

Compassionate Resources Nova Scotia

Cape Breton Specific

General:

- Mental health and addiction crisis line 1-888-429-8167 available 24/7
- For help finding local resources or to talk with a counselor call 211 available 24/7
- To speak with a registered nurse call 811 available 24/7

Emergency hotlines:

- Kids Helps Line: 1(800)668-6868
- Sexual Assault Crisis Line: 1(844)314-5157
- Domestic Abuse Crisis Line: 1(800)563-2945
- Suicide Hotline: 1(833)456-4566

Housing, Shelter and Outreach:

- Cape Breton Housing Association: 1(902)539-8520
- Housing First: 1(902)270-6217
- Community Homeless Shelter: 1(902)564-9487
- Legal Aid: 1(902) 563-2295
- Tenancy Board of Nova Scotia :1(800)670-4357
- Housing Nova Scotia: 1(800)424-5110
- CaperBase @ Access 808: 1(902)539-7233

Women

- Cape Breton Transition House: 1(902)539-2945
- Every Woman's Centre: 1(902)567-1212
- Elizabeth Fry Society: 1(902)539-6165
- Well Women's Clinic: 1(902)794-5472
- Jane Paul's Indigenous Women's Resource Centre: 1(902)539-5890

Clothing & Essentials

- Salvation Army Thrift Store: 1(902)794-7900
- Nora's Thrift Store: 1(902)736-1435
- Nora's 2: 1(902)794-2867
- St. Vincent De Paul: 1(902)736-6543
- Community Cares Youth Outreach: 1(902)544-0043
- Ally Centre: 1(902)567-1766

Education & Employment

- Adult Learning Centre of Cape Breton: 1(902)565-8404
- Nova Scotia Works (Northside) 1(902)794-7213
- Pathways to Employment (support for mental illness, substance use, social challenges)
1(902)539-6480

Food:

- Sydney Mines Food Bank (open first 3 Thursday of every month 1-3pm) 1(902)544-1247
- North Sydney Food Bank (appointment needed/ open first Friday of every month 9am-3pm)
- Loaves and Fishes: 1(902) 539-5182

Mental and Physical Health

- NS Mental Health & Addiction Intake: 1(902)922-1122
- Mental Health Addiction Services: 1(902)563-2583
- CDN Mental Health Association Cape Breton: 1(877)466-6606
- Cape Breton Centre of Sexual Health: 1(902)919-4911
- Youth Health Centre (Memorial High School) 1 (902)544-1424
- Cornerstone Cape Breton Association (psycho-education counselling for men with domestic violence issues) 1(902)567-0979

Ally Centre

- Sharp Advice Needle Exchange: 1(902)539-5556
- Main Number: 1(902)539-1766
- Mobile Outreach Bus: 1(902)217-3424
- Outreach street Nurse: 1(902)577-0140
- Ally Centre Health Clinic: 1(902) 567-0178

Parents and Families

- Family Place Resource Centre: 1(902)562-5616
- Family Services of Eastern Nova Scotia: 1(866)330-5952
- Parent Navigator: 1(902)217-5718
- SchoolPlus:1(902)736-6808
- Five Eleven Youth and Family Centre: 1(902)794-4062

Online Support

- Mental Health & Addictions Health Promotions
- Peer Support Nova Scotia
- Cape Breton Youth Project
- BLOOM Program

National Hotlines

General Crisis Counseling: Crisis Text Line provides free, 24/7 support for those in crisis. Text 741741 from anywhere in the United States and Canada to text with a trained crisis counselor. Every texter is connected with a crisis counselor, a real human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. Text SUPPORT to 741741 or visit <http://www.crisistextline.org/>.

Trans Lifeline: Trans Lifeline is a 501 (c)3 non-profit dedicated to the well-being of transgender people. They run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of the trans community might have. Call (877) 565-8860 or, in Canada: (877) 330-6366, or visit <https://www.translifeline.org/>.

HIPS: HIPS promotes the health, rights, and dignity of individuals and communities impacted by sexual exchange and/or drug use due to choice, coercion, or circumstance. HIPS provides compassionate harm reduction services, advocacy, and community engagement that is respectful, nonjudgmental, and affirms and honors individual power and agency. HIPS offers a 24/7 hotline to provide emotional support, schedule supplies deliveries, and get connected to health and supportive services. Call (800) 676-4477.

