

**CREATING
HOPE & HELP
FOR IMPROVED
MENTAL HEALTH**

Community Report 2022-2023

Mental & Health
Foundation
of Nova Scotia

Identified Priorities



Our Mission

To make a difference in the lives of Nova Scotians by funding mental health and addiction initiatives.

Our Vision

To see Nova Scotians living with mental illness and addiction thriving in our communities.

Message from The President & CEO and Board of Trustees Chair

2022-2023 was a year for creating far-reaching waves of community support!

Through a lens of education, peer support and community connection, the Mental Health Foundation of Nova Scotia funded a record number of grants focused on the critical priorities of suicide prevention, youth, addiction, vulnerable populations, diverse communities, and mental health literacy.

By responding to the needs of our grant recipients, we created ripples of support from one end of the province to the other. For each direct touchpoint there were thousands of continuing and spreading impacts. For example, the benefits of one community support group session for twelve individuals improved the mental wellness of countless others including family members, friends, neighbours, coworkers, teammates, employers, and more.

Thanks to your ongoing support, there have been many highlights in 2022-2023. The Foundation is proud to have launched critical group trauma therapy for refugees arriving in Nova Scotia.

We have increased our monthly donors, grown our community of mental health support, and have had the privilege of honouring several individuals who make significant mental health contributions in our province.

Thank you to our donors, partners, volunteers and friends. Your generosity throughout 2022-2023 has allowed us to touch even more Nova Scotians, both directly and indirectly through the ripples of hope and help.

Together, we are *changing the way people think* about mental illness and addiction.

Starr Cunningham
President & CEO



Alisa Alyward
Chair, Board of Trustees



Realizing the Ripples

IN 2022-2023, THE MENTAL HEALTH FOUNDATION OF NOVA SCOTIA APPROVED 241 GRANTS TOTALING MORE THAN

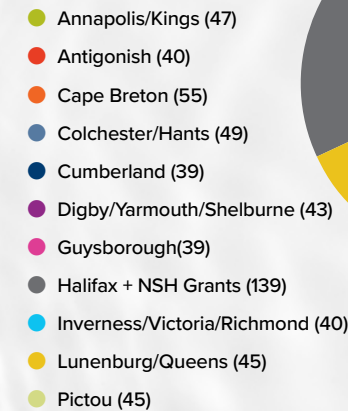
\$3,000,000

Our Grants fall into five categories:

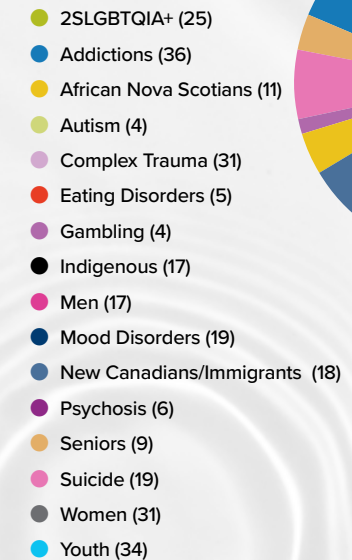


With the use of technology to connect across geographies, many projects impact multiple communities.

Grants by Geographical Impact



Grants by Main Focus Area



The Foundation is proud to partner with the Nova Scotia Office of Addictions and Mental Health to make many grants possible.

Projects We Fund



Tri-County Women's Centre

SUPPORTING WOMEN WITH MILD TO MODERATE MENTAL HEALTH NEEDS

This pilot project includes one-on-one and group counselling for women facing barriers to accessing services in Digby, Shelburne and Yarmouth counties. It develops peer support group programs, initially co-facilitated by a qualified therapist.

"My client says the opportunity to attend counselling sessions through the Tri-County Women's Centre has literally saved her life."



Colchester Ground Search and Rescue Association

PREVENTATIVE SUICIDE RESPONSE AND EDUCATION FOR GROUND SEARCH & RESCUE

This project trained CGSARA volunteers to become certified ASIST (Applied Suicide Intervention Skills Training) facilitators. It also provided workshops for volunteers affected by suicide.

"This training has provided me with the skills I need to recognize the signs of suicidal ideation, provide a skilled intervention, and develop a safety plan to help keep someone safe for now."



Youth Project Cape Breton

QUEER-SINE: HEALING WITH FOOD

In addition to cooking classes, the impact of food on mental and physical wellbeing are discussed through a queer lens. Guest speakers provide practical advice on budgeting, eating disorders, and employment.

"I'm thankful a program like this was offered so close to home for folks in the queer community. I've gained many new friends that I will keep dear to my heart for life."



Mi'kmaw Circle of Hope Society

THE LAND LOVES US BACK

Traditional knowledge, teachings, and ceremonies connect elders to younger Indigenous women in Unama'ki to reconnect with the land.

"I have always felt connected to the land, and this has brought me back to my childhood of taking part in traditional activities."



Alcare Place

SOCIAL RE-INTEGRATION/ COMMUNITY INVOLVEMENT PROJECT

This project offers group participation trips, community involvement and social events to individuals recovering from addiction.

"It is very helpful in recovery from addiction to find new ways to have fun that are healthy; I focus on the moment and the time we all share."



Laing House

THE BIPOC EMPOWERMENT PROGRAM

This peer support program empowers BIPOC youth living with mental health challenges by providing resources, encouraging self-reflection, and emboldening community engagement.

