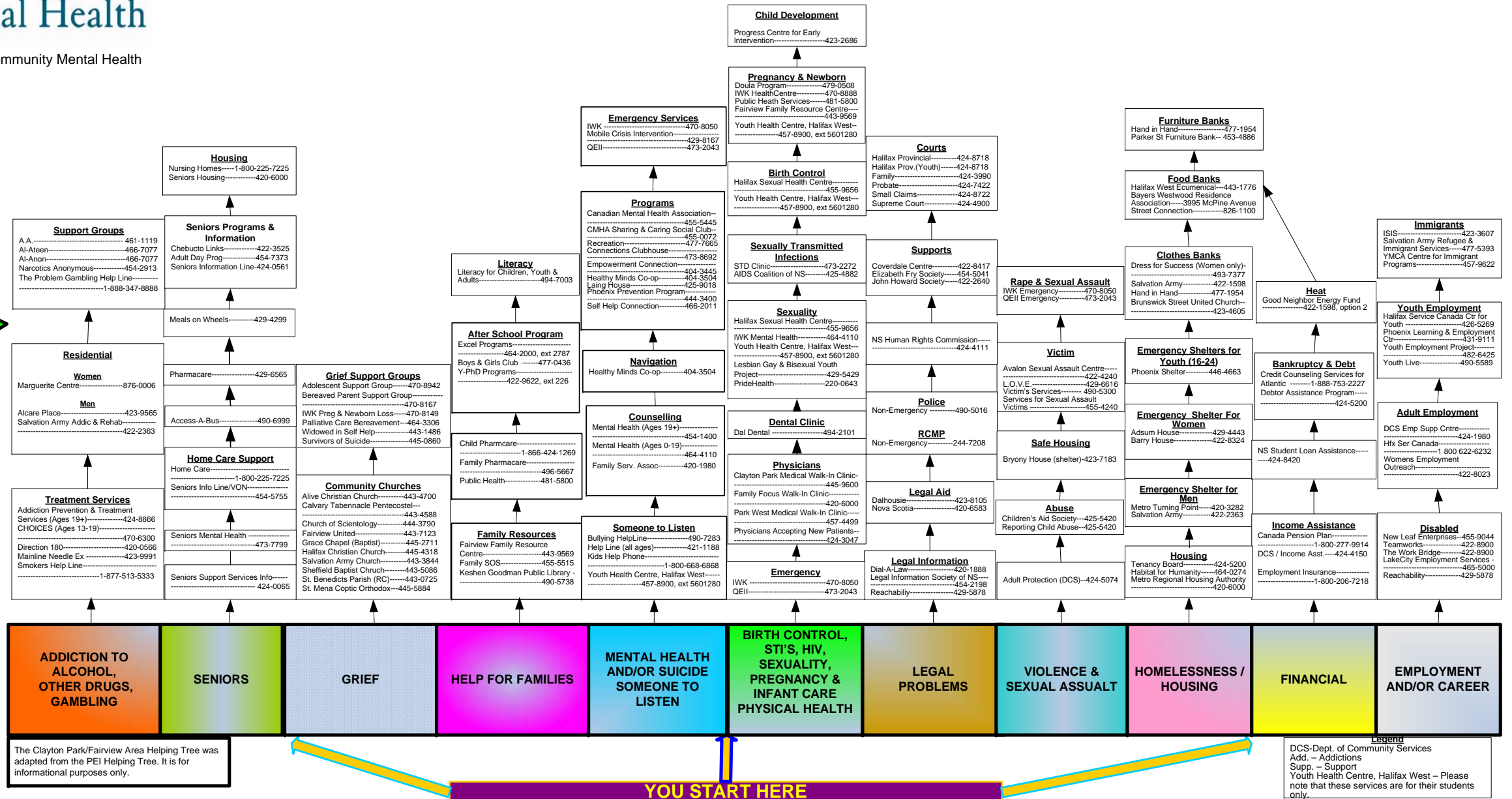




Capital Health

Bayers Road Community Mental Health

Clayton Park/Fairview Area Helping Tree



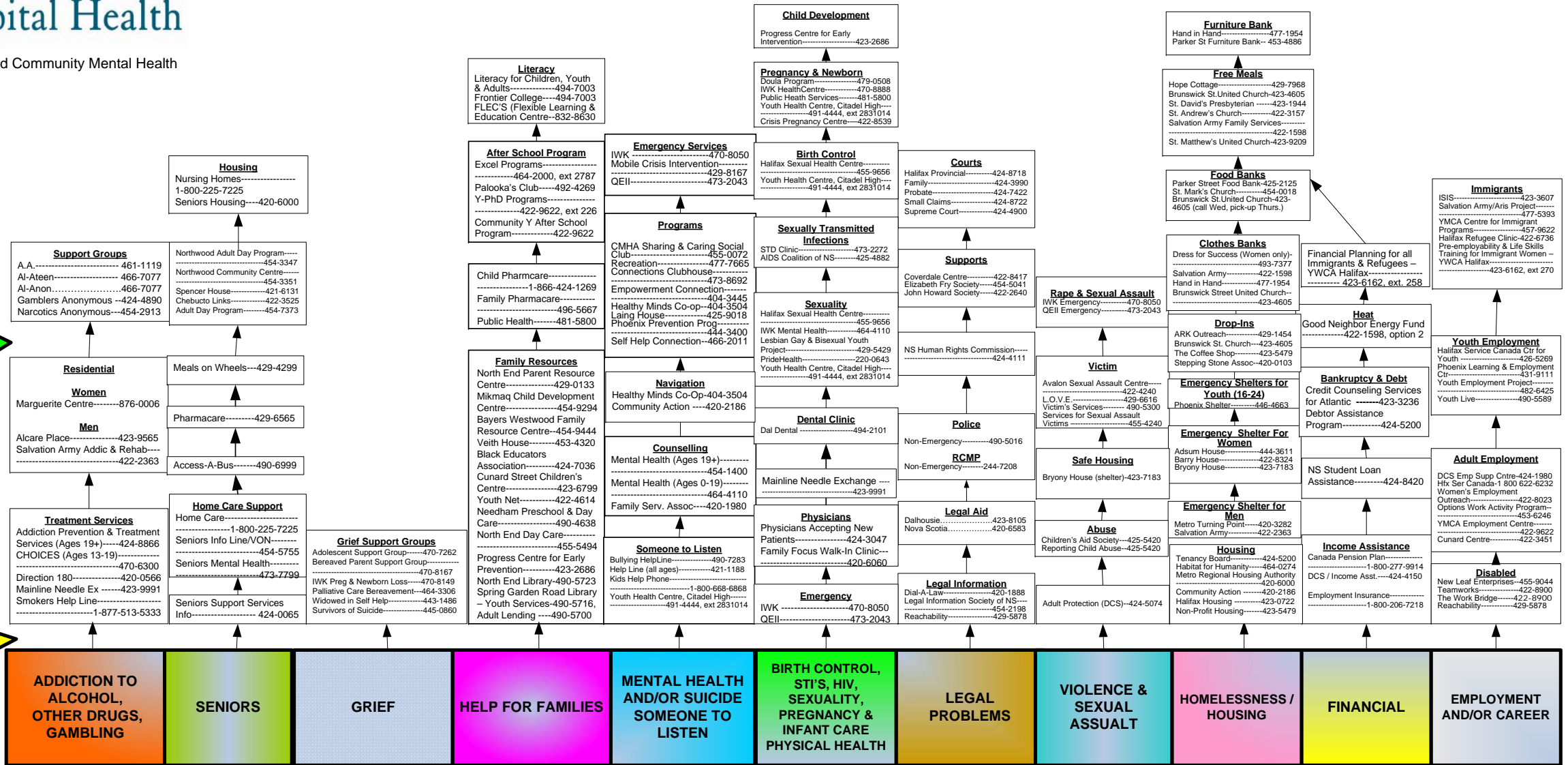
Data compiled by Bayers Road Community Mental Health in conjunction with Healthy Minds Cooperative, Public Health and Chebucto West Community Health Board. For revisions and updates, please call 454-1403.



Capital Health

Bayers Road Community Mental Health

Halifax Peninsula Area Helping Tree



The Halifax Peninsula Area Helping Tree was adapted from the PEI Helping Tree. It is for informational purposes only.

Legend
DCS-Dept. of Community Services
Add. - Addictions
Supp. - Support
Youth Health Centre, Citadel High - Please note that these services are for their students only.

