

2009

Harmful Involvement with Substances and/ or Gambling

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General Information

No one plans to become harmfully involved with alcohol, other drugs or gambling. Alcohol, drug use and gambling can be considered harmful when these behaviours cause physical, mental, social, legal and/or financial problems. Capital Health's Addiction Prevention and Treatment Services (APTS) has a range of services available should you decide to get help.

APTS helps individuals think about change and support them in making healthy choices. Our staff members are trained professionals who are here to offer caring and non-judgmental support along the way.

Community Resources

Addiction Prevention and Treatment Services, Capital Health



How to Access Services

Call our Central information and referral number at 902-424-8866 or toll-free 1-866-340-6700

To learn more, visit

www.cdha.nshealth.ca/services/addictionprevention

Community-Based Services

Visit one of our community locations to learn more about counselling, recovery groups, others affected groups, acupuncture, educational programs and more.

Other Programs

Withdrawal Management (Detox), an in-hospital program where individuals can safely withdraw from a harmful involvement with substances and/or gambling.

Withdrawal Management Day Service (Day Detox), a three-week (Monday-Friday) program providing education, counselling and care to individuals who have withdrawn, or may be experiencing, withdrawal, from alcohol and/or other substances.

Opiate Treatment Services is a program for individuals dependent on opiates. When combined with other means of support, it can help some people return to a more stable home, work and social life.

The Compass Program is a structured treatment program geared to clients who have successfully completed a withdrawal process. This group program runs Sunday to Thursday for four weeks. Clinician referral required.

Women's Treatment Services, especially geared to the needs of women who are concerned about their use of substances or their involvement with gambling.

Tobacco Intervention Program is for those concerned about their tobacco use. Please call 424-2025 to learn more.

Choices at the IWK offers in-patient and outpatient programs for individuals 13-19 years of age (470-6300).

For more information, go to: www.IWK.nshealth.ca (click on Care Services, then "Choices").

Self Help Groups in Metro

Al-Anon and Al-A-Teen 466-7077

Anonymous support group for family/friends of individuals with drinking problems.

www.Freewebs.com/alanonmaritimes/index.htm

Alcoholics Anonymous 461-1119

12-step support groups for individuals with drinking problems.

<http://aahalifax.org/>

Problem Gambling Help Line

(Toll Free) 1-888-347-8888

Professional counsellors provide support and resource information to callers, 24 hours per day, 7 days a week. Every call is confidential and callers may choose to remain anonymous.

Gamblers Anonymous (Toll Free) 1-888-347-8888

12-step support groups for individuals with gambling problems.

www.gamblersanonymous.org

Narcotics Anonymous 454-2913

12-step support groups for individuals with drug problems.
www.centralnovaarea.ca

Primary Care Withdrawal Management (Detox Units) in Nova Scotia:

Annapolis Valley Health (Middleton)
902-825-6828

Cape Breton District Health Authority (Sydney)
902-563-2040 or 563-2050

**Capital Health District (Halifax, Dartmouth, Hants
County, Eastern Shore)**
902-424-8866 or 1-866-340-6700

Cumberland Health Authority (Springhill)
902-597-8647

**Guysborough Antigonish Strait Health Authority
(Strait Richmond)**
902-625-3230 or 863-5393

Pictou County Health Authority (Pictou)
902-485-4335

South Shore Health (Lunenburg)
902-634-7325

Southwest Health (Yarmouth)
902-742-2406

**For more information about Addiction Services in
Nova Scotia: www.addictionservices.ns.ca (click your
area on the map).**

Or call your nearest Addiction Services office:

Yarmouth	902-742-2406
Kentville	902-679-2392
Lunenburg	902-634-7325
Middleton	902-825-6828
Antigonish	902-863-5393
Port Hawksbury	902-625-2363
Springhill	902-597-8647
Amherst	902-667-7094
New Glasgow	902-755-7017
Truro	902-893-5900
Sydney	902-563-2050

Looking for more health information?

Contact your local public library for books, videos, magazine articles and online health information.
For a list of public libraries in Nova Scotia go to [HTTP://publiclibraries.ns.ca](http://publiclibraries.ns.ca)

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Capital Health, Nova Scotia
www.cdha.nshealth.ca

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