

# Resources and Services

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## EMERGENCY

- Police / Fire / Ambulance **911**
- Mental Health Mobile Crisis **1-888-429-8167**
- Transition Housing NS Domestic Violence Hotline **1-855-225-0220**
- Poison Centre **1-800-565-8161**
- Kids Help Phone **1-800-668-6868**
- Kids Help Phone Text Line **Text CONNECT to 686868**
- Sexual Assault Nurse Examiner
  - Response Line **902-425-0122**

## SHELTERS

- Adsum House: 2421 Brunswick St. (women, children, and trans people) **902-423-4443**
- Barry House: 2706 Gottingen St. (women and children) **902-422-8324**
- Bryony House: 3358 Connaught Ave. (women and children re: intimate partner violence) **902-423-7183**
- Metro Turning Point: 2170 Barrington St. (men) **902-420-3282**
- Salvation Army: 2044 Gottingen St. (men) **902-422-2363**
- Phoenix House: 1094 Tower Rd. (youth up to 24, all genders) **902-446-4663**
- Province of Nova Scotia / 902 Man Up:
  - 2029 North Park St. (all genders) **902-429-3984**
  - 197-199 Windmill Rd. (age 16 or older, all genders) **902-463-2145** or **902-333-1509**
  - Multi-Purpose Centre of the Halifax Forum: 6210 Young St. (all genders) **902-455-6274**

## HOUSING SUPPORT

- Out of the Cold Community Association (low barrier housing) **902-830-4821**
- Metro Regional Housing Authority **902-420-6000**
- Dartmouth Housing Help **902-466-3483**
- Halifax Housing Help **902-423-3829**
- Welcome Housing **902-423-5479**
- 211 Information Line: **For information and referrals call 211**
- Nova Scotia Health Authority Mental Health and Addictions (intake line) **1-855-922-1122**
- Sara Nolan (HRM's Housing and Homelessness Coordinator for areas outside the core) **902-229-7912**
- Rebecca Whitzman (HRM's Housing and Homelessness Coordinator for areas inside the core) **902-717-3472**
- Lucas Goltz (downtown BIDS street outreach) **902-209-6517**
- Shawn Parker (downtown BIDS street outreach) **902-943-0095**

For more information,  
please contact 311

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## HEALTH SERVICES

- Nurse Health Advice Line **811**
- Mainline Needle Exchange and Outreach **902-423-9991**
- Direction 180 Methadone Treatment **902-420-0566**
- AIDS Coalition of NS **902-425-4882**
- Halifax Sexual Health Centre **902-455-9656**
- MOSH – Mobile Outreach Street Health **902-429-5290**
- MOSH – Mobile Outreach Street Health Nurse Line. **902-802-3332**
- Cobequid Community Health Centre (Sackville) **902-869-6100**
- IWK Health Sciences Centre **1-888-869-6100**
- Nova Scotia Hospital **902-464-3111**
- QEII Health Sciences Centre **902-473-2700**
- Addictions Inpatient Withdrawal Program (*Detox Intake*) **902-424-8866**
- North End Community Care Clinic **902-420-0303**
- Dalhousie Social Work Community Clinic **902-494-2753**
- ReFix Overdose Prevention Site - 2107 Brunswick Street Halifax, *Monday to Saturday from 9:30am-2:30pm*

## DROP-IN CENTRES, RESOURCES & FOOD BANKS

- Feed Nova Scotia: Information on Food Banks, Food Assistance **902-457-1900**
- Phoenix Centre for Youth (24 and under): 6035 Coburg Rd. **1-866-620-0676**
- Mi'kmaw Native Friendship Centre: 2158 Gottingen St. **902-420-1576**
- Dartmouth North Community Food Centre: 9 Primrose St. **902-407-4610**
- Stepping Stone: 2350 Hunter St. **902-420-0103**
- Parker Street Food & Furniture Bank: 2415 Maynard St. **902-425-2125**
- Soul's Harbour Mission (meals, basic needs, room, clothing, hygiene supplies): 5568 Cunard St. **902-405-4663**
- Brunswick Street Mission (meals, clothing): 2107 Brunswick St. **902-423-4605**
- Hope Cottage (meals): 2435 Brunswick St. **902-429-7968**
- Feeding Others of Dartmouth - Margaret's House: 43 Wentworth St. **902-464-2919**
- Alice House (long-term housing for women of intimate partner violence) **902-466-8459**
- The Hub – Community Support Program: 101- 5506 Cunard Street, Halifax NS **902-406-3631**

## NON-EMERGENCY HELP LINES

- Progress Place Warm Line (4-8 p.m. daily) **1-888-768-2488**
- Shelburne County Warm Line (For anyone in N.S.) *Mon/Tues/Thurs 1-5 p.m. & Wed 4-8 p.m.* **833-927-6546**
- Men's Helpline **1-855-466-4994**
- Hope for Wellness Helpline (Indigenous support and crisis intervention) 24/7 **1-855-242-3310**
- Trans Life Line **877-330-6366**
- Halifax Regional Police (NON-emergency) **902-490-5020**
- Child Protective Services
  - Halifax **902-425-5420**
  - Sackville **902-869-3600**
  - Dartmouth **902-424-3298**
- Wellness Together Canada (24/7 one-on-one counselling with Mental Health Professional)
  - **1-888-668-6810** or text **WELLNESS** to **686868** for youth
  - **1-866-585-0445** or text **WELLNESS** to **741741** for adults
- 9-8-8: Suicide Crisis Helpline (24/7)
  - **Call or text 988**

For more information,  
please contact 311

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