

The Navigator

for primary care providers (pharmacists, physicians, nurses, etc)

Mental Health Services & Support Groups

available by region
across (much of) Canada

Purpose

This navigation tool is to be used to help people (your patients and clients) get access to mental health services in a timely manner.

Scenario

from timely access to a local mental health service provider or a support group and you don't know where to start. This resource can help (hopefully). Find a potentially useful service or support group and make the call. You can make the call or you can provide the number to your patient to make the call. If it isn't the right service or group, ask where else to try. Somebody will know when you don't.

Another wonderful mental health navigational tool:

<http://www.ementalhealth.ca>



People with mental health and addictions problems really appreciate it when you help them navigate and gain access to mental health services and support.



Mental Health Services and Contacts in Alberta

Guide for Pharmacists, Physicians, & Nurses

Developed by David Gardner & Kayla Cameron, Dalhousie University
October, 2010

Province-wide

The Mental Health Help Line	1-877-303-2642		24/7 mental health help line. Provides crisis intervention, information on Mental Health programs and services, and referral to other agencies where appropriate. Provided by Health Link Alberta and is available to all Albertans.
Health Link	1-866-408-5465		24/7 nurse telephone advice and health information service. Able to provide information on available mental health services.
Alberta Health Services	www.albertahealthservices.ca		Under Program & Services select Mental Health and Wellness. Navigate the list for relevant provincial and regional services.
Addictions and Mental Health	Calgary: 403-297-3678 Lethbridge: 403-382-4497 Ponoka: 403-783-7731	Calgary: Suite 400 Manulife House, 603-7 Ave Lethbridge: #1101, 400-4th Ave South Ponoka: Telemental Health Services, PO Box 100	Mental Health Services offer individual psychotherapy, family therapy, child management counselling, behaviour therapy, critical incident stress debriefing, post-disaster crisis counselling, and community outreach services. Services provided for patients with acute psychiatric or emotional disorders include: consultation, assessment, treatment, individual and family counselling, and behavioural therapy for persons diagnosed with a clinical mental illness. Referral only needed if seeing a psychiatrist.
Alzheimer Society of Alberta and NWT	1-866-950-5465 www.alzheimer.ab.ca/		The Alzheimer Society provides support, information and education to people with Alzheimer's disease and related dementias, families, physicians and health-care providers. Call or visit the website to identify a local branch.
Addiction Services: Helpline	1-866-332-2322		The Addiction Helpline offers alcohol, tobacco, other drug and problem gambling information as well as support and referral services to callers accessing this toll-free, 24 hour, confidential help line.
Schizophrenia Society of Alberta	1-800-661-4644	309, 8989 Macleod Trail SE, Calgary	Improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research.
Canadian Mental Health Association - Alberta Division	780-482-6348	320 Capital Place, 9707-110 Street NW, Edmonton	A nation-wide voluntary organization that promotes the mental health of all and supports people experiencing mental illness

To find your regional health authority and mental health services available in your area visit
<http://www.health.alberta.ca/services/health-regions.ca>

Edmonton

The Support Network	780-482-HELP(4357)	www.thesupportnetwork.com	The Support Network is here to listen when life hurts. It's a safe place to be heard, sort out thoughts and feelings, and begin exploring options to get help.
Edmonton Early Psychosis Intervention Clinic	780-429-7890	Edmonton 108 Street Building, 5th floor, Edmonton	Helps those dealing with first episode of psychosis. Upon receipt of referral the case manager will contact you and the next steps.

Calgary

Calgary Mental Health Crisis (Mobile Response)	403 266 1605		For urgent mental health distress or crisis.
Access Mental Health (Calgary)	403 943 1500		Provides mental health information, offers options of community services and mental health services in the Calgary Health Region. Anyone can call to access the service. M-F 7:30 am - 7:00 pm.
The Organization for Bipolar Affective Disorders	1-866-263-7408	1019 7th Ave SW, Calgary	Help people affected directly or indirectly by bipolar disorder, depression, or anxiety to live better lives.

