

# Outreach Resource List

*Youth/Adults*

**211** - is a free, confidential information and referral service that can connect you to thousands of programs and services offered by local community groups, nonprofits and government departments across Nova Scotia, 24/7.

## Virtual/Phone Counselling (free)

- **Wellness Together Canada** - 1-866-585-0445 OR Immediate crisis support - text WELLNESS to 741741 - [www.wellnesstogether.ca](http://www.wellnesstogether.ca)
- **Humanest** - (group support services) [humanestcare.com](http://humanestcare.com)
- **Therapy Assistance Online (TAO)** - [taoconnect.org/what\\_is\\_tao/ns](http://taoconnect.org/what_is_tao/ns)
- **Mindwell U** - [app.mindwellu.com/novascotia](http://app.mindwellu.com/novascotia)
- **Togetherall** - [www.togetherall.com](http://www.togetherall.com)

## Mental Health

- **Mental Health and Addictions Services Intake (Provincial)** – 1-855-922-1122
- **Mental Health Services (Colchester/East Hants)** - 902-893-5526
- **Mental Health Crisis Service (Truro)** - 902-896-2606
- **Provincial Crisis Line** - 1-888-429-8167
- **Canadian Mental Health Association** – resource list - <https://novascotia.cmha.ca/find-help/>
- **Anxiety Canada** - [anxietycanada.com](http://anxietycanada.com) (resources and anxiety plan/course)
- **Archway Counselling (paid)** - 902-893-3991
- **Hope for Mental Health** - 902-465-2601, 1-888-429-8167 (crisis line)
- **Mental Health Innovations (NS) Peer Support** - [info@peersupportns.ca](mailto:info@peersupportns.ca)
- **Eating Disorders NS** - 902-229-8436 - [info@eatingdisordersns.ca](mailto:info@eatingdisordersns.ca)
- **Mood Disorders Society of Canada** - 1-613-921-5565 - [info@mdsc.ca](mailto:info@mdsc.ca)
- **Couch of Hope** – 902-707-4414 - <https://couchofhope.com/>
- **Healthy Minds Cooperative** - Weekly Free Activities and Support Groups, <https://www.healthyminds.ca/eventscalendar?view=calendar&month=12-2021>

## Addictions

- **Addiction Services (Community Programs)**
  - **Truro** - 902-893-5526
  - **Elmsdale** - 902-893-0259
- **Addiction Services (Detox)**
  - **Pictou** - 902-485-4335
  - **Springhill** - 902-597-8647
- **Opiate Treatment Program (BMO Building)** - 902-893-4776
- **Alcoholics Anonymous** – 902-986-0785
- **Breaking Free** - (NS Service code: NSBF021) 1-833-325-1338, [breakingfreeonline.ca](http://breakingfreeonline.ca)
- **Gambling Support Network** - 1-888-347-8888, text GSN to 902-700-7702 - [gamblingsupportnetwork.ca](http://gamblingsupportnetwork.ca)

## First Responders

- **First Responders Mental Health** (e-counselling) - [firstrespondersmentalhealthns.com](http://firstrespondersmentalhealthns.com)
- **Landing Strong** (group based) - 902-472-2972
- **ACCESS NS** - 1-800-670-4357
- **New Pathways (PTSD Support Group)** - 902-462-2957
- **Critical Incident Stress Management Team of the Fire Services Association of NS** - 902-424-5721 - [www.nsfirecism.ca](http://www.nsfirecism.ca) - [ofm@novascotia.ca](mailto:ofm@novascotia.ca)

