

Nova Scotia Mental Health Crisis Line

24/7 – 1-888-429-8167

For information on Food and Shelter see the Kings County Housing Helping Tree

Mental Health Training Links

Pregnancy and Substance Use
1-877-439-2744

Al-Anon & Alateen Meetings
Help for family and friends of alcoholics
1-888-425-2666

Narcotics Anonymous Meetings - Substance addiction & abuse
1-800-205-8402

Gamblers Anonymous
NS Hotline: 902-252-3132

Alcoholics Anonymous Meetings - Annapolis- Gaspereau 902-825-4833
Wolfville & West Hants Meetings 902-799-9010

Smokers Help Line
1-877-513-5333

Gambling Help Line 24/7
1-888-347-8888

Addiction Services – (self-referral)

- Intensive Treatment Program (Residential & Detoxification)
- Outpatient (Adult / Adolescent)

Middleton & Kentville
1-855-273-7110

Mental Health and Addiction Services, www.GetHelpNow.ca
1-855-273-7110

Canadian Mental Health Association
Annapolis Branch
Education, Training & Support groups
902-665-2405
Kings County Branch
Employment support & Education & Training programs
902-679-7464

Grief / Bereavement / Loss support groups

Association of Psychologists of NS
902-422-9183

NS Association of Social Workers
902-429-7799

NS College of Counselling Therapists
902-225-7531

CAST Annapolis Valley Coalition
suicide prevention
CAST Navigator

Mental Health Services (self-referral)
Child, Youth, Adult and Older Adult
Middleton & Kentville
1-855-273-7110

Kingston Greenwood Mental Health Association
902-825-6160 ext 357
Training Programs

Schizophrenia Society
Nova Scotia
1-800-465-2601
Kings County Chapter

Brain Injury Association of NS
902-473-7301

The Evangeline Club
Social & Recreational programs 902-538-9349

Survivors of Abuse Recovering - SOAR
902-679-7337 or 1-877-679-SOAR (7627)

Beacon Program
Psychosocial Rehab (PSR)
902-678-8361

Eating Disorders
902-840-1495
902-691-2319
[Facebook](https://www.facebook.com/eatingdisordersns)

Crisis Response Services
Mental Health, Alcohol, Drugs, Gambling
8:30am-4:30pm
Middleton & Kentville
1-855-273-7110

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
902-679-1155

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

Fetal Alcohol Syndrome and Effect
902-678-0281

Valley Care Pregnancy Centre: *Christian Outreach Ministries*
1-800-284-7740

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

Family Resource Centres
Annapolis County 1-800-399-7119
Kings County 902-678-5760

Greenwood Military Family Resource Centre
902-765-5611

YREACH – YMCA
support to Immigrants and Temporary Foreign Workers & families
Digby/Annapolis area
902-638-9622

Valley Child Development
902-678-6111

Annapolis Valley Chapter, Autism Society of NS
902- 375-3031

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

Pharmacare (Medications)
1-800-544-6191

Sports (Kids) KidSport
Kings County 902- 538-9349
Annapolis County 902-532-3144
Jumpstart
1-877-616-6600

Legal Information
Dial-A-Law 902-420-1888
Legal Information and Lawyer Referral Line 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
902-678-6176 (Kings)

Kings County Seniors' Safety Society
safety, security, and well-being of seniors in Kings County
902-375-3602
ssc@kingsseniorsafety.ca

Government of NS Continuing Care Programs
1-800-225-7225
Department of Seniors
1-800-670-0065

Senior Abuse Line
1-877-833-3377

Alzheimer Society
1-800-611-6345

Seniors LINC program
- support for seniors, their families, and caregivers
Referral needed

Seniors

Community Action Program for Children
902-582-3086
902-582-1375

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

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

Addictions

Mental Health

Children / Youth

Families

Legal/ Financial

Literacy

Find us on **facebook**

Mental Health Commission of Canada / Commission de la santé mentale du Canada

LivingWorks

Need Help Now?

Crisis Response Services – Mental Health, Alcohol, Drugs, Gambling 8:30am-4:30pm
1-855-273-7110

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

Poison Control – 1-800-565-8161

Emergency – Medical, Police, or Fire
24/7 – 911

Emergency Only - food need, Wolfville area
St. Vincent de Paul 902-542-9499

Inn from the Cold (Emergency Shelter - Nov-Apr) Kings County
902-365-3665 or call police **902-678-3378**

Open Arms – emergency food, clothing, shelter –
902-365-3665

Kids Help Phone – 1-800-668-6868

HealthLink - call **811**
Registered Nurses – 24/7

811 **Peace of mind 24/7**

211 24/7 – call **211**

Helping you find the right community and social services.
www.ns.211.ca

Revised January, 2016
Mental Wellness Partners Group (MWPG)
To suggest corrections - 902-365-1701 ext 2875
Services listed for information only, does not imply endorsement by the MWPG

Kings and Annapolis Counties
Mental Wellness Helping Tree