



**Nova Scotia
College of Art
and Design**

Community Resources

ABUSE

Avalon Sexual Assault Centre

Suite 304, 1526 Dresden Row, 4th Floor, Halifax, N.S. B3J 3K3
Tel. (902) 422-4240 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.

Bryony House Halifax Transition House Association

3358 Connaught Ave, Halifax, NS, B3L3B5
Phone: 429-9002; 422-7650 (Crisis Line)
Fax: 429-0954
<http://www.bryonyhouse.ca> info@bryonyhouse.ca

Bryony House provides emergency shelter for emotionally and/or physically abused women and their children. The shelter offers counselling, women's programs for residents, referrals to community agencies, and follow-up services with former residents.

Family Service Association of Halifax Regional Municipality

Suite 401, Young Tower, 6080 Young St., Halifax, NS, B3K 5L2
Phone: 420-1980; toll-free: 1(888)886-5552; Fax: 423-9830
<http://fshalifax.com> Email: admin@fshalifax.com

The Family Service Association provides family, couple, group and individual counselling to persons concerned with a wide variety of issues including parenting, coping with loss, violence against women and sexual abuse. The association provides training and consultation services to community agencies. Fees are arranged in accordance with a client's ability to pay.

National Hotline for Victims or Bystanders of Human Sex Trafficking: 1-833-900-1010

This hotline is available 24 hours a day, run by the Canadian Centre to end Human Trafficking. If you know of an incidence of human sex trafficking, please report it.

Sexual Assault and Harassment Phone Line: 1-902-425-1066

The phone line offers 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 Dalhousie Student Union.

Victim Services

Phone: 490-5300
<http://www.halifax.ca/fire-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.

ADDICTIONS SERVICES

Addiction Prevention and Treatment Services (affiliated with Capital Health)

Office: Room 187, The Purdy Building

The Nova Scotia Hospital

300 Pleasant Street

Dartmouth, NS B2Y 3Z6

* In-take line (1st time callers): 424-8866

Fax: 424-0627 Phone: (toll-free): 1-866-340-6700

<http://www.cdha.nshealth.ca/> (search site for "addiction prevention")

The Addiction Prevention and Treatment Services Division supports prevention, treatment and rehabilitation programs throughout the province. Specific services include treatment, rehabilitation, and education programs. Call (902) 424-8866 for in-take (first time callers).

Al-Anon/Alateen Family Groups

P.O. BOX 153 (located in the North Woodside Community Centre at 230 Pleasant St)

Dartmouth, NS B2Y 3Y3

Phone: 466-7077; toll-free: 1(888) 425-2666

www.freewebs.com/alanonmaritimes Email: AIS.HFX.NS.AREA91@gmail.com

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.

Alcoholics Anonymous

Districts 1&2 Central Service Committee

P.O. BOX 31338

Halifax, NS B3K 5Z1

Phone: 461-1119

www.aahalifax.org Email: help.AAHalifax@gmail.com

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.

Gambling Support Network

<https://gamblingsupportnetwork.ca>

A 24-hour free counselling service for those struggling with gambling addiction.

Narcotics Anonymous (Canadian Atlantic Region of Narcotics Anonymous)

Phone: 902-789-8323/ 1-800-205-8402 (meeting info. line)

www.carna.ca Email: contact@carna.ca

DISABILITIES SERVICES

Autism Nova Scotia

5945 Spring Garden Rd, Halifax, NS B3H 1Y4
Phone: (902) 446-4995 Toll-free in NS: 1-877-544-4495
<http://www.autismnovascotia.ca> Email: info@autismns.ca

Autism Nova Scotia is a non-profit association located in Halifax, Nova Scotia. We are a professionally run Centre that provides 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 Association of Nova Scotia

P.O. Box 8804
Halifax, NS B3K 5M4
Phone 473-7301 Fax 473-7302
<http://braininjuryns.com>

The Brain Injury Association of Nova Scotia is a non-profit organization whose mission is to promote and contribute to an environment in Nova Scotia which is responsive to the needs of all persons affected by brain injury and which results in brain injury prevention.

Learning Disabilities Association Nova Scotia (LDANS)

167 Portland St, Dartmouth, NS B2Y 1J2
Phone: 423-2850
Fax: 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.

Schizophrenia Society of Nova Scotia

5571 Cunard Street, Unit 1, Halifax, NS, B3K 1C5
Phone: (1-800)465-2601 (Toll-free in Nova Scotia Only)
Fax: 465-5479
Email ssns@ns.sympatico.ca
www.ssns.ca

Schizophrenia Society Nova provides support and information to those coping with schizophrenia. Each of the chapters in the province holds monthly support meetings where families and consumers can find caring individualsto listen, encourage, guide and share practical coping strategies.

