

Inspired Living Medical Inc.

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HALIFAX REGIONAL MUNICIPALITY RESOURCES

MENTAL HEALTH

MOBILE CRISIS TEAM	(902) 429-8167
CDHA Bayer's Road (can self-refer)	(902) 454-1400
CHILD PROTECTION	(902) 425-5420
HELPLINE	(902) 421-1188
IWK (Central Referral Service, can self-refer)	(902) 464-4110
Addiction Services (<i>must</i> self-refer)	(902) 424-5920
CHOICES (Addiction program for < 19 yo)	(902) 470-6300

FAMILY RESOURCES

Family Services Association (individual, couples & family counseling)	(902) 420-1980
Family SOS (support for parents & parent education)	(902) 455-5515
Single Parent Centre	(902) 479-3031
Parent Resource Centre	(902) 492-0133

SHELTERS & FOOD BANK

Metro Turning Point (males)	(902) 420-3282
Salvation Army (males)	(902) 422-2363
Adsum House (for women & children)	(902) 429-4443
Alice House (for women & children)	(902) 466-8459
Phoenix Youth Program (emergency shelter)	(902) 446-4663
METRO FOOD BANK (referrals)	(902) 457-1900

LEGAL SERVICES

NS Legal Aid	(902) 420-6583
Legal information & lawyer referral	(902) 424-4111