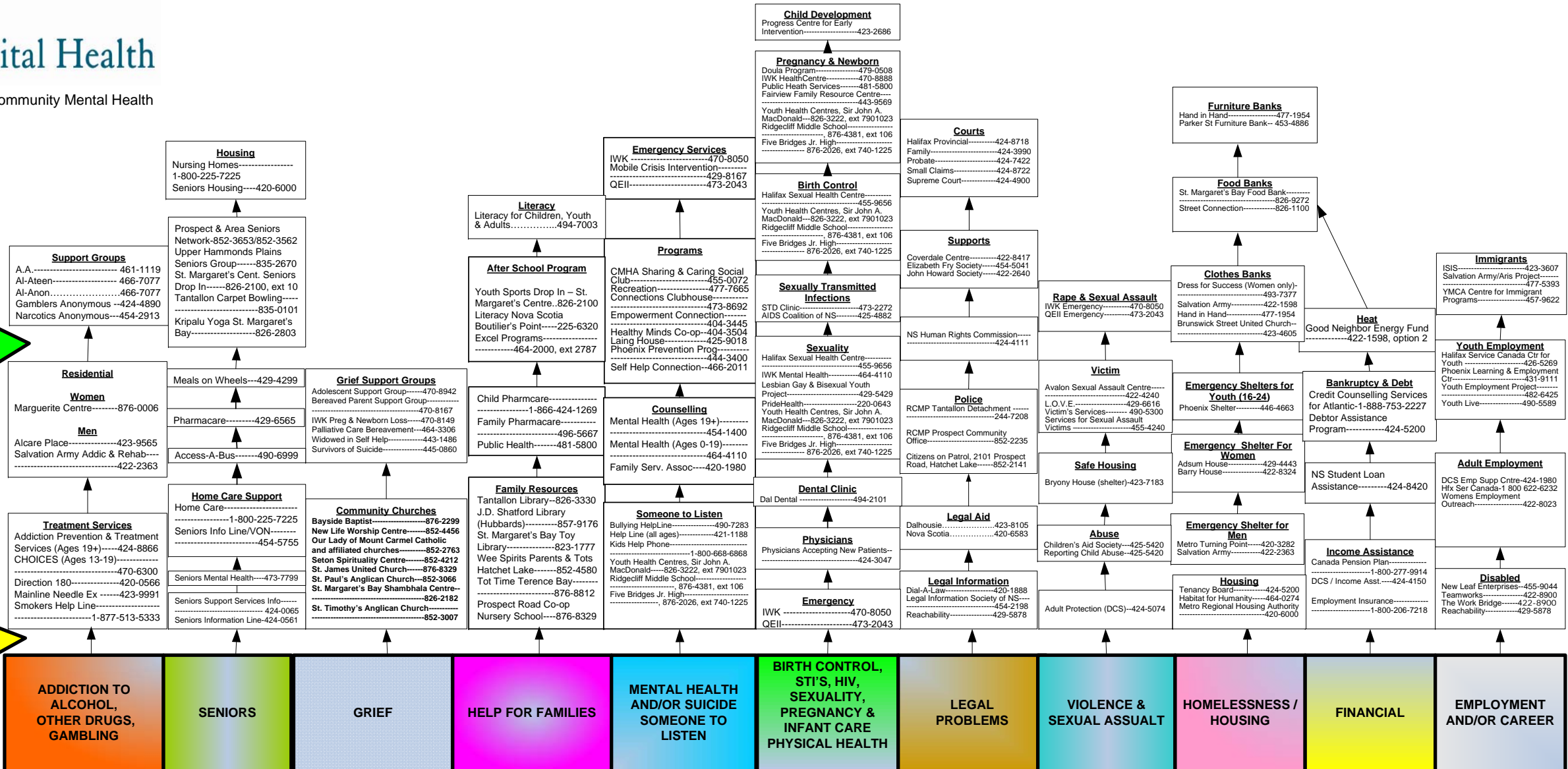
YOU START HERE
Data compiled by Bayers Road Community Mental Health in conjunction with Healthy Minds Cooperative, Public Health and Chebucto West Community Health Board. For revisions and updates, please call 454-1403.



Capital Health

Bayers Road Community Mental Health

Prospect/Tantallon/Timberlea/St. Margaret's Bay Area Helping Tree



The Prospect, Tantallon, Timberlea, St. Margaret's Bay Area Helping Tree was adapted from the PEI Helping Tree. It is for informational purposes only.