Send feedback and updates to:
david.gardner@dal.ca



Mental Health Services and Contacts in Manitoba

Guide for Pharmacists, Physicians, & Nurses

Developed by David Gardner & Kayla Cameron, Dalhousie University
October, 2010

Province-wide

Klinic Crisis Line	1-888-322-3019		Provides confidential counselling, support, and referral. Operates 24 hours a day and 7 days a week. Calls open to anyone willing to discuss a problem. Can refer people to other services.
Manitoba Suicide Line	1-877-435-7170		Provides confidential crisis counselling, support and referral to those feeling suicidal, concerned family or friends, survivors of suicide loss.
Crisis Service Lines by Region	http://www.gov.mb.ca/health/mh/crisis.html		Manitoba Health lists mental health and crisis phone lines in each region of the province.
Contact	1-866-266-4636 http://cms00asa1.winnipeg.ca/crc/crc		Provides a comprehensive list of community resources, mental health and otherwise, in Manitoba. Website is searchable using key words and includes many out of province resources also.
Alzheimer Society of Manitoba	1-800-378-6699 www.alzheimer.ca/english/offices/mb.htm	Unit 10 - 120 Donald St., Winnipeg	The Alzheimer Society provides support, information and education to people with Alzheimer's disease and related dementias, families, physicians and health-care providers. Call or visit the website to identify a local branch.
Manitoba Schizophrenia Society	204-786-1616 www.mss.mb.ca	100-4 Fort Street, Winnipeg	The Manitoba Schizophrenia Society is a consumer-focused, family sensitive mental health self-help organization whose mission is to improve the quality of life for those affected by schizophrenia and psychosis through education, peer support programs, one-on-one consultations, public policy and research.
Mood Disorders Association of Manitoba	204-786-0987 800-263-1460 www.depression.mb.ca	100-4 Fort Street, Winnipeg	Supports those affected by mood disorders. Offers peer support services by drop in, telephone, email, or peer support group meeting. Also offers public education and advocacy.
Anxiety Disorders Association of Manitoba	(204) 925-0600 (head office) 800-805-8885 www.adam.mb.ca	100-4 Fort Street, Winnipeg	Self help organization to help those living in Manitoba with anxiety problems. Provides services for: prevention, education, early intervention, Cognitive Behavioural Programs (C.B.P.) and ongoing support groups.
Canadian Mental Health Association	204-953-2350 www.cmha.ca	4 Fort Street, Suite 100, Winnipeg	A nation-wide, voluntary organization. The Canadian Mental Health Association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. Activities are advocacy, education, research and service. Can give information on services and programs available to Manitobians.

To find mental health services offered by your health authority visit:
<http://www.gov.mb.ca/health/rha/contact.html>



Mental Health Services and Contacts in New Brunswick

Guide for Pharmacists, Physicians, & Nurses

Developed by David Gardner & Kayla Cameron, Dalhousie University
October, 2010

Province-wide

Chimo HelpLine New Brunswick	1-800-667-5005 (toll free province wide) Fredericton area: 506-450-HELP	PO Box 1033, Fredericton, NB E3B 5C2	Chimo is a provincial crisis phone line. Accessible 24/7/365 to all NB residents. Aims to provide a competent level of crisis intervention, referrals and vital information in a caring, confidential manner.
Mental Health Consumer Network of New Brunswick	1-800-824-0999	116 Martin Street, Edmunston NB, E3V1X2	Works to improve mental health services and attitudes across the province. Distributes information to consumers: community resources, alternative treatments, and income assistance benefits. Aims to help people with mental health problems cope with life stressors.
Canadian Mental Health Association - NS Division	902-466-6600 cmhans@eastlink.ca http://www.novascotia.cmha.ca	63 King Street, Dartmouth, NS, B2Y 2R7	Provide services for consumers with mental health, and provide education, advocacy, and peer support groups
Self-help connection	902-466-2011 OR 1-866-765-6639 selfhelp@eastlink.ca http://www.selfhelpconnection.ca/	63 King Street, Dartmouth, NS, B2Y 2R7 (2nd Floor, CMHA Bldg)	Call to help get access to various self-help groups as well as peer, emotional and social support via a peer-support specialist.

To find your health authority visit: <http://www.gov.ns.ca/health/about/dha.asp>

Annapolis Valley Health Authority (Kentville, Wolfville, Berwick, Middleton and area)

Mental Health Services	Kentville (adult): 902-679-2870 Kentville (child & adolescent): 902-679-2873 Middleton: 902-825-4825 Berwick: 902-538-3111 Ext. 143 www.avdha.nshealth.ca/programs/mentalhealth.asp	Kentville: Chipman Drive Middleton: Soldiers Memorial Hospital, 462 Main Street Berwick: WKM Health Centre, 121 Orchard Street	Provides outpatient services and support to children, youth and adults with mental illness. Call for an appointment, at which referral to appropriate mental health service/program will be determined. Crises at to be seen at the nearest ER. Self referrals and by parent, MD, or HP welcome.
Alzheimer Society of New Brunswick	1-800-664-8411 www.alzheimer.nb.ca/	320 Maple Street, Suite 100, Fredericton	The Alzheimer Society provides support, information and education to people with Alzheimer's disease and related dementias, families, physicians and health-care providers. Call or visit the website to identify a local branch.
Schizophrenia Society of New Brunswick	506-622-1595	130 Duke Street, PO Box 562, Miramichi	Provides support services for family, caregivers and individuals suffering from schizophrenia and other major mental illnesses. By contacting the SSNB they can identify a branch closest to the caller.
Canadian Mental Health Association	506-633-1705	City Hall Building, 15 Market Square, Suite 1501, Saint John, NB, E2L1E8	Non profit organization dedicated to promoting mental health to all people through education programs and workshops.

