** **

**[[1]](#footnote-1)KEEP SAFE CONNECTIONS**

**AVAILABLE ONLINE AT WWW.GRIEFRELIEFCOACHING.CA/HELP**

**911**

**Crisis Services Canada**

CALL TOLL FREE 1.833.456.4566 - Available 24/7

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

**Nova Scotia Mental Health Mobile Crisis Team**

(902) 429-8167 or 1 (888) 429-8167 (Toll Free)

**National Suicide Prevention Line (USA & Canada)**

<https://suicidepreventionlifeline.org/>

1-800-273-8255 / [Crisis Text Line](http://www.crisistextline.org/%22%20%5Ct%20%22_blank) by texting TALK to **741741**

**Kids Help Phone**

[www.kidshelpphone.ca](http://www.kidshelpphone.ca/%22%20%5Ct%20%22_blank)

1 (800) 668-6868 (Toll Free 24/7)

**Grief Relief for Survivors of Suicide Loss**

[https://www.facebook.com/groups/griefreliefforsurvivors/](https://www.facebook.com/groups/griefreliefforsurvivors/%22%20%5Ct%20%22_blank)

(on-line private Facebook group providing support to family and friends who have lost a loved one to suicide)

**CASP (Canadian Association for Suicide Prevention)**

[https://www.suicideprevention.ca/](https://www.suicideprevention.ca/%22%20%5Ct%20%22_blank)

**211 Nova Sc**o**tia**

[www.ns.211.ca](http://www.ns.211.ca/%22%20%5Ct%20%22_blank)

Phone: 211 (Provides confidential information and referral services for community and social services available across Nova Scotia & most provinces of Canada)

**811 Nova Scotia**

[www.811.novascotia.ca](http://www.811.novascotia.ca/%22%20%5Ct%20%22_blank)

Phone: 811 (Provides support regarding non-urgent health-related issues and questions)

**Avalon Sexual Assault Centre**

[www.avaloncentre.ca](http://www.avaloncentre.ca/%22%20%5Ct%20%22_blank)

(902) 422-4240 (Provides support, counselling, education and forensic evaluation for those who have experienced sexualized violence)

**Bryony House**

**[https://www.bryonyhouse.ca/](https://www.bryonyhouse.ca/%22%20%5Ct%20%22_blank)**

**Distress Line:  (**902) 422-7650; **Shelter Main Number (**902)423-7183

(provides 24 hour emergency services for women, with or without children, escaping intimate partner abuse.)

**Canadian Mental Health Association Halifax Dartmouth Branch**

(902) 455-5445. (Provides various social support programs and initiatives to improve mental health)

**Early Psychosis Program of Nova Scotia**

[http://www.cdha.nshealth.ca/programs-services/e](http://www.cdha.nshealth.ca/programs-services/e%22%20%5Ct%20%22_blank)

(902)-473-2976 . Promote early detection and optimal, timely healthcare for persons at risk for, or experiencing, a first episode of psychosis.

**ISANS Mumford | main office**

**[http://www.isans.ca/](http://www.isans.ca/%22%20%5Ct%20%22_blank)**

Phone: 902-423-3607/ Toll free in Nova Scotia: 1-866-431-6472 (We help immigrants to settle and give orientation to living in Nova Scotia)

**Phoenix Youth**

[https://phoenixyouth.ca/services](https://phoenixyouth.ca/services%22%20%5Ct%20%22_blank)

(902) 420.0676; 24 hr intake 902.446.4663 Toll free: 1.888.878.5088

(dedicated to supporting youth between the ages of 11 and 24, and their families)

**Shelter Nova Scotia**

[www.shelternovascotia.com](http://www.shelternovascotia.com/%22%20%5Ct%20%22_blank)

(902)406-3631 (Provides a home for people who need somewhere to stay. We offer care to people who can find it nowhere else)

**Vets Canada**

[https://vetscanada.org/](https://vetscanada.org/%22%20%5Ct%20%22_blank)

1 (888)228-3871 (committed to helping homeless and at-risk veterans reintegrate into civilian life)



**GRIEF RELIEF COACHING**

Releasing “It’s My Grief & I’ll Cry if I Want To” Help Yourself & Others Heal Their Broken Heart.

Pre-Order Special - $25 ($5 for each pre-order will go towards Mental Health & Suicide Prevention).

To Pre-Order: <http://www.griefreliefcoaching.ca/book>

**[[2]](#footnote-2)**

1. [www.griefreliefcoaching.ca](http://www.griefreliefcoaching.ca/%22%20%5Ct%20%22_blank)

[www.facebook.com/griefreliefcoaching](http://www.facebook.com/griefreliefcoaching/%22%20%5Ct%20%22_blank)/ [↑](#footnote-ref-1)
2. [www.griefreliefcoaching.ca](http://www.griefreliefcoaching.ca/%22%20%5Ct%20%22_blank) & [www.facebook.com/griefreliefcoaching](http://www.facebook.com/griefreliefcoaching/%22%20%5Ct%20%22_blank)/ [↑](#footnote-ref-2)