



Addiction Prevention and Treatment Services, Capital Health

Information and schedules are available at www.cdha.nshealth.ca (click on Services)

All services are available free of charge with a valid NS Health card. Self-referral.

- **Withdrawal Management (Detox)** **424-5623**
Provides safe and effective detoxification from substances of abuse; education; counselling; and recovery planning to assist clients in achieving a healthy lifestyle. In-patient and day patient programs are available.
- **CORE (Community Oriented Recovery Environment)** **424-5623**
Provides immediate support and access to treatment – no waiting lists, no referral needed. Orientation Sessions are held every Tuesday and Thursday morning 9:00 a.m. to 12:00 p.m. Education, treatment discussion groups and groups for others affected are offered.
- **Counselling and Community Support Services** **424-5920**
Available to anyone who has been affected by their own or others' misuse of alcohol, other drugs, and/or gambling. Satellite offices are located throughout Capital Health.
- **Matrix Women's Services** **424-5920**
Provides workshops through CORE and the Halifax Counselling and Community Support Services Office.
- **CHOICES Adolescent Treatment Program** **424-4422**
Provides treatment services for 13-19 year-olds including day and residential programs, out-patient services and parent programs.

Al-Anon/Alateen

466-7077

Alcare Place

A 13 bed recovery home for men who are affected by addictions. You can self-refer at 423-9565.

Alcoholics Anonymous

461-1119

Eagle's Nest Recovery House (Shubenacadie)

1-902-758-4277 or toll free at 1-800-588-5954

Exodus House

A day program for women recovering from addiction and abuse. Call 876-0006 or 443-6287.

Freedom Foundation

A 10 bed home in Dartmouth for men who have completed Detox. You can self-refer at 466-0299.

Gamblers Anonymous

1-888-347-8888

Help Line

A 24-hour crisis line that also provides resource information. Call 421-1188.

Mainline Needle Exchange

423-9991

Mi'kmaq Lodge Treatment Center (Cape Breton)

1-800-565-4741

Mi'kmaq Native Friendship Center

For First Nations people 420-1576

Narcotics Anonymous

1-800-205-8402

Salvation Army Addictions and Rehabilitation

For men only. Can self-refer at 422-2363.

Self Help Connection

Current listings of self help groups in the area available. Call 466-2011.

The Marguerite Centre

Women recovering from abuse and addictions. Shelter, counselling and outreach programs available. Referral needed. Call 876-0006.