For more information about local mental health services visit: <http://www.gnb.ca/0055/mental-health-e.asp>

Zone 1 (Sackville, Shediac, Moncton, Richbuctu)

Community Mental Health Centre	Sackville (Satellite): 506-856-2444 Shediac (Satellite): 506-533-3354 Moncton: 506-856-2444 Richbuctu: 506-423-7620	Sackville: 95 Queen Road, Unit A Shediac: 342 Main Street, Unit 160 Centre Ville Mall Moncton: 81 Albert Street Richibuctu: Place Cartier	Referral program by third party, physician, or self. For self referral call or walk in. Specializes in major mental illness. Mental Health Services is committed to the least restrictive, most appropriate care for people with mental disorders.
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Zone 2 (Saint John, Sussex, St Stephen, St George, Grand Manan)

Mobile Mental Health Crisis Service	1-888-811-3664	Saint John Regional Hospital based.	24 hour, 7 day a week toll free for all of Zone 2 for those requiring immediate attention and suicide prevention.
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Addictions and Mental Health Services	<p>Saint John: 506-658-3737</p> <p>Sussex: 506-532-2090</p> <p>St Stephen: 506-466-7380</p> <p>St George (Satellite): 506-755-4044</p> <p>Grand Manan (Satellite): 506-662-7023</p>	<p>Saint John: Mercantile Centre, 55 Union Street, 3rd Floor</p> <p>Sussex: 30 Moffett Ave</p> <p>St Stephen: 41 King Street</p> <p>St George: 5 Riverview Ave</p> <p>Grand Manan: 130 Rte. 776 Unit 3</p>	Referral program by third party, physician, or self. For self referral call or walk in 8 30 am - 3 30 pm. Specializes in major mental illness. Mental Health Services is committed to the least restrictive, most appropriate care for people with mental disorders.
Sussex Emergency Mental Health Service	506-432-2090		Outside office hours for those requiring immediate mental health assistance.
Charlotte County After Hour Crisis Service	506-466-7380	Emergency Department, Charlotte County Hospital	After hours phone line to assess and person needing mental health service.
Self Help A Rewarding Experience (SHARE) Activity Centre	506-658-9830	44 Peters Street, Saint John, NB, E2L3Z8	Facilitates self reliance in those suffering from a mental illness through fellowship, mutual support, social activities, and education. Open Tuesday-Saturday 11am-5pm.
Gentle Path Counseling	506-652-7284 or toll free 1-888-394-4022 http://www.gentlepathsj.com/	82 Germain Street, Saint John, NB	Gentle Path Counseling Services is a registered non-profit charitable organization that provides Counseling, Workshops, Educational and Support Group Services to families, individuals, groups and businesses in Saint John and surrounding areas.
Recovery Inc.	506-672-8031	46 Peters Street, Saint John, NB	Community mental health organization that provides self help method of will training. Meets every Thursday at 7 pm.

Zone 3 (Fredericton, Woodstock, Perth-Andover)

Mental Health Services	<p>Fredericton: 506-453-2132 (adult services), 506-444-5337 (Child & Family Services)</p> <p>Woodstock: 506-325-4419</p> <p>Perth-Andover (Satellite): 506-273-4701</p>	<p>Fredericton: Victoria Health Centre, 65 Brunswick Street</p> <p>Woodstock: 200 King Street</p> <p>Perth-Andover: 35 F. Tribe Road</p>	Referral program by third party, physician, or self. For self referral call or walk in. Specializes in major mental illness.
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Zone 4 (Edmunston, Grand Falls)

Mental Health Services	<p>Edmunston: 506-735-2070</p> <p>Grand Falls: 506-475-2440</p>	<p>Edmunston: Carrefour Assomption, Suite 331</p> <p>Grand Falls: 131 Pleasant Street</p>	Referral program by third party, physician, or self. For self referral call or walk in. Specializes in major mental illness.
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Zone 5 (Campbellton, Kedgewick)

