civilian employees and volunteers who work with police members. Victim services specializes in supporting victims of domestic violence, sexualized violence, and serious crimes.

ADDICTIONS SERVICES

A -A

Various locations

Phone: 902-466-7077

Toll-free: 1-888-425-2666

Email: AIS.HFX.NS.AREA91@gmail.com

www.freewebs.com/alanonmaritimes

Meeting details: <https://www.alanonmaritimes.ca/district-7>

Meeting details: <https://www.alanonmaritimes.ca/district-11>

Al-Anon/Alateen Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Al-Anon is a non-profit organization. There are no dues for membership. Meetings are anonymous and confidential.

G I M B L E R S A N O N Y M O U S

Lutheran Church-2096 Windsor Street,
Windsor & Allan Streets Halifax, N.S.

Phone: 902-252-3132

<http://www.gamblersanonymous.org/ga/addresses>

Holds 12-step meeting support groups for people living with gambling problems.

G I M B L E R S A N O N Y M O U S

Phone (24 hour support line):

1-888-347-8888

Text Support (24 hours): 902-700-7702

TTY: 711

<https://gamblingsupportnetwork.ca>

A 24-hour free counselling service for those with gambling problems. If you are unable to attend a meeting, please contact us for more information.

A A H A L I F A X

Various locations

Phone (24-hour phone line): 902-461-1119

Email: help.AAHalifax@gmail.com

www.aahalifax.org

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

ADDICTIONS SERVICES

CENTRAL NOVA AREA

Phone: 902-789-8326 Toll Free (automated meeting information): 1-800-205-8402
Email: centralnovaarea@gmail.com
<https://www.centralnovaarea.ca/>
A group of men and women who meet regularly to help each other stay drug free.

NOVA HAMPSHIRE AREA

Various locations and services
Phone: 1-855-922-1122
24 hours, real people Monday-Friday
8:30am-4:30pm

ADULT CHILDREN OF ALCOHOLIC AND OTHERWISE DYSFUNCTIONAL FAMILIES

Calvin Presbyterian Church-3311 Ashburn Ave., Halifax NS B3L 4C3
Email: nadinecarlton2000@yahoo.ca
https://adultchildren.org/nd-a-meeting-contact/?conf_number=881
A 12-step program to help adult children recover from being raised by alcoholic or otherwise dysfunctional families.

SEX ADDICTION AND RECOVERY

3 Dundas St., Dartmouth NS B2Y 2T6
Phone: 1-800-477-8191
Email: halifxsaa@gmail.com
<https://saa-recovery.org/>
Offers weekly meetings for people to share their experience, strength, and hope and help others to recover from sex addiction.

QUIT LINE

Barrington Tower-1894 Barrington St., Halifax NS B3J 2A8
Quit Line: 811 (Please indicate that you are calling about the Tobacco Free program)
Text-based Motivational Messaging: 1-902-700-7700 (Text SMOKEFREE to the number to enroll)
TTY: 1-800-670-8888
Offers personalized and non-judgemental support to individuals who want to stop smoking and stay smoke-free. Services include quit line, motivational messaging, secure chat with a counsellor, online forums, quit pack, and other website resources.

African Nova Scotian Brotherhood
1018 Main St., Dartmouth NS B2W 4X9
Phone: 902-407-8809
Fax: 902-434-6544
Email: nsabsw@gmail.com
<http://nsabsw.ca/>
Provides professional development opportunities, seminars, and workshops about social work-related projects and programs geared towards persons of African descent. Also provides support, advocacy, and counselling services to the African Nova Scotian community.

Black Cultural Centre of Nova Scotia
10 Cherry Brook Rd., Dartmouth NS B2Z 1A6
Phone: 1-800-465-0767
Fax: 902-434-2306
Email: contact@bccns.com
<http://www.bccnsweb.com>
Protects, preserves and promotes the history and culture of African Nova Scotians

Health Action Committee
10 Cherry Brook Rd., Dartmouth NS B2Z 1A6
Phone: 902-405-4222
Email: info@haac.ca
<http://haac.ca>
Addresses African Canadian health issues and the system inequities affecting health through community engagement, education, policy recommendations, partnerships, and research participation.

Nova Scotia Black Men's Health League
5521 Duffus St., Halifax NS B3K 2M5
Phone: 902-434-0824
Email: nsbrotherhood@nshealth.ca
<https://www.facebook.com/Nova-Scotia-Black-Mens-Health-League-102349201441990>
A volunteer peer-to-peer support group for Black men to spread key health messages to other men in the community through social and physical activities. Promotes the health and wellness services of the Nova Scotia Brotherhood health care team.

