



List of Health Resources

Resources/Support by Phone/in person/online		
Resource Name	About	Contact Info
Emergency	In the event of an emergency or crises, call this number.	9-1-1
211 Nova Scotia	Connect to community, government and social services	Check out https://ns.211.ca/ which also has options for connect with live help
Kids Help Phone	For children and youth aged 5 to 20. Call to speak to a professional counselor, 24 hours a day. It's free, confidential, anonymous and available across Canada. They can also refer you to local services and resources. Kids Help Phone is available in English and French.	1-800-668-6868 Or online chat https://kidshelpphone.ca/live-chat (Wednesday-Sunday from 3pm-11pm)
Nova Scotia Mental Health & Addictions Crisis Line	The Provincial Mental Health and Addictions Crisis Line provides crisis intervention for children, youth and adults experiencing a mental health crisis and addictions or mental distress. The service is available 24 hours a day, seven days a week, to support callers in crisis. Crisis is self-defined by the individual calling for support.	1 (888) 429-8167 https://mha.nshealth.ca/en/provincialmhacrisisline)
Suicide Crisis Helpline	A safe space to talk, 24 hours a day, every day of the year.	9-8-8
Our House Youth Wellness Centre	Our House Youth Wellness is a safe and inclusive space for all youth aged 12–18. We provide concrete supports such as clothing, personal hygiene items, and food. Through our youth outreach services, we also offer one-on-one support for youth aged 12–24. Programming is regularly offered at our main location in Shelburne and our satellite space in Barrington—creating valuable opportunities for socialization, connection, and community building.	Main contact for information: (902) 875-3337
Adolescent Outreach Services (NS Health) - Shelburne/Barrington	Located in high schools for youth aged 12-19 at risk of mental health or substance use concerns. Adolescent Outreach Workers engage with youth in school providing 100% confidential group or one-on-one services, provide connection, and/or a referral to other supports that youth may require.	Main contact for Barrington Municipal High School (BMHS) or Shelburne Regional High School (SRHS) is Kasey Newell 902-635-2404
Coping with Mental Health Crises and Emergencies	Informative reading on coping with mental health.	https://cmha.bc.ca/documents/coping-with-mental-health-crises-and-emergencies-2/