

RESOURCES

811

- Health information and services
- If you are hearing-impaired and would like to access this service, call 7-1-1 (TTY)
- When you call 811, a Registered Nurse will give you the advice and information you have requested and provide reassurance concerning all kinds of general health issues and questions, including sexual violence.
- Service is offered in English, French and interpretation services are available in over 100 languages.
- 24 hours a day, 365 days a year.
- Dial 8-1- 1

211

- 211 is a free, confidential information and referral service to more than 3,000 community and social services across Nova Scotia.
- 24 hours a day, 365 days a year.
- Dial 2-1-1

Independent Legal Advice for Sexual Assault Survivors Program - 2-1-1

- This program provides up to 4 hours of free, independent legal advice for sexual assault survivors who are 16+ years of age.
- You do not have to report to police or take legal action if you use this service.
- Registration is done through an independent agency, 211 Nova Scotia. Dial 2-1-1 for intake.
- <https://novascotia.ca/sexualassaultlegaladvice/>

The Sexual Assault and Harassment Phone Line - 1-902-425-1066

- The phone line offers non-judgmental, active listening and support to anyone who has experienced or has been affected by sexualized violence.
- Calls are taken from 12pm - 12am, 7 days a week.
- There are only 2 phone line operators taking calls and they may be helping another person when you call. If you are unable to get through, please try again later.
- The phone line is operated by Dalhousie Student Union.

Kids Help Line – 1-800- 668-6868

- Free, non-judgmental, confidential and anonymous support for people 20 and under.
- 24 hours a day, 365 days a year.
- Phone and web counselling.
- [Live online chat](#) with a counsellor from 7pm – 3am, Wednesday-Sunday.
- <https://www.kidshelpphone.ca/Teens/Home.aspx>

BroTalk – 1-866- 393-5933

- BroTalk provides counselling and information to help teen guys (and those who identify as male) tackle their challenges and stresses, big or small.
- Phone or chat support.
- Phone - 24/7; Chat Wednesday 7pm – 3am
- <http://brotalk.ca/about>

NS Mi'kmaq Crisis and Referral Line – 1-855- 379-2099

- The Nova Scotia Mi'kmaq Crisis and Referral phone line is available 24/7 toll free to Mi'kmaq people across the province.
- The Centre also provides online support through the [Eskasoni Crisis Worker Facebook](#) account. Both are a service of Eskasoni Mental Health.

Indian Residential School Crisis Line 1-866-925-4419

- This 24-hour phone line provides support to former Residential School students in crisis.

Transition House Association of Nova Scotia – 1-800- 563-2945

- 24/7 support line
- Emotional support and referrals for women who have been abused

Victim Services Emotional Support – 1-902- 490-5300

- Emotional support for victims of sexual violence
- No police involvement is necessary in order to get support
- Monday-Friday, 8am-4pm, based on Halifax

Mental Health Mobile Crisis Team - 1-888-429-8167

- Intervention and short term crisis management for children, youth and adults experiencing a mental health crisis.
- Telephone support across the province, 24/7.
- Mobile response in most communities in Halifax Regional Municipality, 1pm-1am.

Trans Life Line

- Trans led peer support offering direct service, material support, advocacy and education
- Peer support hot line available 11am-5am AST **1-877-330-6366**
- General inquiries **1-510-771-1417** or contact@translifeline.org