Mental Health Services	<p>Campbellton: 506-789-2440</p> <p>Kedgewick (Satellite): 506-284-3431</p>	<p>Campbellton: 6 Arran Street</p> <p>Kedgewick: 39 Notre- Dame Street</p>	Referral program by third party, physician, or self. For self referral call or walk. Specializes in major mental illness.
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Zone 6 (Bathurst, Caraquet, Tracedie, Shippagan)

Mental Health Services	<p>Bathurst: 506-547-2038</p> <p>Caraquet: 506-726-2030</p> <p>Tracedie (Satellite): 506-394-3760</p> <p>Shippagan (Bureau Satellite): 506-336-3367</p>	<p>Bathurst: 165 St Andrews Street</p> <p>Caraquet: 295 Blvd. St Pierre Ouest</p> <p>Tracedie: Tracadie-Sheila</p> <p>Shippagan: Call</p>	Referral program by third party, physician, or self. For self referral call or walk in.
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Zone 7 (Miramichi)

Addictions and Mental Health Services	Miramichi: 506-778-6111	Miramichi: 1780 Water St, Suite 300	Referral program by third party, physician, or self. For self referral call or walk in. Specializes in major mental illness.
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Mental Health Services and Contacts in Newfoundland and Labrador

Guide for Pharmacists, Physicians, & Nurses

Developed by David Gardner & Kayla Cameron, Dalhousie University
October, 2010

Province-wide

Mental Health Crisis Line	709-777-3200 or toll free at 1-888-737-4668		24 hour, 7 day a week provincial telephone crisis service for people experiencing mental health problems. Can provide telephone support and may be able to recommend a specific program or resource to a caller. Not a formal referral service.
Early Psychosis Programs	709-777-3614		Available in the Eastern, Central, and Western Health Authorities. Interprofessional treatment team. For any person 16-65 with a first episode of psychosis who has been treated with an antipsychotic for less than 3 months. Referral can come from any source (physician, family member, self etc.).
Alzheimer Society of NL	1-877-776-0608 www.alzheimer.nl.org	685 Water Street, P.O. Box 37013, St. John's	The Alzheimer Society provides support, information and education to people with Alzheimer's disease and related dementias, families, physicians and health-care providers. Call or visit the website to identify a local branch.
Schizophrenia Society of Newfoundland and Labrador	709-777-3335	18A-18B Waterford Hospital, Waterford Bridge Road, Saint John's Newfoundland	To improve the quality of life for those affected by Schizophrenia and Psychosis through education, support programs, public policy and research.
Canadian Mental Health Association	709-753-8550 or toll free 1-877-743-8550	70 The Boulevard, 1st Floor, Saint John's, Newfoundland	Voluntary, non-profit, charitable organization to promote a better understanding of mental health and mental illness in the province. Promote mental health to all citizens.

Eastern Region - for more information on services in your region visit www.easterhealth.ca

Mental Health and Addiction Services	St. John's: (709) 752-4919 Conception Bay South: (709) 834-7906 Shea Heights: (709) 752-4313 Bell Island: (709) 488-2701 Bonavista: (709) 468-5204 Portugal Cove: (709) 895-7056 Torbay: (709) 437-2210 Trepassey: (709) 438-2802 Ferryland: (709) 432-2931 Witless Bay: (709) 334-3944 Clarenville: (709) 466-5700 Harbour Grace: (709) 945-6581 Burin: (709) 891-5030 Bay Roberts: (709) 786-5224 Whitbourne: (709) 759-3362	Call for more information.	Community based mental health services such as individual or family counseling and intervention services for children, youth and adults. Self referral available depending on case. Call for more information.
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Central Region - for more information on services in your region visit www.centralhealth.nl.ca

Mental Health and Addictions Team	Gander: (709) 256-2813/5438 Lewisporte: 709-535-0497 St Albans: 709-538-3738 Grand Falls Windsor: 709-489-8180 New Wes Valley: (709) 536-2405 Springdale: (709) 673-4314	Gander: James Paton Memorial Regional Health Centre, 125 Trans Canada Highway, Gander NL Lewisporte: 454-462 Main Street, Lewisporte, NL St Albans: Regional Resource Centre, Cormier Ave, St Alban's NL Grand Falls Windsor: 1st Floor Provincial Building, Grand Falls-Windsor, NL	Office hours: 8:30-4:30 Monday to Friday. Community based mental health services such as individual or family counseling and intervention services for children, youth and adults. Self referral available depending on case. Call for more information.
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Western Region - for more information on services in your region visit www.westerhealth.nl.ca

