

Mental Health and Addictions Services

NEED HELP NOW?

Mental Health Crisis Line
1-888-429-8167 (toll-free)

Kids Help Phone
1-800-668-6868 (toll-free)

Kids Help Phone Crisis Text Line
Text HOME to 686868

All Services Available 24 hours, 7 days a week

Or call 911 or go to your closest emergency department

You can check out Mental Health and Addictions Services by calling the number for your area listed below. Intake clinicians will ask you questions to help determine what services you need. This intake call may take 15 - 20 minutes and you will need your Health Card Number.

You can ask your Doctor about these services, other health care professionals or community agency that is aware of your concerns. Please note that some services may need a referral from a Doctor.

Annapolis Valley, South Shore, and South West Nova Scotia

- 1-877-334-3431 – South Shore
- 1-855-273-7100 – Annapolis Valley
- 1-844-380-4324 – South West

Colchester, East Hants, Cumberland and Pictou

- 1-844-855-6688

Cape Breton, Guysborough, and Antigonish

- 902-567-7951 – Cape Breton Area (Adult)
- 902-567-7731 – Cape Breton Area (Child and Adolescent)
- 1-888-291-3535 – Guysborough, Antigonish, and Strait Areas

Halifax Area, Eastern Shore, and West Hants

- Addictions: 902-424-8866 / 1-866-340-6700 (toll-free)
- Mental Health: 1-888-429-8167 (toll-free)

Patient and family feedback is very important to us.

We would like to invite you to send any comments or suggestions on how to improve this booklet to education.cancercare@nshealth.ca or feel free to call us at 1-866-599-2267.

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This pamphlet is for educational purposes only.

It is not intended to replace the advice or professional judgment of a health care provider.

If you have any questions, please ask your health care provider.