## LGBTQIA2s

- **Simply Good Form (Canadian Consultancy)** - [simplygoodform.ca](http://simplygoodform.ca)
- **Trans Lifeline (Crisis Support)** - 1-877-330-6366
- **First Love Yourself (FLYNS) (Peer Support)** - [transhfx@gmail.com](mailto:transhfx@gmail.com) - [transhfx.com/home](http://transhfx.com/home)
- **Egale** - 416-964-7887 - [egale.ca](http://egale.ca) (resources, awareness, education)
- **Nova Scotia Rainbow Action Project (NSRAP)** - [nsrap@nsrap.ca](mailto:nsrap@nsrap.ca) - [nsrap.ca/about/gender-sexuality-training](http://nsrap.ca/about/gender-sexuality-training)
- **PFLAG Truro** - Ella Porter - [trurons@pflagcanada.ca](mailto:trurons@pflagcanada.ca)
- **Pride Health** - (NS Health Authority) - [nshealth.ca/content/pridehealth](http://nshealth.ca/content/pridehealth)
- **Halifax Pride** - [halifaxpride.com](http://halifaxpride.com)
- **The Youth Project** - 902-429-5429 ext. 230 - [carmel@youthproject.ns.ca](mailto:carmel@youthproject.ns.ca)

## Caregiver Support

- **Caregivers NS** - 1-877-488-7390 - [www.caregiversns.org](http://www.caregiversns.org) - [halifax@caregiversns.org](mailto:halifax@caregiversns.org)
- **Alzheimer's Society of NS - Caregiver Support** - 1-800-611-6345 - [alzheimer@asns.ca](mailto:alzheimer@asns.ca)

## Youth/Families

- **Maggie's Place** - 902-895-0200 - [colchester@maggiesplace.ca](mailto:colchester@maggiesplace.ca)
- **East Hants Family Resource Centre** - 902-883-4349 - [info@ehfrc.com](mailto:info@ehfrc.com)
- **Phoenix Youth Shelter** - 902-446-4663
- **Alateen (Al-Anon)** - 1-888-425-2666
- **Strongest Families Institute** - 1-855-922-1122 - [strongestfamilies.com](http://strongestfamilies.com) (anxiety)
- **Autism NS** - Mikayla Emmerton - 902-814-4106 - [truro@autism.ca](mailto:truro@autism.ca)
- **Colchester Children's Aid and Family Services** - 902-893-5950
- **Kids Help Phone** - 1800-668-6868 or text TALK to 686868
- **Bullying Canada** - 1-877-352-4497
- **Black Youth Helpline** - 1-833-294-8650 - [info@blackyouth.ca](mailto:info@blackyouth.ca)
- **Naseeha Youth Helpline** - 1-866-627-3342 - [info@naseeha.net](mailto:info@naseeha.net)
- **Love Nova Scotia** - 902-429-6616 - [info@lovenovascotia.ca](mailto:info@lovenovascotia.ca)
- **Boys and Girls Club (Truro & Colchester)** - 902-895-5008

## Housing/Food Banks

- **Haven House Shelter (Truro Housing Outreach Society)**- 902-843-2538
  - Stephanie Watson - 902-956-3750 ([housing@trurohomeless.ca](mailto:housing@trurohomeless.ca))
- **Lavers House (men)** - 902-893-7226
- **Third Place Transition House** - 1-800-565-4878 (support line), 902-893-4844 (office)
- **Metro Turning Point (men)** - 902-420-3282
- **Phoenix Youth Shelter** - 902-446-4663
- **Colchester Food Bank** - 902-893-4566
- **Salvation Army Food Bank** - 902-893-3042
- **Tatamagouche Food Bank (Gospel Hall)** - 902-657-3366
- **Caring and Sharing Food Bank (Enfield)** - 902-471-4733 (Enfield Legion)
- **St. Vincent De Paul** - (grocery vouchers/furniture) 902-897-0222
- **Souls Harbour Rescue Mission** - (hot meals) - 902-843-7685
- **Tenancy Board** - 1-800-670-4357
- **Veteran's Emergency Transition Services** - 1-888-228-3871 - [vetscanada@gmail.com](mailto:vetscanada@gmail.com)

- **The Marguerite Centre (women)** - 902-876-0006 - [programarguerite@eastlink.ca](mailto:programarguerite@eastlink.ca)

## Resource Centres

- **Lotus Centre (Central Nova Women's Resource Centre)** - 902-895-4295 - [admin@lotuscentre.net](mailto:admin@lotuscentre.net)
- **Maggie's Place** - 902-895-0200 - [colchester@maggiesplace.ca](mailto:colchester@maggiesplace.ca)
- **East Hants Family Resource Centre** - 902-883-4349 - [info@ehfrc.com](mailto:info@ehfrc.com)
- **New Start Counselling** – 902-423-4675, <https://www.newstartcounselling.ca/>
- **Bridges** - 902-897-6665 - [bridges@bridgesinstitute.org](mailto:bridges@bridgesinstitute.org)