Black Men's Health Initiative
5521 Duffus St., Halifax NS B3K 2M5
Phone: 902-434-0824
Email: nsbrotherhood@nshealth.ca
<http://www.nsbrotherhood.ca>
Provides Black men with gender-specific and culturally-appropriate primary health care services to improve access to health care such as health promotion, primary medical care, chronic disease management, navigating community resources, and community group connections. Health professionals available include a family doctor, wellness navigator, registered nurse, and a dietician.

African Nova Scotia

1741 Brunswick St., 3rd floor,

Halifax NS B3J 2R5

Phone: 902-434-5555

Toll Free: 1-866-580-2672

Fax: 902-424-7189

Email: ansa@novascotia.ca

<https://ansa.novascotia.ca>

Works with the provincial government on matters involving African Nova Scotian issues, policies, and programs. Works within the community to keep African Nova Scotians informed and encourages involvement. Takes a key role in community initiatives and brings African Nova Scotians together to network, share ideas, and identify opportunities for development and growth.

PauseNECHC

No physical location

Phone: 1-800-598-5270

Email: pause@nechc.com

<https://www.facebook.com/PauseNECHC>

Offers free telephone counselling sessions for Nova Scotians of African Ancestry. They can help with grief, relationship issues, anxiety, and situational crisis. Please note: this service is not for emergency situations and they do not offer medication reviews, diagnosis or referrals to formal mental health services.

DISABILITY SERVICES

AUTISM

5945 Spring Garden Rd, Halifax NS B3H 1Y4
Phone: (902) 446-4995
Toll-free in NS: 1-877-544-4495
Email: info@autismns.ca
<http://www.autismnovascotia.ca>
Provides information, resources, programs, and services to the autism community while helping families and professionals across the province access resources and quality information about autism spectrum disorders (autism).

BRAIN INJURY

615 Windmill Rd., Unit 3,
Dartmouth NS B3B 1B6
Phone: 902-422-5000
Toll Free: 1-833-452-7246
Email: info@braininjuryns.com
<https://braininjuryns.com>
Provides programs, education, recovery support, and advocacy for brain injury survivors and their families.

CNIB

6136 Almon Street, Halifax NS B3K 1T8
Phone: 902-453-1480
Toll free: 1-800-563-2642
Email: nsfoundationprograms@cnib.ca
<https://cnib.ca>
Offers community-based services and advocacy for individuals impacted by blindness.

HEARING AID

No physical location
Phone: 902-455-3888
<http://www.nshearing.ca>
Serves the hearing healthcare needs of Nova Scotia. Provides hearing aids for low-income adults who meet the eligibility criteria. The website also provides information on hearing loss and on hearing aids.

LEARNING DISABILITIES (LDANS)

167 Portland St, Dartmouth NS B2Y 1J2
Phone: 902-423-2850
Fax: 902-423-2834
Email info@ldans.ca
<http://www.ldans.ca/>
The mission of LDANS is to advance the education, employment, legal rights, social development and general well-being of people with learning disabilities. The LDANS Resource Centre provides information, advocacy and referral services, and publications and videos are available for loan.

DISABILITY SERVICES

N E A D S
(NEADS)
Rm. 514 Unicentre, Carleton University,
Ottawa, ON K1S 5B6
Phone: 613-380-8065
Toll Free: 1-877-670-1256
Fax: 613-369-4391
Email: info@neads.ca
<http://www.neads.ca>

The National Educational Association of Disabled Students (NEADS) is a consumer organization with a mandate to encourage the self-empowerment of post-secondary students and graduates with disabilities. NEADS advocates for increased accessibility at all levels so that students with disabilities may gain equal access to a college or university education, which is the right of everyone.

N E I L S Q U I R E
5475 Spring Garden Rd., Suite 504,
Halifax NS B3J 3T2
Phone: 902-240-1538
Email: ns.info@neilsquire.ca
<https://www.neilsquire.ca/>

Offers a variety of services such as employment programs, computer tutoring programs, and assistive technology programs. Many services available virtually.

