



YOUTH  
ADVOCATE  
PROGRAM

# YOUTH EMERGENCY SUPPORT

This guide was designed to help inform residents of the emergency support available within the municipality.

## HALIFAX

## **WHEN TO CALL OR TEXT 911**

If you or your friend are in immediate danger, have been badly hurt or someone is trying to damage or steal your stuff then call or text **911** for police, ambulance or fire.

## **WHEN TO CALL 811**

If you are sick or hurt and you're not sure what to do, call **811** to speak with a registered Nurse. They can give you advice on how to treat sickness or injury and let you know if you should go to the emergency room or a walk-in clinic.

## **WHEN TO CALL 311**

**311** provides information about Halifax Regional Municipality Services. You can call 311 to get information about bus schedules, recreation centres and special events. You can also call 311 to report a problem at any municipal property, such as a broken net at a Halifax basketball court.

## **WHEN TO CALL 211**

If you're looking for help and it's not on this sheet, call **211** and they can help you find what you're looking for. 211 is free and confidential and the staff can connect you to thousands of programs offered within Nova Scotia.

## **WHEN TO CALL 988**

If you are thinking about suicide or are worried about someone you know thinking about suicide - call or text **988** for suicide prevention support at any time of day or night.



## **WHEN TO GO TO THE EMERGENCY ROOM**

You should go to the emergency room if you are planning on hurting yourself or others. You should also go if you've had a bad physical injury (such as a car accident), if you pass out because of an injury or if you get hurt from passing out, bleeding that won't stop with pressure after 10 min, severe headache, severe abdominal pain, shortness of breath, coughing up blood or poisoning. If you're not sure if you should go to the emergency room, call **811**.

## **HRM POLICE NON-EMERGENCY DISPATCH:**

**902.490.5020 OR 902.490.7252 (TTY)**

When an officer is required to come to the scene but it's not an emergency.

## **DEPARTMENT OF COMMUNITY SERVICES**

Can provide help for youth and families. Call to request housing support and to report abuse.

- Call toll-free at **1.877.424-1177**
- daytime hours - Monday to Friday 8:30 a.m. to 4:30 p.m.
- evening hours - Tuesday to Thursday 4:30 to 7 p.m.
- after regular business hours, call **1.866.922.2434**





# **ARE YOU FEELING ANXIOUS, DEPRESSED, SUICIDAL OR NEED SOMEONE TO TALK TO?**

## **MENTAL HEALTH MOBILE CRISIS TEAM**

Please call if you are in a mental health crisis, have suicidal thoughts, thoughts of self-harm or behaviours, have overwhelming anxiety or depression or are struggling with substance misuse. The Mental Health Mobile Crisis Team have a group of healthcare professionals who might be able to come to you and help you in the community. Available 24/7. Call 902.429.8167 or 1.888.429.8167 (TTY).

## **KIDS HELP PHONE (FOR KIDS, TEENS AND YOUNG ADULTS)**

Need someone to talk to? Need help? Need support? Call or text the Kids Help Phone. It is secret and they will listen and help you. Available 24/7. Call **1.800.668.6868** or text **CONNECT** to **686868**.

The Youth Project – Are you under 25 and part of the LGBTQIA2S+ community? The youth project offers counselling, resources and support around issues of sexual orientation and gender identity. Call 902.429.5429 or email [\*\*carmel@youthproject.ns.ca\*\*](mailto:carmel@youthproject.ns.ca).

# WORRIED THAT YOU OR A LOVED ONE IS INVOLVED WITH HUMAN SEX TRAFFICKING?

Human trafficking is a crime that involves controlling, forcing, intimidating or manipulating a person of any age into various forms of sexual activities or forced labour. Pimps aren't always men and human trafficking victims aren't always women. Both pimps and human trafficking victims can be anyone: people of any gender or any age.

If you think someone might be a victim of human trafficking, you can call **902.449.2425** to contact the Nova Scotia Human Trafficking Team, 24/7 or call **1.833.900.1010** to contact the Canadian Human Trafficking Hotline, 24/7.

You can also contact Halifax Regional Police at **902.490.5142** for the Human Trafficking Team. You can get more information and tips to spot human trafficking on [their website](#).

# DO YOU THINK YOU OR A FRIEND ARE HAVING AN OVERDOSE?

## DON'T BE SCARED TO CALL FOR HELP!

The Good Samaritan law protects you from simple drug possession charges so don't be afraid to call for help for you or your friend. Call **911** right away!

