

Nova Scotia Mental Health Crisis Line

24/7 – 1-888-429-8167

First Nations and Inuit Hope for Wellness Help Line

24/7 1-855-242-3310

Al-Anon & Alateen

Help for Family and Friends of Alcoholics
1-888-425-2666

Alcoholics Anonymous

Annapolis Valley meetings
902-691-2825

Narcotics Anonymous

Drug problem?
902-789-8323
1-800-205-8402 meeting info

Gamblers Anonymous

NS Hotline
902-252-3132

Gambling Help Line 24/7

1-888-347-8888

Tobacco Free Nova Scotia

811 or 1-866-366-3667

Pregnancy and Substance Use

1-877-439-2744

NSHA Mental Health & Addictions

Child, Youth, Adult and Older Adult – self referral
Withdrawal Management Services – self referral
Crisis Response Services – self referral

All services including **Crisis Response Services**

1-855-273-7110

Canadian Mental Health Association (CMHA) Nova Scotia

1-877-466-6606

Kings County Branch

Employment & Housing support
Education/Training programs
Peer support
Recreational Programming
902-679-7464

Annapolis County Satellite

1-877-466-6606

The Evangeline Club

Social & Recreational Programs, Peer Support
902-538-9349

Schizophrenia Society

Self Help Programs
Kings County Chapter
NS 1-800-465-2601

Peer Support Nova Scotia

902-698-1091

Brain Injury Association of NS

902-473-7301

Kingston Greenwood Mental Health Assn

MHFA Training Programs, Stigma Reduction, Community Conversations
902-765-3902

NS College of Counselling Therapists

902-225-7531

NS Association of Social Workers

902-429-7799

Association of Psychologists of NS

902-422-9183

Survivors of Abuse Recovering

- SOAR
902-679-7337 or
1-877-679-SOAR (7627)

CAST Nova Scotia

Suicide Prevention Education, Resources
1-877-466-6606

Maternal Mental Health

Support and Resources to Improve Mothers' Mental Health
1-877-466-6606

Beacon Program

Psychosocial Rehabilitation
902-678-8361

Eating Disorders NS

902-840-1495
902-691-2319
[Facebook](#)

Pregnancy Helping Tree

Trans County Transportation Society
902-665-1212

Kings Point to Point Rural Transit Services
902-681-2846

Kings Transit Fully Accessible Bus
1-888-546-4442

Transit

Alexander Society for Inclusive Arts
902-582-3888

The Portal (Youth Outreach & Support) 902-365-3773

Chrysalis House Children's Programs
1-800-264-8682

Child Abuse
1-866-922-2434

Big Brothers/Big Sisters
902-678-8641

Appletree Landing Children's Centre
902-582-3086

Valley Youth Project (Gender Identity/Sexual Orientation)
valleyyouthproject@gmail.com

The Red Door Youth Health Centre
902-679-1411

Kids Action Program
902-582-3086 (messages)

The Woman's Place Resource Centre
1-877-392-8800

Family Resource Centres Annapolis County (Family Matters)
1-800-399-7119

Kings County
902-678-5760

Greenwood Military Family Resource Centre
902-765-5611

YREACH – YMCA
Support to Immigrants, Temporary Foreign Workers & Families
Digby/Annapolis area
902-638-9622

Valley Connect
Online guide to recreation opportunities in the Annapolis Valley

Valley Child Development Assn
902-678-6111

Valley Chapter Autism Society of NS
902-242-2019

Bright Beginnings Early Intervention Program (BBEIP)
902-584-2000

Food Helping Tree

Pharmacare (Medications)
1-800-544-6191

Sports (Kids) KidSport
Kings/West Hants
902-690-6124
Annapolis/Digby
902-245-5006

Jumpstart
1-844-YES-PLAY

Legal Information
Free Basic Legal Information
Phone, email, online chat
1-800-665-9779

Legal Aid
Kentville 1-866-679-6110
Annapolis Royal
1-866-532-2311

NS Human Rights Commission
1-877-269-7699

Elizabeth Fry Society (women)
1-877-619-1354

Credit Counselling Services of Atlantic Canada
1-888-753-2227

Department of Community Services
Kentville 1-877-424-1177
Middleton 1-800-564-3483
Annapolis Royal
902-532-2337

211

When you don't know where to turn

Seniors Safety Program

Safety, Security, and Well-being of Seniors
Kings County
902-375-3602
Michelle.Parker@rcmp-grc.gc.ca
Annapolis County
902-665-4481
sharon.elliott@rcmp-grc.gc.ca

Government of NS Continuing Care Programs

1-800-225-7225
Department of Seniors
1-844-277-0770

Senior Abuse Line

1-877-833-3377

Alzheimer Society

1-800-611-6345

Seniors

Literacy Nova Scotia
1-800-255-5203
literacyns@nsc.ca

Valley Community Learning Association
902-679-5252 or
1-866-898-7323

Mental Health Training Links

Mental Health Literacy/First Aid



Mental Health First Aid CANADA

Suicide Prevention Training



Need Help Now?

Chrysalis House emergency shelter for women **902-679-1922**

Crisis Response Services 1-855-273-7110

Crisis support online chat or text **3pm-3am - 741741**

Emergency 24/7 911

Feed Nova Scotia – link to local food banks

HealthLink 811 Call 24/7

Inn from the Cold Emergency Shelter

(Nov-Apr) Kings County
902-365-3665 or call police **902-678-3378**

Kids Help Phone 1-800-668-6868 text 686868

Need a Family Practice Registry 811

Nova Scotia Women's Choice Clinic Self-Referral
1-833-352-0719

NS Mental Health Crisis Line - 24/7
1-888-429-8167

Open Arms food/clothing/shelter
902-365-3665

Poison Control 1-800-565-8161

Sexual Assault Nurse Examiner Program
1-833-577-SANE (7263)

SOUP Squash hunger with community meals, food preparation, and food access. **No cost**
902-691-1296 growhappyfood@gmail.com

Addictions

Mental Health

Children / Youth

Families

Legal/ Financial

Literacy

Kings and Annapolis Counties

Mental Wellness Helping Tree

Revised November 2018

Mental Wellness Partners Group (MWPG)

To suggest corrections info@cmhakingns.ca

Services listed for information only, does not imply endorsement by the MWPG

An up-to-date copy of the Helping Trees can be found here:

<http://kingsns.cmha.ca/helping-trees-for-kings-and-annapolis-counties>