R E A C H A B I L I T Y
3845 Joseph Howe Dr., Suite 201,
Halifax NS B3L 4H9
Phone: 902-429-5878
Toll Free: 1-866-429-5978
Email: info@reachability.org
<https://www.reachability.org/>
Provides supportive and accessible programs that build capacity for inclusion and equalize the playing field for people facing barriers.

EMPLOYMENT SERVICES

A

B **C**

180 White Point Rd., Liverpool NS B0T 1K0

Phone (APTEC manager):



811 H

Phone (toll free): 811 or 1-866-770-7763

TTY: 711 <https://811.novascotia.ca>

Telephone access to a registered nurse who can give advice and information concerning general health issues and questions. Individuals can also obtain information about services available in their community. Available in English and French. Interpretation in other languages available through a 3rd party service.

C C

5826 South Street, Halifax NS B3H 1S6

M A I N L I N E N E E D L E E X C H A N G E

5511 Cornwallis Street Halifax, NS B3K 3B4
Phone: (902) 423-9991
Central Outreach: 902-830-3853
Toll free: 1-877-904-4555
www.mainlineneedleexchange.ca
Supporting people who use substances through harm reduction programs such as: needle exchange, counselling, anonymous testing, and assistance navigating resources.

M A T R I C E

109 Ilsley Ave, Unit 1,
Dartmouth NS B3B 1S8
Phone: 902-468-8230
Toll Free: 1-800-268-7582
Fax: 902-468-5328
Email: info.atlantic@mssociety.ca
<https://mssociety.ca>
Provides a variety of services including peer support, education, advocacy, and self-help groups.

<https://novascotia.ca/ticksafety/>

Information on how to reduce your risk, check for ticks, safely remove and dispose of a tick.

N O V A S C O T I A ' S A B O R T I O N C O U N S E L L I N G C E N T R E

4276 South Park Street, Halifax NS B3H 2Y9
Phone (Provincial self-referral line):
1-833-352-0719
<http://www.nshealth.ca/abortion>
The provincial self-referral line provides information about accessing medical and surgical abortions at the QEII and other locations across the province. Women can work with the referral line to learn more about accessing services closer to home. Experienced staff can provide accurate information and compassionate counselling to assist in making a decision that is right

INDIGENOUS SERVICES

A

2158 Gottigen St., Halifax NS B3K 3B1

Phone: 902-420-1576

Fax: 902-423-6130

<http://mymnfc.com>

Offers a supportive environment for fellow Inuit and their families in the Maritimes.

Services include children's programs, traditional clothing workshops, Drum Dance and Throat Singing lessons, and navigating social support services.

H

to B3K 3B1, Services include (1) 902-420-1576, 902-423-6130, 76

INDIGENOUS SERVICES

M'ikmaq N'f
2158 Gøttigen St., Halifax NS B3K 3B1
Phone: 902-420-1576
Fax: 902-423-1576
<http://mymnfc.com>
Provides structured, social-based programming and serves as a focal point for the community to gather for a variety of functions and events.

M'ikmaq L
129 Truro Heights Rd.,
Truro Heights NS B6L 1X2
Phone: 902-895-1738
Fax: 902-893-7680
Email: ncns prenatal@eastlink.ca
<https://www.ncns.ca/program-services/mikmaq-language-program/>
Preserves, protects and encourages the use of the Mi'kmaq language. The Mi'kmaq Language Program maintains a language resource library of printed and audio material, provides Mi'kmaq translation services, and develops and publishes Mi'kmaq language learning materials, among other services. Access available to all Aboriginal and non-Aboriginal Peoples who are interested in the Mi'kmaq language.

N I M
M I P
G - L
No physical Address
Phone (Toll free available 24/7):
1-844-413-6649
<http://www.mmiwg-ffada.ca/aftercare-services>
Phone line provides support for anyone who requires emotional assistance related to missing and murdered Indigenous women and girls. Support available in English,

LEGAL SERVICES

D L A

2209 Gottingen Street, Halifax NS B3K 3B5

Phone: (902) 423-8105

Fax: (902) 422-8067

Email: legalaids@dal.ca

www.law.dal.ca/dlas

Dalhousie Legal Aid accepts people whose income and assets put them below Statistics Canada poverty line. Cases are limited to social assistance; landlord tenant and subsidized housing; custody, access, maintenance and peace bonds; young offender conviction cases from Nova Scotia Legal Aid; human rights complaints; police and school board complaints; mental health; Nova Scotia Power and debtor/creditor; as well as child and adult protection.

