

WHERE TO GO FOR HELP

AT NSCAD

- After-hours emergency (902) 422-8778
- NSCAD Counseling services (902) 494-8130
- Disability Services (902) 494-8313

OFF-CAMPUS

- Counseling & Psychological Services (DALHOUSIE)
4th floor, Student Union Building, 6136 University Avenue (902) 494-2081
- SMU Health Services (902) 420-5611

MORE SERVICES IN HALIFAX

- Emergency 911 or 0
- Mental Health mobile Crisis Team
(mobile response from 1pm - 1am) (902) 429-8167
(telephone response from 9am – 5am) Toll Free 1-888-429-8167
- Crisis Help Line Society (24hrs) (902) 421-1188
- Legal Help (DALHOUSIE) (902) 423-8105
- Women's Centre (DALHOUSIE) (902) 494-2432
- Black Student Advising (DALHOUSIE) (902) 494-6648
- Native Counseling Unit (DALHOUSIE) (902) 494-8863
- Metro Food Bank (902) 457-1900

ASSAULT

- Avalon Centre Crisis Line (902) 422-4240

SHELTERS

- Adsum House (women) (902) 423-4443
- Byrony House (women) (902) 422-7650
- Metro Turning Point Centre (men) (902) 420-3282
- Phoenix Centre for Youth (902) 420-0676
- YMCA (men) (902) 423-9622
- YWCA (women) (902) 423-6162

SEXUALITY

- Halifax Sexual Health Centre (902) 455-9656
- AIDS Coalition of Nova Scotia (902) 429-7922
- The Youth Project (LGBTQ) (902) 429-5429

ALCOHOL/DRUG ABUSE

- Nova Scotia Drug Re-hab Centres 1-877-254-3348