National Street Harassment Hotline: In partnership with Defend Yourself and the Rape, Abuse and Incest National Network (RAINN), Stop Street Harassment launched a gender-based street harassment national hotline. Help is available 24/7 in English and Spanish. Call 855-897-5910.

Rape, Abuse and Incest National Network (RAINN): RAIN is the nation's largest anti-sexual violence organization. In addition to the National Sexual Assault Hotline, RAIN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice. Call 1-800-656-4673 or visit hotline.rainn.org/online to chat online with a RAINN Support Specialist.

Depression and Suicide

The Trevor Project: Crisis intervention and suicide prevention for LGBTQ youth. Their trained counselors are there to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline at 866-488-7386 or visit <https://www.thetrevorproject.org/>.

National Suicide Prevention Lifeline: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call (800) 273-8255 or visit <https://suicidepreventionlifeline.org/>.

Dating Abuse and Domestic Violence

Black Women's Blueprint: BWB specializes in helping traumatized women, cis and trans and LGBTQ survivors of crime, and abuse with counseling, support groups and sister circles. They serve youth and adults and their families, who have experienced one or more of the following: childhood sexual abuse or physical abuse, rape or sexual assault, human trafficking, physical assault. Call the Counseling Center: 347.533-9102 or 347-533-9103. Their Healing and

Counseling Program coordinator will guide you on the phone through the steps to an appointment with a trauma healing expert. Their staff will help you assess your current needs, create a workable timetable and plan for your emotional recovery and healing, and find other services if and when necessary.

loveisrespect: loveisrespect's purpose is to engage, educate, and empower young people to prevent and end abusive relationships. Highly trained advocates offer support, information, and advocacy to young people who have questions or concerns about their dating relationships. They also provide information and support to concerned friends and family members, teachers, counselors, service providers, and members of law enforcement. Free and confidential phone, live chat, and texting services are available 24/7/365. Call 1-866- 331-9474, visit loveisrespect.org to chat online, or text loveis to 22522.

National Domestic Violence Hotline: Their highly trained advocates are available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Call 1-800-799-7233 or visit <http://www.thehotline.org> to chat online.

Childhelp National Child Abuse Hotline: Serving the United States and Canada, the hotline is staffed 24/7 with professional crisis counselors who, through interpreters provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential. Call 1-800-422-4453.

National Safe Place: Safe Place provides access to immediate help and supportive resources for youth in need. As a community initiative, the program designates schools, fire stations, libraries, and other youth-friendly organizations as Safe Place locations, which display the yellow and black sign. Text SAFE and your current location 24/7 to 69866.

Runaways, Homeless, and At-Risk Youth

National Runaway Safeline: NRS is the go-to resource for America and Canadas runaway, homeless, and at-risk youth and their families, providing solution-focused support. Call 1-800-786-2929.

2SQTBIPOC Specific

For Youth

- [Coming Out As YOU \(The Trevor Project\)](#)
- [Coming Out: A Guide for Lesbian, Gay and Bisexual Youth](#)
- [Kids Help Phone](#)

- [Advocates for Youth](#)
- [The Gender Book on Many Gender Identities](#)
- [The Asexuality Visibility and Education Network](#)
- [Asexuality: A Brief Introduction](#)
- [Taking the Cake: An Asexuality Zine](#)
- [LGBTQ Representation in Media](#)

For 2SQBTBIPOC Youth

- [Supporting Black LGBTQ Youth Mental Health](#)
- [Mental Health Issues Facing the Black Community | The Underlying Causes \(sunshinebehavioralhealth.com\)](#)
- [Youth Projects Anti-Racist Solidarity Resource List](#)

For 2SLGBTQIA+ Indigenous Youth

- [Visual Cultures of Indigenous Futurisms by Lindsay Nixon:](#)
- [Billy-Ray Belcourt's Radical Poetry](#)
- [Dayna Danger has a powerful message for gender non-conforming folks: 'This work is for you'](#)
- [Dirty Words: Appropriation—Aylan Couchie, Raven Davis and Chief Lady Bird address the emotional fallout of cultural appropriation in a conversation moderated by Lindsay Nixon](#)
- [What It's Like to Be a Native Trans Woman on Thanksgiving by Arielle Twist](#)
- [Arielle Twist on writing about Indigenous, trans grief:](#)
- [Making Space in Indigenous Art for Bull Dykes and Gender Weirdos by Lindsay Nixon](#)
- [On Ekphrasis and Emphasis by Joshua Whitehead](#)
- [Montreal Indigenous Community Network](#)

