

Mental health resources

*** Please call 911 in case of emergency ***

St. Martha's Regional Hospital Mental Health Services Antigonish

*Adults Outpatient mental health services: (902) 867-4500 ext. 4345

*Children, Youth & Family Services: (902) 867-4500 ext. 4760

Open M-F; 8:30 am- 4:30 pm

Emergency Department, St. Martha's Regional Hospital

902 867-4500 ext. 4229

Open 24-7

Men's Health Centre and Family Service of Eastern NS

(902) 863-2358

<http://ensfamilyservice.ca/>

Naomi Society Antigonish

(902) 863-3807

<http://naomisociety.ca/>

St. FX Health & Counselling Centre

902-867-2263

305 Bloomfield Center

https://sites.stfx.ca/health_and_counselling/

St. FX Peer Support Program

Run by student volunteers

Bloomfield Center room 417

Nova Scotia Mental Health Crisis Line

1-888-429-8167

Kid's Help Phone

1-800-668-6868

Crisis Text line - text HOME to 686868

First Nations and Inuit Hope for Wellness Line

1 (855) 242-3310

Eskasoni Mental Health

Crisis line (902) 379- 2099

Toll Free 1 (855) 379- 2099

<https://www.eskasonimentalhealth.org/>

Mental Health & Addictions Self Referral Line

Guysborough, Antigonish & Strait Areas
1-888-291-3535

National Suicide Prevention Lifeline

1-800-273-TALK(8255)

The Canada Suicide Prevention Service

Phone: toll-free 1-833-456-4566

Text: 45645

Chat: crisiservicescanada.ca

Mindhous Wellness

Psychotherapist

320 Main St #1c

Monday, Tuesday, Thursday & Friday: 9:00 am- 4 p.m; Wednesday: 12-6 pm. (902) 801-8822

<http://www.mindhouswellness.com/>

Family Service of Antigonish

275 Main St #103

Monday- Friday: 8:30 am- 4:30 pm (902) 863-2358

<https://ensfamilyservice.ca/>

Antigonish Women's Resource Centre

219 Main St In Kirk Place

Monday- Friday: 8:30 am- 4:30 p.m. (902) 863-6221

<http://awrcsasa.ca/>

Lindsay's Health Centre for Women

Antigonish Women's Resource Centre

Thursday 9 am- 4 pm.

<http://awrcsasa.ca/lindsays-health-centre-for-women/our-services/>

CBI Health Centre

40 Church Street

Monday- Friday 9 am- 5 pm

(902) 863- 5559

Provincial Mental Health Crisis Line

902.429.8167 or 1.888.429.8167

Kids Help Phone

1-800-668-6868 or text CONNECT to 686868

Veterans Crisis Line

Call 1-800-273- TALK (8255) and press 1

Text to 838255

Disaster Distress helpline

Call or text 1-800-985-5990

Nova Scotia Health: Mental Health and Addictions

mha.nshealth.ca

902-424-8866

Toll Free: 1-855-922-1122

Monday – Friday, 8:30am to 4:30pm. Voicemail evenings, weekends, and holidays.

Nova Scotia Government Resources

novascotia.ca/help

Mental Health & Addictions Services

Antigonish and Guysborough Area

1 (888) 291- 3535

Other Antigonish services:**Antigonish Mental Health Awareness**

Facebook group

Antigonish Food Bank

166 College Street

(902) 863- 0611

Antigonish Affordable Housing

12 S Hope Lane Sylvan Valley

(902) 318- 3723

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

Sunflower Natural Foods Store

194 Main Street

(902) 863- 1194

<http://www.sunflowerhealth.ca/>

Lawton's Drugs

133 Church Street

(902) 863- 2015

Shoppers Drug Mart

303 Main Street

(902) 863- 6522

Walmart Pharmacy

50 Market Street

(902) 867- 1535

Superstore Pharmacy

26 Market Street

(902) 863- 6711

Goodlife Fitness

26 College Street

(902) 735- 8348

Safe and Sound Wellness

294 Main Street

(902) 735- 7355

St. FX Fitness Centre

1140 Convocation Blvd.

(902) 867- 2181

First Nations Services**Membertou Health & Wellness Home**

107 Membertou Street

Membertou, NS

(902) 564- 6466 ext. 2440

Waycobah Health Centre

90 Reservation Road

Whycocomagh, NS

(902) 756- 2156

Wagmatcook Health Centre

47 Humes Rear W Loop
Wagmacook, NS
(902) 295- 2755

Chapel Island Health Centre (Potlotek Health Centre)

12004 Highway 4
St. Peters, NS
(902) 535- 3317

Additional online resources

Canadian Mental Health Association (CMHA) – Nova Scotia Division

novascotia.cmha.ca
(902) 466- 6600

Eating Disorders Nova Scotia

eatingdisordersns.ca
(902) 229-8436

Schizophrenia Society of Nova Scotia

ssns.ca
(902)465- 2601

Self Help Connection

selfhelpconnection.ca
(902) 466- 2011

Strongest Families Institute

strongestfamilies.com
1 (866) 470- 7111

TeenMentalHealth.org

(902) 470- 6598

Nova Scotia Mental Health resources

<https://mha.nshealth.ca/en>

Local (Antigonish) Service Providers:

please note this list is not exhaustive

Meghan Mulcahy

MSW, RSW

325 Main Street #222

Monday 9 am-9 pm, Tuesday 9 am- 3:30 pm, Wednesday 9 am- 8 pm, Thursday 9 am- 1:30 pm,

Friday 9 am- 1:30 pm

(902) 872- 0854

<https://meghan-mulcahy.business.site/>

Doreen Smith

Psychologist

58 Macken Rd

(902) 863-0578

Chris J Tragakis

Psychologist

219 Main Street

(902) 863- 6400

Stephanie Teasdale

Teasdale Psychology Services

59 Beech Hill Rd Unit #4

(902) 867- 7340

Patricia Gerrior

Psychologist

155 Main St

(902) 863-8303

Sithean Psychology

Psychologist

220 Main St

(902) 968-1625

Dr. Ashley Spinney

Mindhous Wellness

Clinical Social Worker

(902) 906- 6829

Faye Fraser

Mindhous Wellness

Clinical Social Work/ Therapist

(902) 901- 5682

Sarah Helen Green

Mindhous Wellness

Clinical Social Work/ Therapist

(587) 851- 0735

Kim Archibald

AC, BA, CDP, CR

Counselling and conflict resolution

(902) 906- 5097

GEN Psychotherapy services

Counsellor, MACP, RCT-C, CCC

(902) 907- 5353

Wendy Digout

Psychologist

(902) 909- 5595

Sonya MacDonald

Psychological Services

Psychologist, MEd, C, Psyc

(877) 721- 2617

Changing steps family counselling

Counsellor, CYC-P, CPT-S, RP, MA, RCT

(902) 903- 2306

Greg Purvis

Clinical Psychologist

(902) 200- 1495

Joyce Talbot

Counsellor, Med, RCT-C

(902) 908- 5747

Heidi Sturgeon

Clinical Social Work/ Therapist

(902) 909- 5559

Carolyn Scott

Psychologist

(902) 700-5602

Dr. Jean Collins

Psychologist

Nova Scotia Trunk 7

(902) 863-2482