

Nova Scotia



- Mental Health Crisis Line 24/7 for immediate response

1.888.429.8167 / HRM: 902.429.8167

- Good2Talk post secondary student support

1.833.292.3698 / Text GOOD2TALKNS to 686868

- NSHA Community Health Teams (free mental health

services) - Central NS 902.460.4560

- Amherst Autumn House Crisis Line 24/7 902.667.1200

- Antigonish Women's Resource Centre Crisis Line,

Sexual Assault Nurse Examiner on call 24/7 902.863.2562

- Mi'kmaw Family Healing Centres 24-hour crisis support

line 902.893.8483 / 1.800.565.4741