Adult Mental Health Services	709-634-4506	35 Boone's Rd, Corner Brook, NL	Provides promotion, education and prevention services, consultation, assessment and counseling services to those 19 years and older for mental health/mental illness-related issues. Referrals can be made directly or by a care provider.
Mental Health and Addiction Services	Deer Lake: 709-635-7830 Burgeo: 709-886-2185 Port aux Basques: 709-695-4619 Norris Point: 709-458-2381 Ex 266 Port Saunders: 902-861-9125 Stephenville: (709) 643-8740 Cow Head: (709) 243-2625	Deer Lake: 20 Farm Road, Deer Lake, NL Burgeo: Calder Health Care Centre, PO Box 614 Port aux Basques: PO Box 544, Port aux Basques, NL Norris Point: Bonne Bay Health Centre, Norris Point, NL Port Saunders: Rufus Guincharde Health Centre, Port Saunders NL	Community based mental health services such as individual or family counseling and intervention services for children, youth and adults. Self referral available depending on case. Call for more information.

Labrador and Grenfall Health - for more information on services in your region visit www.lghealth.ca

**Mental Health and
Addiction Services**

Happy Valley-Goose Bay: (709)

897-2343

Labrador: (709) 944-9251

Saint Anthony: (709) 454-0326

Port Hope Simpson: (709) 960-

0271 Ext 230

Call for more information.

Community based mental health services such as individual or family counseling and intervention services for children, youth and adults. Self referral available depending on case. Call for more information.



Mental Health Services and Contacts in Nova Scotia

Guide for Pharmacists, Physicians, & Nurses

Developed by David Gardner & Glenn Myers, Dalhousie University
June 25, 2010

Province-wide

Alzheimer Society of Nova Scotia	1-800-611-6345 http://alzheimer.ns.ca	6009 Quinpool Road, Suite 300 Halifax	The Alzheimer Society provides support, information and education to people with Alzheimer's disease and related dementias, families, physicians and health-care providers. Call or visit the website to identify a local branch.
Schizophrenia Society of Nova Scotia	902-465-2601 OR 1-800-465-2601 ssns@ns.sympatico.ca www.ssns.ca	Nova Scotia Hospital, 300 Pleasant Street, Room B23 ED Purdy Bldg, PO Box 1004, Dartmouth NS, B2Y 3Z9	Family support, peer support for people with schizophrenia
Canadian Mental Health Association - NS Division	902-466-6600 cmhans@eastlink.ca http://www.novascotia.cmha.ca	63 King Street, Dartmouth, NS, B2Y 2R7	Provide services for consumers with mental health, and provide education, advocacy, and peer support groups
Self-help connection	902-466-2011 OR 1-866-765-6639 selfhelp@eastlink.ca http://www.selfhelpconnection.ca/	63 King Street, Dartmouth, NS, B2Y 2R7 (2nd Floor, CMHA Bldg)	Call to help get access to various self-help groups as well as peer, emotional and social support via a peer-support specialist.

To find your health authority visit: <http://www.gov.ns.ca/health/about/dha.asp>

Annapolis Valley Health Authority (Kentville, Wolfville, Berwick, Middleton and area)

Mental Health Services	Kentville (adult): 902-679-2870 Kentville (child & adolescent): 902-679-2873 Middleton: 902-825-4825 Berwick: 902-538-3111 Ext. 143 www.avdha.nshealth.ca/programs/mentalhealth.asp	Kentville: Chipman Drive Middleton: Soldiers Memorial Hospital, 462 Main Street Berwick: WKM Health Centre, 121 Orchard Street	Provides outpatient services and support to children, youth and adults with mental illness. Call for an appointment, at which referral to appropriate mental health service/program will be determined. Crises at to be seen at the nearest ER. Self referrals and by parent, MD, or HP welcome.
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Cape Breton Health Authority (Industrialized Cape Breton and the Highlands)

Emergency Crisis Services	902-567-7767; 1-877-567-7730	Cape Breton Regional Hospital, 1482 George Street, Sydney NS,	Crisis and mental health support 7 days/week, 8:30am-8:30pm. Can help people over the phone or refer them to another service/program.
Mental Health Services	Adult: 902-567-7742 Child/Youth: 902-567-7731	Cape Breton Regional Hospital, 1482 George Street, Sydney NS,	Referrals accepted by all (e.g., self, teacher, MD, other). Triage is based on acuity.

Colchester East Hants Health Authority (Truro, Tatamagouche, Elmsdale, Stewiacke and area)

Crisis Service902-896-2606;
1-800-460-2110 Ext. 2606207 Willow Street, Truro NS,
B2N 5A1

9:00am-3:00pm Monday - Friday. Contact crisis service by phone, who will determine next course of action (e.g., referral to specific mental health service/program, ER visit). Anyone can call.