Legend
 DCS-Dept. of Community Services
 Add. - Addictions
 Supp. - Support
 Youth Health Centre, Sir John A. MacDonald,
 Five Bridges Junior High & Ridgcliff Middle
 School - Please note that these services are
 for their students only.

Data compiled by Bayers Road Community Mental Health in conjunction with Healthy Minds Cooperative, Public Health and Chebucto West Community Health Board. For revisions and updates, please call 454-1403.



Capital Health

Bayers Road Community Mental Health

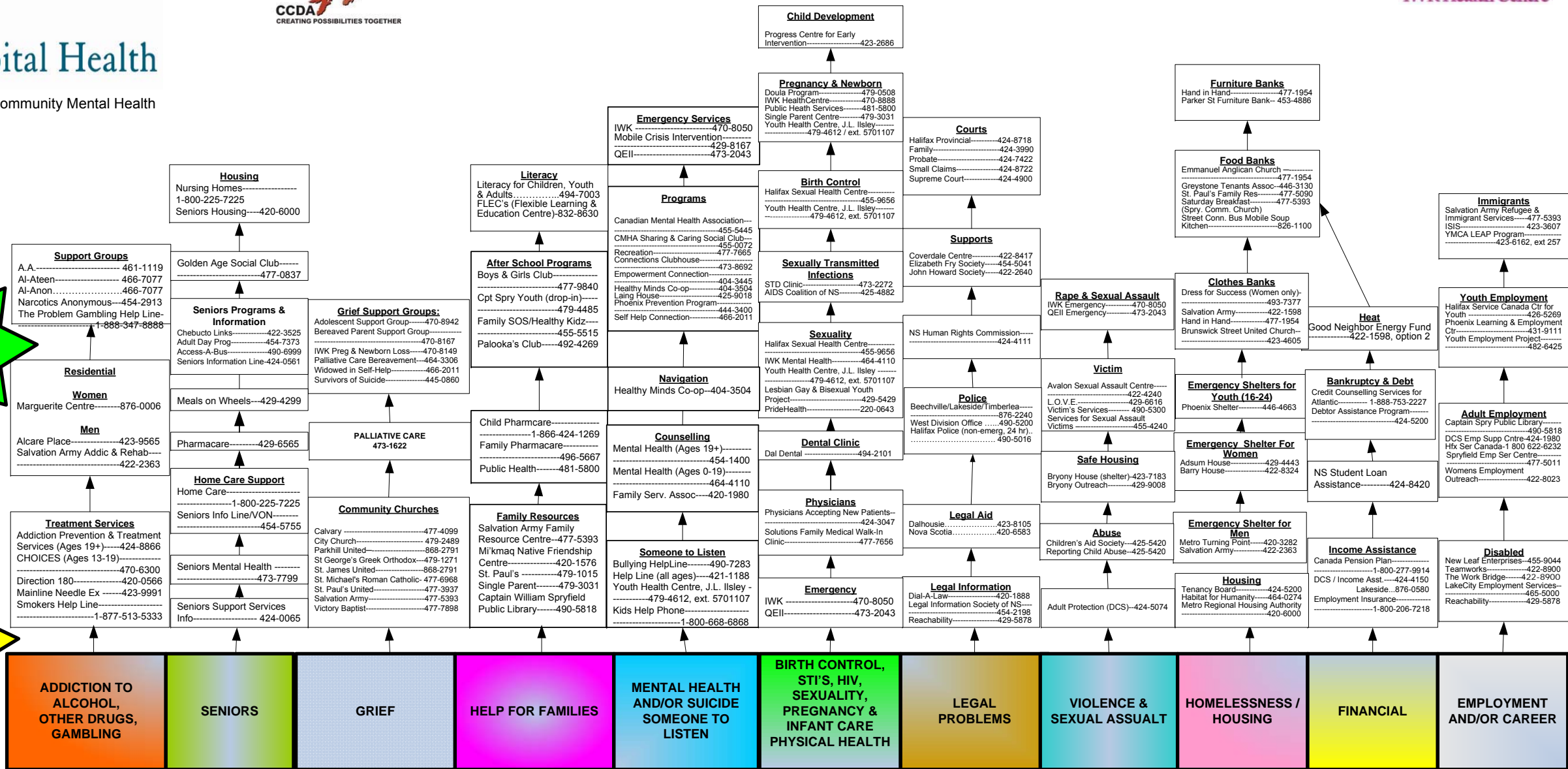


Spryfield Area Helping Tree



HealthLink
Health Information
Call 811

Emergency
Call 911



The Spryfield Area Helping Tree was adapted from the PEI Helping Tree. It is for informational purposes only.