Faith and Spirituality Resources for 2SLGBTQIA+ Youth:

Organizations:

- [Affirm United](#)
- [Salaam Canada](#)
- [Seventh Day Adventist Kinship](#)
- [Proud Anglican](#)
- [Metropolitan Community Church](#)
- [Keshet](#)
- [LGBTQ Baha'i Story Project](#)
- [The Association of Welcoming & Affirming Baptists \(USA\)](#)

Resources:

- [HRC: Just As They Are, A Guide to Protecting Our Youth From Conversion Therapy](#)

- [GenderSpectrum: Faith Resources](#)
- [Transitioning to Inclusion: Embracing LGBTQ Youth in Faith Communities.](#)
- [Building an Inclusive Church: A Welcoming Toolkit 2.0](#)
- [PFLAG: Faith in our Families](#)
- [The Trevor Project: LGBTQ and Religion](#)
- [Human Rights Campaign list of faith-focused resources and organizations](#)
- [Gender Spectrum: Gender Identity and Faith in our Communities](#)

LGBTQ+ Health

- [The Halifax Libraries: LGBTQ+ Health, The Library Guide](#)
- [Scarleteen: Sex Education for the Real World](#)
- [Check me OUT: A sexual health checklist for gay, bi & queer men in Nova Scotia](#)
- [A Self-Help Guide for Trans Survivors of Sexual Violence](#)

For Parents & Family

- [PFLAG Canada: For Parents, Friends and Family of LGBTQ people](#)
- [Gender Creative Kids](#)
- [Canadian Parents of Trans and Gender Diverse Kids](#)
- [EGALE: Supporting Your Gender-Diverse Child](#)
- [So Your Child is Non-Binary: What Does This Mean?](#)
- [My Kid is Gay: Helping Parents and Families Understand Their LGBTQ Kids](#)
- [Mental Health of Transgender Youth: The Role of Family, School, and Community in Promoting Resilience](#)
- [Parents for Diversity](#)

Non-English Resources for Parents & Family

- [Parent Resources in Arabic \(العربية\)](#)
- [Parent Resources in Japanese](#)
- [Parent Resources in simplified Chinese](#)
- [Parent Resources in Punjabi](#)
- [Multilingual parent & family resources in East Asian, Southeast Asian, South Asian & West Asian languages](#)
- [Parent Support Booklet in Spanish \(PFLAG\)](#)

For Schools

- [Safe and Caring Schools for Two-Spirit Youth](#)
- [Nova Scotia Dept. of Ed: Guidelines for Supporting Trans and Gender Nonconforming Students](#)
- [Black and LGBTQ: Approaching Intersectional Conversations](#)
- [The Safe Space Kit: Being an Ally to LGBTQ students \(GLSEN\)](#)

- [MyGSA \(EGALE Canada\): Equity and Inclusive Education Resource Kit](#)
- [Asexuality Inclusion Guide for High Schools](#)
- [Non-Binary Defined: How to be Respectful and Supportive](#)
- [Minus 18r](#)
- [Supporting Adolescents Exploring Their Sexuality](#)
- [Being Safe, Being Me](#)

For Workplaces and Public Spaces

- [Creating Authentic Spaces: A Gender Identity and Gender Expression Toolkit to Support the Implementation of Institutional and Social Change.](#)
- [Safer Spaces Workplace Inclusion](#)

Somatic Exercises

1. [Soothing Breath](#) – Breath and touch can help soothe both the body and the mind. Slow deep breathing can activate the parasympathetic nervous system, bringing a feeling of relaxation and calmness.
2. [Grounding and Centering](#) – People commonly experience a loss of grounding and are thrown off balance. Grounding allows feelings of safety and inner strength to emerge.
3. [Evoking Kindness](#) – Remembering a time when you experienced kindness from someone can evoke pleasant physical and emotional sensations.
4. [Recalling Being Yourself](#) – Coming back to yourself can provide a greater sense of being grounded and feeling comfortable in your own skin.
5. [The Voo Sound](#) – Making sounds and vibrations with your own voice can have a soothing effect on the body and can also be a means to discharge activation.
6. [Shake It Off](#) – Animals often shake themselves to release the excess energy produced from the stress response. Allowing your body to connect with the trembling sensation produced by a stressful event can enable your system to settle.