Cumberland Health Authority (Amherst, Pugwash, Parrsboro, Advocate Harbour, Springhill)**Mental Health Services**

902-667-3879

Cumberland Mental Health Services, 33 Havelock Street, Amherst NS, B4H 4W1

Guysborough, Antigonish, Straight Health Authority**Mental Health Services**Adult: 902-867-4500 Ext. 4345
Child/Youth: 902-867-4500 Ext. 4760

St. Martha's Hospital, Antigonish, NS, 3rd Floor

Provides outpatient services and support to children, youth and adults with mental illness. Call for an appointment, at which referral to appropriate mental health service/program will be determined. Emergent referrals will be assessed in the ER. Self referrals and by parent, MD, or HP welcome.

Capital District Health Authority (Halifax, Dartmouth and Area) - Quick Reference**Mobile Crisis Intervention Centre**1-888-429-8167
902-429-8167

Halifax regional municipality

24/7 telephone support for Halifax County mental health issues and crises. Provides support & referral to services. Also provides in-person mobile crisis support (1pm-1am) for HRM.

Healthy Minds Coopertive902-404-3504
Info@healthyminds.ca
www.healthyminds.ca

Village at Bayers Road, 7071 Bayers Road, Suite 112, B3L 2C2

A peer-support and advocacy service. Can direct people through the system if they are having trouble finding help. Can refer to specific support groups if required. Walk-in service available.

Bipolar Support Group902-404-3445
susanroper@eastlink.ca

Support for people suffering from bipolar disorder and their families. Service is extended to all people in the HRM or beyond.

Pictou County Health Authority (Pictou, New Glasgow, Trenton and area)**Mental Health Services**902-755-1137;
After hours: 902-752-8311

Aberdeen Hospital, 835 East River Road, New Glasgow NS, B2H 3S6

Provides outpatient services and support to children, youth and adults with mental illness. Call for an appointment, at which referral to appropriate mental health service/program will be determined. Crisis referrals can be addressed in the clinic Mon-Fri 8:30-4:30. Self referrals and by parent, MD, or HP welcome.

South Shore Health Authority (Lunenburg, Bridgewater, Liverpool and area)

Mental Health Services

902-527-5228
www.MentalHealthSouthShore.ca/

Bridgewater: Dawson Centre, 197 Dufferin Street, Second Floor
Liverpool - Nurses Residence, Queens General Hospital
Chester - 3762 Highway #3

Provides outpatient services and support to children, youth and adults with mental illness. Call for an appointment, at which referral to appropriate mental health service/program will be determined. Crisis referrals can be addressed in the clinic Mon-Fri 8:30-4:30. Self referrals and by parent, MD, or HP welcome.

South West Nova District Health Authority (Yarmouth, Shelburne, Digby and Area)

Mental health Services - Yarmouth, Shelburne, Digby

Yarmouth: 902-742-4222
Shelburne: 902-875-4200
Digby: 902-245-4709
www.swndha.nshealth.ca/pages/mentalhealth.htm

Yarmouth: 60 Vancouver Street, Yarmouth
Shelburne: 2nd Floor, Roseway Hospital, 1606 Lake Road
Digby: 3rd Floor, Digby General Hospital, 75 Warwick Street

Provides outpatient services and support to children, youth and adults with mental illness. Call for an appointment, at which referral to appropriate mental health service/program will be determined. Crisis referrals can be addressed in the clinic Mon-Fri 8:30-4:00. Self referrals and by parent, MD, or HP welcome.