Signs of an overdose can include difficulty walking, talking, breathing and staying awake, blue or grey lips and nails, small pupils, cold or clammy skin and choking and gurgling sounds.

If the overdose is from opioids (Oxycodone, Codeine, Morphine, Fentanyl, Heroin) see if there is a naloxone kit nearby. Naloxone is used to temporarily stop the effects of opioids on the body, you still need to call 911. Naloxone is safe to use and you can't hurt someone with it, even if you accidentally give it to someone who hasn't taken opioids.

You can get naloxone kits for free from most pharmacies. For more information on how to use both nasal and injectable naloxone kits, visit [this federal web page](#).

If you ate/drank/smoked/injected something and are not sure what might happen, you can also call Poison Control for information and guidance on what to do. They can give you information about drug overdoses, chemicals, plants/berries/mushrooms or other. Free and confidential. Call 24/7. 1.800.565.8161.

## **HAVE YOU JUST BEEN KICKED OUT OF YOUR HOUSE OR DO YOU NEED A PLACE TO STAY?**

If you are under the age of 16 you can call the Department of Community Services at:

- **1.877.424.1177**
- **1.866.922.2434** (after hours line)
- non-emergency HRP Dispatch at **902.490.5020** (TTY: **902.490.7252**)

### **Phoenix Youth Shelter**

If you are between the ages of 16-24 and need a place to stay, you can contact Phoenix Youth Shelter, they are open 24/7.

- call **902.446.4663**
- toll free at **1.888.878.5088**
- in person at 1094 Tower Road, Halifax

### **ADSUM HOUSE**

Adsum House helps women, families, youth and trans people who need emergency shelter and are open 24/7.

- call **902.423.4443**
- email [\*\*adsum@adsumforwomen.org\*\*](mailto:adsum@adsumforwomen.org).
- in person at 2421 Brunswick Street, Halifax



# ARE YOU OR A FRIEND BEING ABUSED?

## IF YOU OR YOUR FRIEND ARE IN IMMEDIATE DANGER, CALL 911.

If you or a friend are experiencing any of the following types of abuse from anyone, call the Department of Community Services at 1.877.424.1177 or the after-hours line at 1.866.922.2434.

- **physical abuse:** any intentional bodily injury such as slapping, pinching, punching, spanking, kicking, shoving or use of restraints
- **emotional abuse:** these include behaviours that are meant to control, frighten and isolate you. Emotional abuse can include: yelling, swearing, insults, threats, intimidation and manipulation
- **sexual abuse:** any unwanted sexual contact or sexual contact between a youth and someone significantly older than them or in a position of power (e.g., teacher or coach)
- **neglect:** when a guardian/parent does not provide basic needs for a Youth's physical and mental health. This can include a lack of food, clothing, water, safe place to live, education, medicine and healthcare

# DO YOU THINK YOU MIGHT HAVE A SEXUALLY TRANSMITTED INFECTION?

Call the Halifax Sexual Health Centre to book an appointment for STI testing. They are youth-friendly and you do not need permission from a parent/guardian to access their services. For a free appointment you need your health card. Book an appointment by calling **902-455-9656 ext. 0**. Visit [hshc.ca](http://hshc.ca) to see all the services they provide!

If the Sexual Health Centre is full or you need a same day appointment you can call the STI clinic at the Victoria General Hospital. They are currently offering same day appointments on Mondays and Thursdays. Please call **902.473.2272** between 1 to 3 p.m. to book an appointment between 5 to 8 p.m. Appointments take place on fifth floor of the Dickson Centre on University Avenue. They can do all testing (swabs, urine and blood work) in one appointment. Visit the [NS health STI Clinic](#) web page for more information!

# DO YOU THINK YOU MIGHT BE PREGNANT?

Call the Halifax Sexual Health Centre for pregnancy testing and options. They are youth friendly and you do not need permission from a parent/guardian to access their services. For a free appointment you need your health card. Book an appointment by calling **902.455.9656 ext.0**. Visit [hshc.ca](http://hshc.ca) to see all the services they provide!



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Guide provided by the Youth Advocate Program – a crime prevention program that works with youth aged nine to 15 engaging in or at high risk of engaging in criminal activity by strengthening connections and reducing barriers to create safer communities. [halifax.ca/yap](http://halifax.ca/yap)