

Supports for Families



Halifax

Regional Centre for Education



HRCE SchoolsPlus offers families and students confidential services, support to ensure student success and help in finding the right services and programs, 12 months a year. Text, call or email to self-refer. It's free.

Auburn Family of Schools
[Emma Pringle Boutilier](#)
902-476-7651

Eastern Shore Family of Schools
[Emma Pringle Boutilier](#)
902-476-7651

Millwood Family of Schools
[Kaleigh McConnell](#)
902-399-8321

Citadel Family of Schools
[Sharon Steeves](#)
902-219-3668

Halifax West Family of Schools
[Bonnie Pero](#)
902-399-8314

Marine Drive Academy & Musquodoboit Rural Family of Schools
[Kim Gariepy](#)
902-221-5954

Cole Harbour Family of Schools
[Jennifer Fougere](#)
902-483-8367

Island View Family of Schools
[Jennifer Fougere](#)
902-483-8367

Prince Andrew Family of Schools
[Nicole MacFarlane](#)
902-240-1148

CP Allen Family of Schools
[Sherry Battiste](#)
902-471-2445

J.L. Ilsley Family of Schools
[Alicia Barrett](#)
902-399-8317

Sackville High Family of Schools
[Kaleigh McConnell](#)
902-399-8321

Dartmouth High Family of Schools
[Bernice Arthur](#)
902-497-3163

Lockview Family of Schools
[Kim Gariepy](#)
902-221-5954

Sir John A. Family of Schools
[Sherry Battiste](#)
902-471-2445



Nova Scotia

Help Starts Here



CALL 211

TEXT 211

EMAIL 211

LIVE CHAT

211 offers connection to the programs and services in your community.

Kids Help Phone

Whenever you need to talk, Kids Help Phone is open.



Text 686868



Call 1-800-668-6868



[KidsHelpPhone.ca](https://www.kidshelpphone.ca)

Provincial Mental Health and Addictions Crisis Line
Available 24 hours a day, 7 days a week.
1-888-429-8167 toll free

Mental Health and Addictions Intake
Available weekdays, 8:30 a.m. - 4:30 p.m.
1-855-922-1122 toll free

Community Mental Health and Addictions clinics, Withdrawal Management Services, or Opioid Replacement and Treatment Program

Here's where you can get tested

NSHealth.ca/CoronavirusTesting

NOVA SCOTIA