Mental Health Services and Contacts in Ontario

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October, 2010

Province-wide

Mental Health Service Information Ontario	1-866-531-2600 http://www.mhsio.on.ca/		MHSIO "your first contact for help". MHSIO provides information about mental health services and supports in communities across Ontario. The Mental Health Service Information Line is available, confidential, and anonymous 24/7.
Distress Centres Ontario	416-486-2242 http://www.dcontario.org/help.html		For people feeling distressed, hopeless, suicidal, lonely, Provides mental health crisis and support. Distress centres are across the province. The website provides contact details.
Community Information Services	Toronto: 416-397-4636 If outside of Toronto visit: www.211toronto.ca		Community Information Services gives a directory of over 20 000 services available in Ontario. By calling they can give you information on emergency and crisis services as well as community mental health services in your area. By visiting the website, navigate to "emergency and crisis services" or "health" then "mental health".
Ontario Peer Development Initiative	1-866-681-6661 or visit: www.opdi.org		Consumer/survivor initiatives were created as an alternative to traditional mental health services. Programs offer education, information, support, recreational activities, and employment opportunities. To identify local supports and resources call or visit the website.
The Self Help Resource Centre	1-888-283-8806 or visit: http://www.selfhelp.on.ca/index.html	40 Orchard View Blvd, Suite 219, Toronto	The Self Help Resource Centre strengthens communities across Ontario by promoting peer support groups that facilitate positive outcomes for people who are facing diverse life transitions and challenges. They can help you find a group near you by calling or visiting the website and clicking "Find a group".
Alzheimer Society of Ontario	1-800-879-4226 www.alzheimerontario.org/	20 Eglinton Ave. W., Ste. 1600, Toronto	The Alzheimer Society provides support, information and education to people with Alzheimer's disease and related dementias, families, physicians and health-care providers. Call or visit the website to identify a local branch.
Mood Disorders Association of Ontario	1-888-486-8236 or visit: http://www.mooddisorders.ca/	36 Eglinton Ave. West, Suite 602, Toronto	Provides awareness, education and training, family and youth clinical support, recovery programs and peer support. Monday to Friday 9:30-5:00.
Schizophrenia Society of Ontario	1-888-283-8806 or visit: http://www.schizophrenia.on.ca/	130 Spadina Ave, Suite 302, Toronto	Offers programs and services all over the province that provide support and education to those affected by schizophrenia. Call for information about services and programs near you or go to the website and click "Regional Programs".
Canadian Mental Health Association	1-800-875-6213 www.cmha.ca	180 Dundas Street, West, Suite 2301, Toronto	Develops and provides public policy advice that promotes mental health and improves the lives of people living with mental illness. By visiting the website or calling you can get more information on mental health services available.
Centre for Addiction and Mental Health	(416) 535-8501 www.cmha.net	1001 Queen Street West and 30-60 White Squirrel Way, Toronto (main site) however there are 26 locations throughout the province	CAMH is Canada's leading addiction and mental health organization, integrating specialized clinical care with innovative research, education, health promotion and policy development. Find out more about CAMH's programs, locations, and how to contact us by calling.
Children's Mental Health Ontario	1-888-234-7054 www.kidsmentalhealth.ca	40 St. Clair Avenue East, Suite 309, Toronto	Children's Mental Health Ontario (CMHO) represents and supports the providers of child and youth mental health treatment services throughout Ontario. Membership consists of more than 85 community-based children's mental health centres.
WOTCH Community Mental Health Services	519-668-0624 www.wotch.org	534 Queens Avenue, London (Head Office)	WOTCH Community Mental Health Services is dedicated to serving adults in South Western Ontario who live with serious mental illness. The skilled mental health professionals at WOTCH help clients achieve realistic goals and live interdependently within the community.
Mental Health Support Network	613-969-0122	350 Front Street, Belleville	Provides support and services within South East Ontario to individuals who have been diagnosed with a serious mental illness or who have experienced difficulties with mental illness.

To find your regional health authority visit: <http://www.gov.on.ca/health/rha/contact.html> for information on mental health services available in your region



Mental Health Services and Contacts in Prince Edward Island

Guide for Pharmacists, Physicians, & Nurses

Developed by David Gardner & Kayla Cameron, Dalhousie University
October, 2010

Province-wide

Island Help Line	1-800-218-2885		24 hour, bilingual, toll free, confidential and anonymous telephone service available to all Islanders. Operated by trained staff that can provide telephone support and referral to appropriate services and resources, mental health and otherwise. Island Helpline provides information, support or help in a crisis.
Alzheimer Society PEI	1-866-628-2257 www.alzpei.ca/	166 Fitzroy Street, Charlottetown	The Alzheimer Society provides support, information and education to people with Alzheimer's disease and related dementias, families, physicians and health-care providers. Call or visit the website to identify a local branch.
Schizophrenia Society of Prince Edward Island	902-894-8826 or 902-368-5850 (office)	Box 25020, Charlottetown, PE, C1A 9N4	Provide support to one another and public education about illness. Support research into the cause and (hopefully) cure for schizophrenia. Advocate for, and help in the establishment of resources such as post hospital housing, employment opportunities and recreational programs. Also raise funds to finance the activities.
Canadian Mental Health Association	902-566-3034 division@cmha.pe.ca	Box 785 - 178 Fitzroy Street, Charlottetown, Prince Edward Island	We are a non-profit mental health agency promoting the mental health of all Islanders.

