

Specialized Resources for Mental Health Consumers

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Nova Scotia Hospital (NSH)

464-3111

Emergency Psychiatric Services

Assessment/admission to Nova Scotia Hospital 464-3114

Child/adolescent 464-4110

Seniors Mental Health 464-3264

Cobequid Community Health Centre 869-6101

Abbie J. Lane 473-2700

QEII Emergency 473-3383

Community Mental Health Teams

Halifax County East 434-3263

Bedford/Sackville 865-3663

Mental Health Services Dartmouth 464-3116

Hants County 792-2042

Abbie J. Lane Out-patients Department 473-2531

Abbie J. Lane Day Hospital 473-2500.

These services provide follow-up care, many services and groups for persons with mental health problems. Referral needed.

Early Psychosis Program

A service offered to assess and treat anyone in his or her first episode of psychosis. Self-refer 464-5998

Mobile Crisis Intervention Service

Provides assistance to those in a mental health or social crisis. Crisis service 5 pm-1 am. (Wednesday-Sunday) 429-8167. Administration 9am-2.30pm. (Monday and Tuesday) 446-3469.

Help Line

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

Self Help Connections

A service to help access information on support groups 466-2011

Canadian Mental Health Association (CMHA)

Advocacy, information and resources for people with mental health issues. Nova Scotia Branch 466-6600, Dartmouth 463-2187, Halifax 455-5445.

Schizophrenia Society

Information and resources for people with schizophrenia and their families 465-2601 or 1-800-465-2601

Mi'kmaq Friendship Centre

Assists and supports First Nations people 420-1576

New Beginnings Clubhouse

Dartmouth 464-3588 referral needed

Clubhouse Connections

Halifax 473-8692 referral needed

Laing House

Community support centre for young adults with mental illness. Ages 17-24. Can self-refer 473-7743

Phoenix House

Resources and services for youth 420-0676

Among Friends Social Club

Social support group in Dartmouth, a program of the CMHA. Ask for Bev Cadham. Referral needed 466-2528

The Sharing and Caring Club

Recreational and social support in Halifax, a program of the CMHA 455-1057

Building Bridges.

Matches individuals with socially isolated persons in the community who have a mental illness (ages 19-65). Ask for Marguerite Murray. Referral needed 455-5445

Creative Spirit East

Volunteers work with disabled artists to help showcase their work 455-0001

Mental Health Action Research Connection

Community Research Group. Seeks to build partnerships with mental health consumers and research. Peer advocates 422-0553 or 473-4798.

North End Community Health Association

Groups and information sessions to deal with mental illness 422-5642 extension 5

Eating Disorder Clinic

QEII Health Science Centre, Abbie J. Lane Building. Referral needed 473-6288

Self Abuse Finally Ends (S.A.F.E.)

453-2507

Suicide Self-Help Group

(Sackville) ask for Judy 865-3607

Shared Society Group

For those suffering panic, anxiety and obsessive compulsive disorder. Ask for Bill 429-2961

Depression Peer Support Group

Ask for Julie 757-0138

Resources Available Online

www.gov.ns.ca/health/mhs

www.cmha.ca

www.nami.org

www.psych.org

www.camh.net Centre for addiction and mental health (CAMH)

US National Institute of Mental Health (NIMH) (type in at search command)

Medbroadcast.com (type in at search command)

www.4therapy.com

www.ndmda.org (Bipolar and Depression information)

www.healingwell.com/depression

Early Psychosis programs (type in at search command)

www3.ns.sympatico.ca/ssns (Schizophrenia) (type in at search command)

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WM85-0797 (02/2004)