D -A-L

Phone: 902-420-1888

Dial-A-Law is a program offering general legal information on a wide variety of topics using brief, tape-recorded messages in everyday language. Dial-A-Law is open 24 hours a day and the only cost is if you are calling long distance.

C M H A (CMHA)
Halifax Branch: 2020 Gottingen St. Suite 100, Halifax NS B3K 3A9
Phone: 902-455-5445
Fax: 902-455-7858
Email: cmhahal@ns.aliantzinc.ca
www.cmhahalifaxdartmouth.ca

Supports resilience and recovery/well-being of people living with mental illness. Offers social programs and support services as well as information, resources, referrals, and advocacy in a space that is safe, inclusive, and respectful.

C
5657 Spring Garden Rd., Halifax NS B3J 1H4
Phone: 902-496-3186
<https://mha.nshealth.ca>

A recovery-focused program that provides supports and opportunities to adults living with mental illness such as schizophrenia, or bipolar disorder, and who also experience substantial functional challenges in their day-to-day lives. Services include improving life skills such as cooking and budgeting, finding employment, making friends, and providing treatment, medication and symptom monitoring.

D G G
No Physical Location
Phone: 902-818-9139
Email: info@nshpca.ca
[Http://nshpca.ca](http://nshpca.ca)
Provides an online listing of grief and bereavement supports in Nova Scotia.

E
Abbie J. Lane Memorial Building-5909 Veterans Memorial Lane, Halifax NS B3H 2E2
Phone: 902-473-2976
Fax: 902-473-3456
Email: EarlyPsychosisProgram@nshealth.ca
<https://medicine.dal.ca/departments/departments-sites/psychiatry/research/early-psychosis/about.html>

Supports young people, between the ages of 15 and 35, who are experiencing their first episode of psychosis with specialized, community focused, provincial mental health programs.

E D C : N. HA
5909 Veterans Memorial Lane, Halifax, NS B3H 2E2
Phone: 902-473-6288
Fax: 902-473-6282
<https://mha.nshealth.ca/en/services/eating-disorder-program>
The Capital Health Eating Disorder Clinic is dedicated to helping people overcome anorexia nervosa and bulimia nervosa. A doctor's referral is required.

SEXUAL ASSAULT SERVICES

Avalon Centre

1526 Dresden Row, Suite 401,
Halifax NS B3J 3K3

Phone: 902-422-4240

Fax: 902-422-4628

Email: info@avaloncentre.ca

www.avaloncentre.ca

Avalon is a non-profit organization dedicated to strengthening and empowering survivors (16 years of age and older) of sexual assault and childhood sexual abuse and non-offending parents of sexually abused children. The ultimate goal is to work toward the prevention of sexual assault and abuse. Call for an appointment.

Emergency Nurse-Examiner

SANE 24-hour response line: 902-425-0122

SANE Administration of care (available Monday-Friday, 8:30am-4:30pm):

902-422-6503

Email: sane@avaloncentre.ca

<http://avaloncentre.ca/services/sexual-assault-nurse-examiner/>

Provides physical, emotional, and medical support after a sexual assault. Open to people of all genders (including trans-identified people) and all ages who have experienced a sexual assault in the past 7 days.

Halifax Newstart

45 Alderney Drive, Suite 900,
Dartmouth, NS B2Y 2N6

Phone: 902-423-4675

Fax: 902-431-3033

Email: newstart@eastlink.ca

<https://www.newstartcounselling.ca/other-programs>

Free Counselling for men who have experienced sexual assault.

Men's Support Group

5435 Portland Place, Suite 200,
Halifax NS B3K 6R7

Phone: 902-832-1593

Fax 902-832-0061

Email: thepeoplescounsellingclinic@gmail.com

<http://thepeoplescounsellingclinic.ca>

A professionally led support group for male-identified victims of sexual abuse and violence, over the age of 19. This group is a welcoming and safe space for GBTIQ, African Nova Scotia, Aboriginal, and other men representing diverse communities. The group meets on the first and third Wednesday evenings of the month, or virtually on the second and fourth Wednesday of the month. Please contact for times and for an initial intake prior to your first meeting.

Halifax Support Line

Phone (call or text): 1-902-425-1066

The phone line offers confidential, anonymous, non-judgemental, active listening and support to anyone who has experienced or has been affected by sexualized violence. Calls are taken from 12 pm to 12 am, 7 days a week. The phone line is operated by the Dalhousie Student Union.



IN
ITY