

Resources for Family Members

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Nova Scotia Hospital

Emergency and assessment 464-3114

Community Teams: Halifax County East 434-3263, Dartmouth 464-3116,
Bedford/Sackville 865-3663, Hants 792-2042

Abbie J. Lane Mental Health Services

473-2700

Mental Health Outpatient Department 473-2531

Mental Health Day Treatment Program 473-2500

Canadian Mental Health Association (CMHA)

Dartmouth 463-2187, Halifax 455-5445, Nova Scotia Chapter 466-6600. No
referral needed

Self Help Connection

Information on self-help groups in the area 466-2011

Schizophrenia Society of Nova Scotia

Support, information and resources for persons with schizophrenia and family
members. No referral needed 465-2601

Early Psychosis Family Support Meeting

Must have family member who is in the Early Psychosis Program. Referral
needed 464-5998

Survivors of Suicide

For persons who have lost someone to suicide. Group meets at St. Andrew's
United Church (Halifax) on the 2nd Wednesday of each month at 7:30 pm. To talk
to a support person call Mary at 429-1273

Help Line

A 24-hour crisis line and information resource 421-1188

Resources Online

www.gov.ns.ca/health/mhs

www.4therapy.com

www.cmha.ca

www.nami.org

www.psych.org

Mental Health Infosource

Medbroadcast.com

www.camhnet Center for Addiction and Mental Health (CAMH)

NIMH. US National Institute of Mental Health

www.ndmda.org (Depression and Bipolar disorder)

www.healingwell.com/depression

Early Psychosis Programs

www3.ns.sympatico.ca/ssns (Schizophrenia)

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