Legend
DCS-Dept. of Community Services
Add. - Addictions
Supp. - Support
Youth Health Centre, J.L. Isley - Please note that these services are for their students only.

YOU START HERE
Data compiled by Bayers Road Community Mental Health and the Spryfield District Mental Health Planning Committee in conjunction with Healthy Minds Cooperative, Public Health and Chebucto West Community Health Board. For revisions and updates, please call 454-1403.

Bedford/Sackville Area Helping Tree

This tool was designed by the Bedford/Sackville Community Mental Health team to assist service providers and inform residents of the many helping resources available. If you or someone you care about is experiencing a problem in any of the areas listed, follow the arrows on the flow chart to find resources that may help.

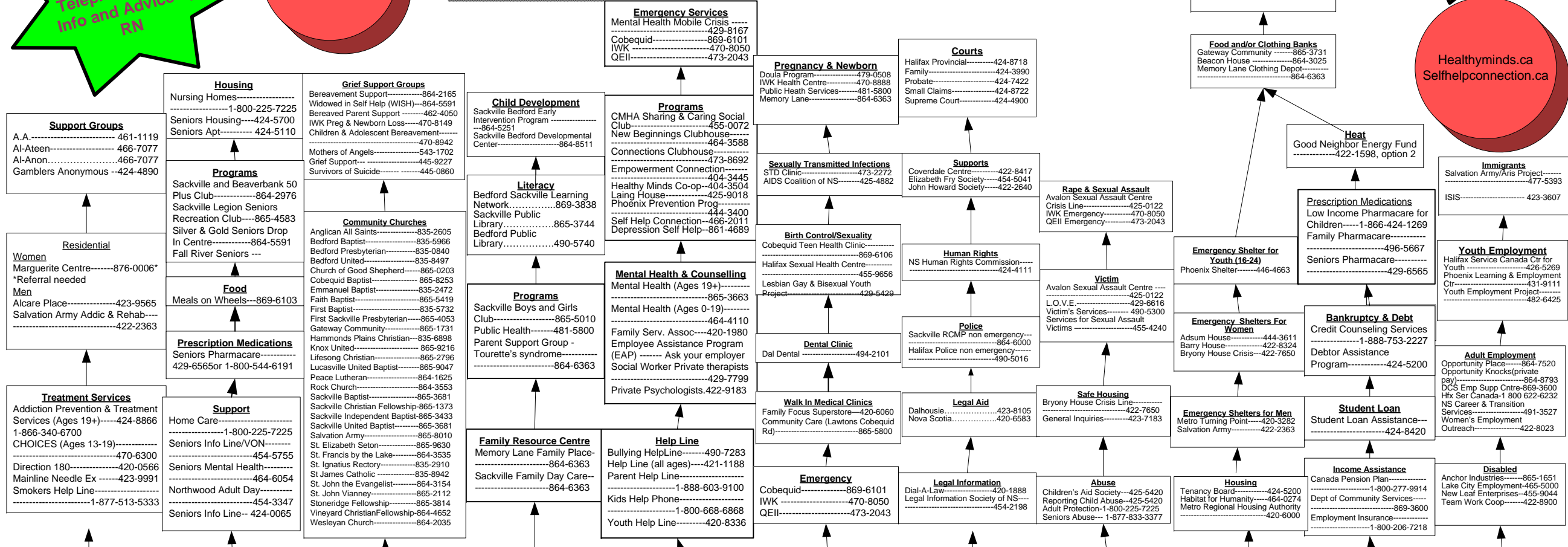
HealthLink Call
811 - 24 HR
Telephone Health
Info and Advice by
RN

Helpline
421-1188
8 am to 11 pm

For revisions and
updates, please
call 865-3663

**Emergency
Call 911**

Healthyminds.ca
Selfhelpconnection.ca



The Sackville Area Helping Tree was adapted from the Spryfield Area Helping Tree. It is for informational purposes only.