LGBTQ+ SERVICES

Gay Alcoholics Anonymous

Gay "Live and Let Live"

Mondays at 8:00 p.m. downstairs at St. Matthew's Church (South entrance, down steps next to Government House).

On Barrington St. at the foot of Spring Garden Rd. Halifax, NS

Phone: 461-1119

Gay and Lesbian Hotline

Phone (902) 429-5429

The hotline provides counselling, support, education and social services to gay and lesbian persons 25 years of age and under.

LGBTQ Youth Project

2281 Brunswick Street, Halifax, NS B3K 2Y9

Phone 902 429 5429

Fax 902 423 7735

youthproject@youthproject.ns.ca

www.youthproject.ns.ca

Grief/ Loss Understanding Survivors

106 Johnson Crescent

Lower Sackville, NS B4C 3A5 Phone: 865-3607

Understanding Survivors, a self-help group, is made up of family members and friends of individuals who have committed suicide. Help is given to help work through the grieving process. All contacts are confidential and anonymity is respected.

South House Gender Justice Centre

1443 Seymour Street, Halifax, NS B3H 3M6

Phone: (902) 494-2432

outreach@southhousehalifax.ca

<https://southhousehalifax.ca>

Hours: Monday - Friday, 10 am - 2 pm

Trans Life Line

Trans led peer support offering direct service, material support, advocacy and education. Peer support hot line available from 11 am to 5 am: 1-877-330-6366

General inquiries: contact@translifeline.org

HEALTH/SUPPORT SERVICES

(see also "Mental Health")

Cancer Connections

5826 South Street, Suite 1

Halifax, NS B3H 1S6

Phone (toll free): 1(888) 939-3333

<http://www.cancer.ca>

Cancer Connections, part of the Halifax unit of the Canadian Cancer Society, is a one-to-one emotional support group for cancer patients and their families. Volunteers who have had cancer are matched with persons of similar age, diagnosis, or treatment (if possible).

Eating Disorders Clinic:

5909 Veterans Memorial Lane

Halifax, NS, B3H 2E2

Phone: 473-6288

The Capital Health Eating Disorder Clinic is dedicated to helping people overcome anorexia nervosa and bulimia nervosa. A doctor's referral is required.

Halifax Sexual Health Centre

(formerly known as Planned Parenthood Metro Clinic)

* No drop-ins (by appointment only)

Phone: 455-9656

e-mail: info@halifaxsexualhealth.ca

www.hshc.ca

Provides services in the areas of birth control, sexuality, pregnancy, and reproduction. Free pregnancy testing, free condoms, abortion referral, pap smears, testing, anonymous HIV testing, counselling of sexual issues, and parenting information.

Health Information: 811

Mainline Needle Exchange

Needle exchange, counseling, anonymous testing.

5511 Cornwallis Street

Halifax, NS B3K 3B4

(902) 423-9991

www.mainlineneedleexchange.ca

LEGAL SERVICES

Dalhousie Legal Aid

2209 Gottingen Street, Halifax, NS, B3K 3B5

Phone: (902) 423-8105

Fax: (902) 422-8067;

www.law.dal.ca/dlas Email: legalaids@dal.ca

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 conflict 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.

Dial-A-Law

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. Phone: 420-1888

Legal Information Society of Nova Scotia

1663 Brunswick Street

Halifax, NS B3J 3Z6

Phone: 455-3135

1-800-665-9779

Fax: 455-3105

Email: lisns@legalinfo.org

<http://www.legalinfo.org>

The Society helps Nova Scotians to understand the law so they can have access to legal information, solve legal problems with informed choices, and act on their rights and responsibilities. The Society provides information, not advice. Services include a legal information line and lawyer referral service which is toll free in Nova Scotia.

MENTAL HEALTH

HRM's 24 hr Mental Health Mobile Crisis Team

429-8167 (toll free 1-888-429-8167)

Canadian Mental Health Association (CMHA)

Halifax Branch, 2020 Gottingen St. Suite 100, Halifax, NS B3K 3A9

Phone 455-5445 Fax 455-7858 Email: cmahal@ns.aliantzinc.ca www.cmahaldart.ca

The Canadian Mental Health Association provides: the promotion of good mental health, advocacy for improving mental health services, current and comprehensive information about mental health services, the "Among Friends" Social Club, and public education through their anti-stigma campaign.

