

**EMERGENCY**

Police/Fire/Ambulance	911
Mental Health Mobile Crisis Team	429-8167
Halifax Regional Poison Centre	470-8161
Youth Help Line (24-hour)	420-8336
Kids Help Line (24-hour)	1-800-668-6868
Parent Help Line (24-hour)	1-888-603-9100
Avalon Sexual Assault Response Line (24-hour)	422-4240
425-0122 (after hours)	
Feed Nova Scotia Help Line	421-1188

**SHELTERS**

Adsum House - Women and Children	429-4443
2421 Brunswick Street, Halifax	423-4443
Barry House – Women	422-8324
2706 Gottingen Street, Halifax	
Bryony House - Abused Women	422-7650
Address Confidential	
Marguerite Centre-Addiction Recovery-Women	876-0006
Address Confidential	
Metro Turning Point - Men	420-3282
2170 Barrington Street, Halifax	
Phoenix Youth Shelter – Youth	446-4663
1094 Tower Road, Halifax	
Salvation Army - Men	422-2363
2044 Gottingen Street, Halifax	

**COMMUNITY SERVICES - INCOME ASSISTANCE**

Halifax	424-4150
Dartmouth	424-1600

**METRO REGIONAL HOUSING AUTHORITY** 420-6000**CHILD PROTECTION SERVICES (DCS/CAS)** 424-5420/424-2434**DROP-IN CENTRES & SOUP KITCHENS** (includes times meals served)

Brunswick Street United Church (7-8am, M-F)	423-4605
2107 Brunswick Street, Halifax	
Feed Nova Scotia	457-1900
Info on food banks, food assistance resources	

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Hope Cottage (10-11am and 5-6pm, M-F) 2435 Brunswick Street, Halifax	429-7968
MNP Housing Support Centre 2330 Gottingen Street, Halifax	423-5479
Mi'kmaq Native Friendship Centre 2158 Gottingen Street	420-1576
Stepping Stone 2224 Maitland Street, Halifax	420-0103
ARK (Youth) 2177 Gottingen Street, Halifax	492-2577
Phoenix Centre for Youth/Health Program 6035 Coburg Road	420-0676
Lesbian, Gay, Bi-Sexual Youth Project 2281 Brunswick Street, Halifax	429-5429
Feeding Others of Dartmouth (12-12.30pm, 7 days; 4.30-5.00pm Mon, Tues, Wed) 43 Wentworth Street, Dartmouth	464-2919
Saint Matthew's United Church (9-10am, Sun) 1479 Barrington Street, Halifax	423-9209
Saint George's Anglican Church (4-6pm, Sat) 2222 Brunswick Street, Halifax	423-1059
Saint Andrew's United Church (4-6pm, Sun) 6036 Coburg Road, Halifax	422-3157
Food Bank 2415 Maynard Street, Halifax	425-2125

#### HEALTH SERVICES

North End Community Health Care Centre	420-0303
Mainline Needle Exchange and Outreach	830-3853/423-9991
Direction 180 Methadone	420-0566
Cobequid Community Health Centre	879-6100
Dartmouth General Hospital	465-8300
I.W.K. Health Sciences Centre	428-8888
Nova Scotia Hospital	464-3111
QEII Health Sciences Centre	473-2700
Halifax Sexual Health Centre	455-9656
Mobile Outreach Street Health Program	429-5290
Detox	424-5623

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