



Support & Services Directory for Survivors in Nova Scotia

Mental Health Mobile Crisis Team (Nova Scotia)

24/7 mobile crisis response team for mental health emergencies in Nova Scotia.

[1-888-429-8167](tel:1-888-429-8167)

Talk Suicide Canada

24/7 support for people thinking about or affected by suicide (Canada-wide).

[1-833-456-4566](tel:1-833-456-4566) | [Text 45645](text:45645)

Kids Help Phone

24/7 phone/text/web support for youth experiencing mental health crises or abuse.

[1-800-668-6868](tel:1-800-668-6868) | [Text 686868](text:686868) | kidshelpphone.ca

Bryony House (Halifax)

Emergency shelter and support services for women experiencing intimate partner violence.

[902-422-7650](tel:902-422-7650) | www.bryonyhouse.ca

Empowerment for Hope Society

Supports survivors of gender-based violence and promotes violence prevention in Nova Scotia.

<https://www.empowermentforhope.ca/contact>

Be the Peace Institute (Lunenburg Co.)

Supports survivors of gender-based violence and promotes violence prevention in rural Nova Scotia.

[902-523-6247](tel:902-523-6247) | www.bethepeaceinstitute.org

Avalon Sexual Assault Centre

Offers trauma-informed therapy, crisis response, and resources for sexual assault survivors.

[902-422-4240](tel:902-422-4240) | www.avaloncentre.ca

Alice Housing (Halifax)

Second-stage housing and wraparound support for women rebuilding after abuse.

902-466-8455 | www.alicehouse.ca

Second Stage Housing Association

Network supporting housing and transition services across NS for women escaping violence.

www.ssha.ca

Harbour House (Bridgewater)

Emergency shelter and outreach services for women and children facing domestic violence.

902-543-3663 | www.harbour-house.ca

Chrysalis House (Kentville)

Shelter and support for women and children escaping intimate partner violence.

902-679-1922 | www.chrysalishouseassociation.org

Intimately U

Empowering survivors of domestic abuse through self-care products and experiences.

www.intimatelyu.ca

YWCA Halifax

Housing, employment, wellness programs and advocacy for women and families.

902-423-6162 | www.ywcahalifax.com

Family SOS

Non-profit supporting children and families with parenting, mental health and crisis supports.

902-455-5515 | www.familysos.ca

Blk Women in Excellence (BWIE)

Empowering Black women through wellness, entrepreneurship, and culturally relevant healing spaces.

www.blkwomeninexcellence.ca

Health Association of African Canadians (HAAC)

Advocating for health equity and resources in African Nova Scotian communities.

www.haac.ca

Healing on Purpose

Trauma-informed, anti-oppressive, human-centered support for healing.

<https://www.healingonpurpose.ca/>

Association of Black Social Workers (ABSW)

Culturally competent counselling, advocacy, and mental health support services. Dedicated Black Support Line.

1-855-732-1253 | www.nsabsw.ca

Sacred Lotus

Offers holistic wellness services in Halifax promoting balance and well-being.

<https://www.sacredlotusholisticwellness.com/>

Esinam Counselling

Specialized in racial injustice, sexual trauma, complex trauma, and addiction.

<https://www.esinamcounsellinginc.com/>