

Local Supports for Youth and Families

Leslie Thomas Junior High

[Cobequid Youth Health Centre](#)

Provides a place for youth to turn to for support. Contact social worker Susan Harris at 902-869-6106 or susan2.harris@nshealth.ca

[IWK Mental Health and Addictions](#)

Parents/Guardians/Youth can make a referral by calling central referral (902) 464-4110 Mon-Fri

[811](#)

Call 811 or visit their website for non-emergency health info and services in Nova Scotia

[Mental Health Mobile Crisis Team \(MHMCT\)](#)

(902) 429-8167 The team will provide immediate crisis support and triage over the phone and visit you in person, if necessary.

[Anxiety Canada](#)

Information and self help strategies to help youth and adults manage anxiety

[Kids Help Phone](#)

Anonymous, confidential phone (1-800-668-6868) and online support 24/7.

Their texting service does not require a data plan, internet connection, or app. Simply text CONNECT to 686868 Click [here](#) for more info.

[Mind Shift](#)

App that incorporates proven strategies to help you learn to relax and be mindful

[SchoolsPlus](#)

SchoolsPlus can help connect you with supports in the community. Call Cathy Kasper at 902-240-1148 or email at ckasper@hrce.ca

[ns211.ca](#)

Comprehensive list of services and programs offered by local community groups, non-profits, and government departments

[Freedom Kitchen](#)

Food truck that offers free meals on Mondays 4-6pm at the Sackville Library, 636 Sackville Drive

[Square Roots](#)

Offers delivery of free veggie bundles in Sackville/BeaverBank areas on Saturdays. To access, fill in this [Google form](#).

[Beacon House](#)

Food bank located 470 Cobequid Road. Open Mon, Tues, Wed, and Fri 10am-12pm. Thurs 6-8pm