Legend
DCS-Dept. of Community Services
Supp. - Support

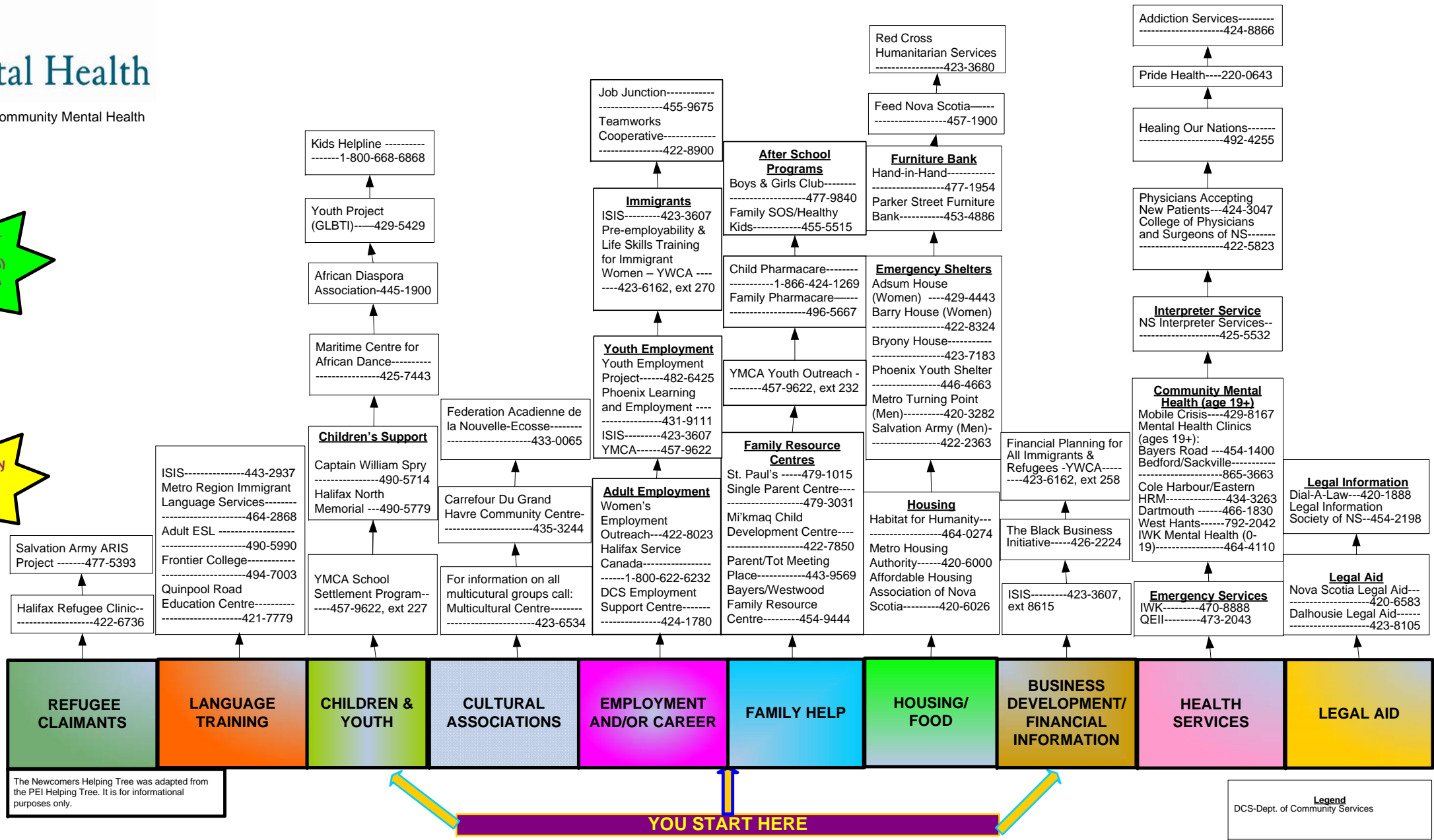
YOU START HERE



Capital Health

Bayers Road Community Mental Health

Newcomers' Helping Tree



The Newcomers Helping Tree was adapted from the PEI Helping Tree. It is for informational purposes only.

Data compiled by Bayers Road Community Mental Health. For revisions and updates, please call 454-1403.