



Memberton
WELCOMING THE WORLD

MENTAL HEALTH RESOURCES



1 MENTAL HEALTH MOBILE CRISIS LINE
902-429-8167 or TOLL FREE at: 1-888-429-8167

The Mental Health Mobile Crisis Team provides support for children, youth, and adults experiencing a mental health crisis by phone 24/7 anywhere in Nova Scotia.



2 MI'KMAQ CRISIS LINE
1-855-379-2099

The Mi'kmaq Crisis Line available to Mi'kmaq communities 24/7.



3 MENTAL HEALTH AND ADDICTIONS INTAKE SERVICE
1-855-922-1122

The Nova Scotia Mental Health and Addictions team can help if you are facing a mental health or addictions concern. They are available to take calls Monday-Friday 8:30AM-4:00PM.



4 KID'S HELP PHONE
1-800-668-6868 or text CONNECT to 686868

Kid's Help Phone is there for you no matter what you want to talk about. Available 24/7.



5 211 NOVA SCOTIA

211 is a free helpline that connects you with community groups, social services, and government programs in your area 24/7. Support is available in over 150 languages. Call or visit 211.ca

BREAK THE SILENCE, REACH OUT FOR SUPPORT