HELP?

Where to go for help in
HALIFAX

Emergency  911 or 0
Police (non-emergency)  902-490-5020
Non-emergency Health Concerns  811
(24 hour services, 7 days week)
Victim Services  902-490-5300
Mental Health Mobile Crisis Team  902-429-8167
Help Line  902-421-1188
NS Legal Aid  902-420-6583
FEED NS  902-457-1900

ALCOHOL / DRUG ABUSE
Addiction Programs (Capital Health)  902-424-8866

SEXUAL ASSAULT
Avalon Sexual Assault Centre  902-422-4240
Sexual Assault Nurse Examiner  902-425-0122
(SANE)

SEXUALITY & HEALTH RESOURCES
AIDS Coalition of NS  902-425-4882
Halifax Sexual Health Centre  902-455-9656
Youth Project (Sexual Orientation, Gender Identity)

MENTAL HEALTH & WELLNESS
Phoenix Centre for Youth  902-420-0676
Laing House  902-425-9018

SHELTERS
Adsum House (women) Emergency  902-423-4443
General  902-423-5049
Bryony House (women)  902-422-7650
Metro Turning Point (men)  902-420-3282
Phoenix Youth Shelter  902-446-4663

Where to go for help at
DALHOUSIE

Emergency  902-494-4109
Security  902-494-6400
Aboriginal Student Centre  902-494-8863
Advising & Accessibility Services (TTY)  902-494-7091
Black Student Advising Centre  902-494-6648
Counselling & Psychological Services (Students)  902-494-2081
DalOUT (LGBTQ)  dal.out@dal.ca
Employee & Family Assistance Program  1-800-387-4765
Student Health Services  902-494-2171
Human Rights & Equity Services  902-494-6672
Human Resources (Employees)  902-494-3700
International Centre  902-494-1566
Dal Legal Aid  902-423-8105
Multifaith Centre  902-494-2287
Ombudsman Office  ombuds@dal.ca
Peer Ally  peerally@dal.ca
Residence Life  902-494-7077
Student Advocacy Service  902-494-2205
Student Health Promotion  902-494-6830
Student Dispute Resolution  902-494-4140
South House Sexual & Gender Resource Centre  902-494-2432
Tiger Patrol  902-499-1831
DalSAFE  902-718-9908

dal.ca/dalsafe

DAL.CA/DALRESPECT
Human Rights & Equity Services
Website includes links to all resource listings