CMHA Nova Scotia

45 Alderney Dr. Suite 200, Dartmouth, NS B2Y 2N6

Phone 466-6600 Toll free: 1 (877) 466-6606 (inside NS)

<http://www.novascotia.cmha.ca> /Email: cmhaNS@eastlink.ca

Connections Clubhouse

1221 Barrington St., Halifax, NS, B3J 1Y2

Phone: (902) 473-8692

Connections Clubhouse is a community support program for people with serious and recurring mental illness. They accept self referrals and referrals from anyone in the community.

<http://www.cdha.nshealth.ca/mental-health-program/programs-services/connections-clubhouse>

Early Psychosis Program

Abbie J. Lane Memorial Building, 5909 Veterans Memorial Lane, Halifax, NS B3H 2E2

Email: EarlyPsychosisProgram@nshealth.ca

Phone: 902-473-2976 Fax: 902-473-3456

At the Nova Scotia Early Psychosis Program (NSEPP), we help young people, between the ages of 15 and 35, who are experiencing their first episode of psychosis. Individuals can refer themselves.

<https://medicine.dal.ca/departments/department-sites/psychiatry/research/early-psychosis/about.html>

From Recovery to Discovery Peer Support Group Meetings

Every Thursday evening from 6:30 to 8:30 pm at Schizophrenia Society of Nova Scotia

5571 Cunard Street, Unit 1, Halifax, NS, B3K 1C5

The From Recovery to Discovery Peer Support Group is open to anyone affected by mental illness. The From Recovery to Discovery Peer Support Group is organized as a partnership between the Schizophrenia Society of Nova Scotia and the Health Minds Cooperative.

Good 2 Talk Helpline: 1-833-292-3698

Free, professional over-the-phone support and counselling for post secondary students in Nova Scotia

MENTAL HEALTH

Healthy Minds Cooperative

45 Alderney Drive
Suite 200
Dartmouth, NS, B2Y 2N6
Phone: (902) 404-3504 Email: hmnavigator@eastlink.ca

The Healthy Minds Cooperative is a grassroots not-for-profit organization whose mandate is to address vital matters identified by those who are living the experience of mental health issues/concerns, and/or brain disorders. www.healthyminds.ca

Laing House

1225 Barrington St.,
Halifax, NS, B3J 1Y2
Phone: (902) 425-9018 (call for a no-obligation, no-pressure tour)
Fax: (902) 422-6943
<http://www.lainghouse.org>

Laing House is a day centre that helps young people, 16 to 29 years, adjust to living with their psychotic or mood disorders. Its purpose is to help members regain control of their lives and move forward in their recovery. Laing House offers opportunities to gain life skills, makes social connections, and provides recourse to assist with employment and/or education. Peer support plays an important role in the program.

Mood Disorders Clinic

(Abbie J. Lane Hospital)
Phone: 473-2585 (referrals from mental health professionals and physicians only)

The clinic provides consultations on patients with primary severe mood disorders, followed by Psychiatrists in the Province, diagnostic clarification for family physicians regarding possible Bipolar disorder, and other services. They currently follow several hundred patients with severe recurrent mood disorders either alone or in collaboration with family physicians.

The Self-Help Connection

63 King Street
Dartmouth, NS B2Y 2R7
Phone: 466-2011 / 1(866)765-6639
Fax: 404-3205
Email: selfhelp@eastlink.ca
www.selfhelpconnection.ca/

The Self-Help Connection is a province-wide not-for-profit organization promoting self-help development in Nova Scotia. They provide an information and referral service that can help you find a self-help group. The Self-Help Connection has a self-help resource library with a wide range of books, newsletters, videos, and articles on various self-help issues.

EDUCATION

National Educational Association of Disabled Students (NEADS)

Rm. 514 Unicentre, Carleton University

Ottawa, ON, K1S 5B6

Phone: (613) 380-8065 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.

EMPLOYMENT/ASSISTANCE

Employment Support and Income Assistance

Department of Community Services

2131 Gottingen Street,

P.O. Box 2623, Halifax, NS B3J 3E4

(Income Assistance: 3rd Floor; Employment Support Services: 4th Floor)

Phone: 424-1980 Toll Free (in NS): 1 (877) 424-1177

Fax: 424-1990

<http://www.gov.ns.ca/coms>

Contact your local office to obtain information on whether you are eligible for social assistance.

TeamWork Bridge

7071 Bayers Rd. Suite 501

Halifax, NS B3L 2C1 Fax: (902)422-3992

Phone: (902) 422-8900

<http://www.teamworkbridge.org>

The Work Bridge offers persons with disabilities a wide range of employment facilitation and/or job development services: This includes assistance with resumes, contacts and job opportunities within Halifax Metro, interview techniques, and education resources etc. The Work Bridge feels it is crucial to support people with disabilities in achieving their employment goals from a realistic and success focused approach.