## Sexual Health

- **Truro Sexual Health Centre** - 902-956-1550
- **Aids Coalition of NS** - 1-800-566-2437 - [acns@acns.ns.ca](mailto:acns@acns.ns.ca)

## Trauma

- **After Trauma Empowerment Network** - Margaret Mauger - 902-758-3967 - [atenns.ca](mailto:atenns.ca) - [info@atenns.ca](mailto:info@atenns.ca) (free counselling/wellness centre in Shubie)
- **Colchester Sexual Assault Centre** - 902-897-4366, [www.colchestersac.ca](http://www.colchestersac.ca)
- **Avalon Sexual Assault Centre** – 902-422-4240, <https://avaloncentre.ca>
- **The People's Counselling** – 902-832-1593, <http://www.thepeoplescounsellingclinic.ca>

## Organizations

- **Adult Protection - Continuing Care** - 1-800-225-7225
- **Victim Services** - 1-800-565-1805
- **CALA (Adult Learning)** - 902-895-2468 or 902-895-2464
- **Hospice Colchester East Hants** - 902-893-3265, <https://cehhospice.org/grief-bereavement/>
- **Hospice Halifax** – 902-446-0929, <https://hospicehalifax.ca/>
- **Lions Club** - 902-893-4773
- **Department of Community Services** - 902-893-5950
- **Veterans Affairs Canada** - 1-800-268-7708

## Newcomers to Canada

- **YREACH** - (Maggie's Place - Truro) - [Karen.Kittilsen@halifax.ymca.ca](mailto:Karen.Kittilsen@halifax.ymca.ca) - 902-899-4573
- **Immigrant Services Association of NS** - 1-866-431-6472 - [info@isans.ca](mailto:info@isans.ca)

## BIPOC

- **Mi'kmaw Family and Children's Services**
  - Indian Brook - 1-800-263-8686
  - Eskasoni - 1-800-263-8300
- **Mi'kmaw Family Healing Centre** - 1-800-565-4741
- **Native Council of NS** - 902-895-1738 (community support counsellor)
- **Mi'kmaw Native Friendship Centre** - 902-420-1576
- **Indian Residential Schools Resolution Health Support Program** - 1-866-414-8111 (toll free), 1-866-925-4419 (crisis line)
- **MMIWG** - 1-844-413-6641 (crisis line)
- **Hope for Wellness (First Nations)** - 1-855-242-3310 - [hopeforwellness.ca](http://hopeforwellness.ca)
- **Alsusti Aboriginal Crisis & Counselling** - 1-844-694-1382 - [alsusti.com](http://alsusti.com)
- **Association of Black Social Workers** - 1-855-732-1253 - [office@nsabsw.ca](mailto:office@nsabsw.ca)
- **Health Association of African Canadians** - 905-405-HAAC - [info@haac.ca](mailto:info@haac.ca)
- **African Nova Scotian Affairs** - 1-866-580-2672 (ANSA) - [ANSA@novascotia.ca](mailto:ANSA@novascotia.ca)
- **Black Youth Helpline** - 1-833-294-8650 - [info@blackyouth.ca](mailto:info@blackyouth.ca)
- **Naseeha Youth Helpline** - 1-866-627-3342 - [info@naseeha.net](mailto:info@naseeha.net)

## Employment

- **FutureWorx** - Truro - 902-893-6859, Elmsdale - 902-883-7010
- **Autism NS** - 902-814-4106 - [truro@autismns.ca](mailto:truro@autismns.ca) (Mikayla Emmerton)

## Pets

- **Pet Pantry NS** - Gary Hussey - [ghussey@spcans.ca](mailto:ghussey@spcans.ca)  
[www.novascotiaspca.ca/community/petpantry/](http://www.novascotiaspca.ca/community/petpantry/) (pet food and supplies)

## Healthcare

EHS - Non-emergency patient transfer - 1-888-346-9999