For more information about Mental Health services visit: <http://www.gov.pe.ca/health/index.php3>

Kings County (Souris, Montague, Georgetown)

Community Mental Health Centre	Souris: (902) 687.7110 Montague: (902) 838.0960	Souris: 17 Knights Lane Montague: 126 Douses Road	Services are provided to youth and adults who present with mental issues. Services are both generic and specialized depending on the needs of the client population. Self referral and walk in are available to service but must be referred by physician to see psychiatrist.
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Queens County (Charlottetown, Cornwall, Stratford)

McGill Community Mental Health Centre	Charlottetown: 902-368-4911 http://www.oneislandhealthsystem.ca/index.php3?number=1020499&lang=E	Charlottetown: McGill Community Mental Health Centre, 55 McGill Avenue	The Centre offers a range of therapeutic services to individuals with serious and persistent mental illness who require a broad and intensive level of outpatient/ambulatory mental health services. Services include psychoeducational groups, outreach, one-on-one therapy office visits, medication distribution and psychiatric consultation. Self referral is an option in some cases, call for information.
Richmond Centre	902-368-4430 http://www.oneislandhealthsystem.ca/index.php3?number=1020498&lang=E	1 Rochford Street, Charlottetown, Prince Edward Island	The mandate of Richmond Centre is to provide a broad range of community-based mental health services to individuals, families, groups, and communities. The mental health teams are established under a multi-disciplinary model with professionals from the disciplines of nursing, psychology, social work and psychiatry providing services at the Centre. Self referral for certain cases, walk in also available.
Depression/Bipolar/ Anxiety Self Help Group	1-800-682-1648	178 Fitzroy Street, Charlottetown, Prince Edward Island	Provides the opportunity for emotional support and information for those who suffer from, or have suffered from, depression, bipolar disorder, or anxiety.

Prince County (Summerside, Alberton, Oleary, Kensington)

Community Mental Health Centre	Summerside: (902) 888.8180 Alberton: (902) 853.8670 Oleary: (902) 859.8781	Summerside: c/o Prince County Hospital, 65 Roy Boates Avenue Alberton: 334 Church Street Oleary: 15 Mackinnon Drive	Services are provided to youth and adults who present with mental issues. Services are both generic and specialized depending on the needs of the client population. Self referral is available to service but must be referred by physician to see psychiatrist.
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Mental Health Services and Contacts in Saskatchewan *Guide for Pharmacists, Physicians, & Nurses*

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Province-wide

Health Line	1 877 800 0002		24-hour access to health advice from RNs, social workers, and registered psychiatric nurses. Receive immediate health advice or information or be directed to an appropriate health service or resource.
Mental Health Services by Region	Kewatin Yatthe: 306 235 2220 Kelsey Trail: 306 752 6055 Athabasca: 306 439 2200 Cypress: 306 778 5250 Five Hills: 306 691 6464 Heartland: 306 882 6413 Prairie North: 306 446 6555 P.A. Parkland: 306 765 6055 Sun Country: 306 842 8665 Sunrise: 306 786 0558 Regina: 306 766 7800 Saskatoon: 306 655 7800	http://www.health.gov.sk.ca/mental-health	Contacting mental health services in your region can give you more information on the services available. Use the website to learn of various mental health services available.
Canadian Mental Health Association - Saskatchewan Division	800 461 5483	2702, 12th Ave, Regina	Volunteer based organization which supports and promotes rights of those with mental illness to maximize their full potential; and promotes and enhances mental health of the community.
Alzheimer Society of Saskatchewan	1-800-263-3367 www.alzheimer.ca/Saskatchewan	20 Eglinton Ave. W., Ste. 1600, Toronto	The Alzheimer Society provides support, information and education to people with Alzheimer's disease and related dementias, families, physicians and health-care providers. Call or visit the website to identify a local branch.
Schizophrenia Society of Saskatchewan	306 584 2620	2123 Broad Street, Regina	Support and education for people with schizophrenia and other persistent mental illnesses, their family and friends.

Contact your local regional health authority for mental health services in your area by visiting
<http://www.health.gov.sk.ca/health-region-list>

Saskatoon

Mobile Crisis Service	306 933 6200	103, 506-25 Street East, Saskatoon, SK S7K 3J7	Mobile Crisis Service provides crisis intervention, crisis counselling, and conflict management over the telephone, at the office, or in the home. Provides specialized mental health service coordination and support. Available to all individuals and families in the city of Saskatoon who are experiencing distress and need immediate help. Walk-in service also available.
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Regina

Mobile Crisis and Mental Health Clinics	306 766 7800		The mental health clinics of Regina have a central referral service - the Intake Program. Referrals can be from physicians or can be self-referrals. For a mental health crisis, during office hours or after hours call the same number.
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