



1-800-307-1686

PEER SUPPORT PHONE SERVICE

Wednesday: 5:00 p.m. – 11:00 p.m.
Thursday: 5:00 p.m. – 11:00 p.m.
Friday: 5:00 p.m. – 11:00 p.m.
Saturday: 11:00 a.m. – 11:00 p.m.
Sunday: 11:00 a.m. – 11:00 p.m.

? What is the Peer Support Phone Service?

A toll-free telephone service that is a form of non-crisis social support. It is staffed by trained and experienced Peer Supporters.

Trained Peer Supporters use their lived experience with mental health or substance use challenges to inspire hope and empower others in similar situations by providing social and emotional support and connection.

? Who should call the Peer Support Phone Service?

This service will provide a safe space for adults (18+), couples, family and friends of all genders and sexual orientations who is feeling isolated, anxious, stressed or simply need someone to speak with who will listen with empathy and without judgement.

This service provides supportive conversation and listening for mental health concerns, and/or substance use concerns. Topics can include but are not limited to:

- Feeling lonely or isolated
- Experiencing emotional pain
- Grieving the loss of a loved one
- Feeling fearful or stress
- Substance use issues
- Experiencing stress following a recent event
- Concerned about the well-being of a loved one
- If you are having a bad day, and need a friendly, supportive ear

? Who wouldn't be eligible to phone the Peer Support Phone Service?

The Peer Support Phone Service is not a crisis service, anyone who is experiencing a mental health or addiction emergency should call the Provincial Mental Health and Addictions Crisis line at 1-888-429-8167 or 911.

This service is not intended as regular, consistent support and each call will be treated as a unique interaction.

Nova Scotians under the age of 18 should continue to reach out to the Kids Help phone at 1-800-668-6868, Text CONNECT to 686868, or visit <https://kidshelpphone.ca>.