# Corner graphic

# **Local Supports for Youth and Families**

# **AJ Smeltzer/Hillside Park**

Cobequid Youth Health Centre

Provides a place for youth to turn to for support. Contact social worker Susan Harris at 902-869-6106 or susan2.harris@nshealth.ca

[IWK Mental Health and Addictions](http://www.iwk.nshealth.ca/mental-health/overview-mental-health-and-addiction-services)

Parents/Guardians/Youth can make a referral by calling central referral (902) 464-4110 Mon-Fri

[811](https://811.novascotia.ca/)

Call 811 or visit their website for non-emergency health info and services in Nova Scotia

[Mental Health Mobile Crisis Team (MHMCT)](https://www.halifax.ca/fire-police/police/programs-services/mental-health-crisis-support-halifax)

(902) 429-8167 The team will provide immediate crisis support and triage over the phone and visit you in person, if necessary.

[Anxiety Canada](https://www.anxietycanada.com/)

Information and self help strategies to help youth and adults manage anxiety

[Kids Help Phone](http://kidshelpphone.ca)

Anonymous, confidential phone (1-800-668-6868) and online support 24/7.

Their texting service does not require a data plan, internet connection, or app. Simply text CONNECT to 686868 Click [here](https://kidshelpphone.ca/text) for more info.

[Mind Shift](https://www.anxietycanada.com/resources/mindshift-cbt/)

App that incorporates proven strategies to help you learn to relax and be mindful

[SchoolsPlus](https://www.ednet.ns.ca/schoolsplus/)

SchoolsPlus can help connect you with supports in the community. Call Cathy Kasper at 902-240-1148 or email at ckasper@hrce.ca

[ns211.ca](https://ns.211.ca/)

Comprehensive list of services and programs offered by local community groups, non-profits, and government departments

[Freedom Kitchen](https://knoxsackville.ca/blog/freedom-kitchen-1)

Food truck that offers free meals on Mondays 4-6pm at the Sackville Library, 636 Sackville Drive

[Square Roots](https://squarerootsfood.ca/bundle-service)

Offers delivery of free veggie bundles in Sackville/BeaverBank areas on Saturdays. To access, fill in this [Google form](https://docs.google.com/forms/d/e/1FAIpQLSczpYYsnpLqCEN6RBwuGyiG81vZc5n7GC5gxBO0yqoIldzQXw/viewform?vc=0&c=0&w=1&fbclid=IwAR0hf00eqoNH0mv_F5XYmrpCbEvsU9rY6ryQ566baei1e2FUGH_PGn-dM28).

[Beacon House](https://beaconhousens.org/)

Food bank located 470 Cobequid Road. Open Mon, Tues, Wed, and Fri 10am-12 noon.





[Canadian Mental Health Association-Nova Scotia Division](https://caringtogether-cmhans.ca/)

CMHA facilitates access to the resources required to maintain and improve mental health and community

[Nova Scotia Mental Health Foundation](https://www.mentalhealthns.ca/)

The *Mental Health Foundation of Nova Scotia* is a registered charity committed to improving the lives of Nova Scotians affected by mental illness. Check the links for support with Covid 19.