"It's been a great experience to go down a learning path with members and staff in both the African Nova Scotian culture and the Indigenous culture."

Vision Awards

The Vision Awards acknowledge individuals and organizations who share the Foundation's vision of mental wellness for all Nova Scotians. Each year, the Foundation honours recipients who have made a significant contribution to the Foundation.



Partners in Our Vision

We can't stop smiling thanks to the sweet support of Tim Hortons locations in the HRM! The Foundation, along with Feed Nova Scotia, was thrilled to be chosen as a charity of choice for its annual 2022 Smile Cookie Campaign. A whopping \$124,265 was donated to the Foundation! Thank you to store owners, managers, employees, volunteers, and customers. We've always got time for Tim Hortons!



Outstanding Volunteer

Maureen Banyard is a stellar supporter of the Foundation. She works tirelessly to raise both awareness and significant funds for the Foundation. A resident of Parkland at the Gardens, Maureen organizes concerts, holiday wreath auctions, mental health events and more! The only thing bigger and brighter than Maureen's heart, is her smile. Thank you for being such an outstanding volunteer, Maureen!

Pictured (L to R): Dr. Howard Conter, Maureen Banyard, Starr Cunningham, and Jodi Bartlett at Parkland at the Gardens Celebration of Wreaths.



Outstanding Achievement

The Mental Health Foundation of Nova Scotia Grants Selection Committee knows all about reading the fine print! This seven-member volunteer group reviews and scores every Community Grant application that comes its way. In 2022-2023, that included more than 150 applications! Hats off and thanks to Jennifer Simister, Morgan Manzer, Dorothy Edem, Barbara Hall, Lorna Griffin-Fillier, Fiona Kirkpatrick Parsons and Bryan Rice.



Let's Keep Talking 2022, presented by Bell Let's Talk and keynote sponsor J & W Murphy Foundation, focused on raising awareness of eating disorders. Keynote speaker, Jenna Robar, shared her own personal struggles in hopes of helping others. Special thanks to Paul Hollingsworth and to our sponsors, The Berkeley, Nova Scotia Power, Dalhousie University Department of Psychiatry and IWK Mental Health and Addictions.

SAVE THE DATE: October 3, 2023!

Congratulations to our 2022 Let's Keep Talking Award recipients:

KEYNOTE SPEAKER
JENNA ROBAR



ANN MARGARET GAUDET
Outstanding Caregiver



SALLY HUTCHINSON
Outstanding Healthcare Provider



SUSAN KILBRIDE-ROPER
Outstanding Senior



LANDON 'MORTY' MORTON
Outstanding Individual



AIDAN BONNER
Outstanding Youth

A DIFFERENT STAGE OF MIND



HRM Mayor Mike Savage hosted the 19th annual BMO's A Different Stage of Mind in front of 550 enthusiastic fans at the Halifax Convention Centre in May.

Huge applause to the Mental Health Realness Group for putting mental health and our 2SLGBTQIA+ community in the spotlight. Congratulations to The New Scotlanders (Scott & Kevin Saccary) for receiving the People's Choice Award, to Eric Church (Tom Hickey) for taking home the Top Fundraiser trophy, and to Katy Perry (CTV's Liz Rigney)!

SAVE THE DATE:
February 29, 2024!



PROUDLY PRESENTS

EVERGREEN GALA

AN EVENT OF THE
MENTAL HEALTH FOUNDATION
OF NOVA SCOTIA

The inaugural RBC Evergreen Gala rocked the Halifax Convention Centre in November 2022. A unique partnership with Halifax's Evergreen Festival (a four-week outdoor winter celebration of Nova Scotia culture, food, spirits, craft, and art), the glam gala featured Nova Scotia rapper Harmz, an RBC putting challenge, DJ Dollar, CTV's Todd Battis & Katie Kelly, the traditional Touch of Gold Raffle, and the exciting addition of Steele Streamers, and more.

Special thanks to RBC, Advocate, Steele Auto Group, St. John Ambulance, Moore Suites, Touch of Gold and live auctioneers, Howard and Adam Center.

We love this new holiday tradition and we know you will too!

SAVE THE DATE: November 18, 2023!



Vinita Savani, RBC



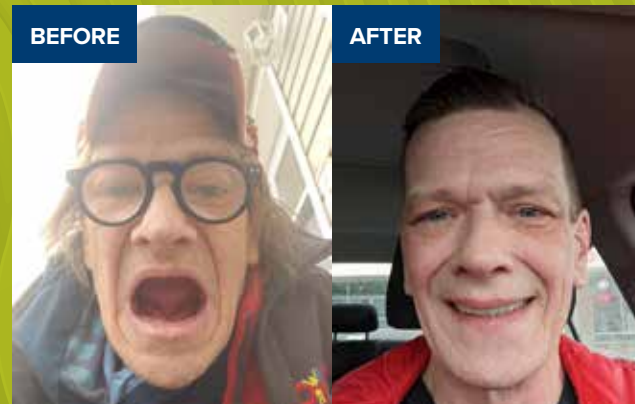
Tides of Change



New to Nova Scotia Resilience Support Grant

The Foundation created the innovative New to Nova Scotia Resilience Support Grant in partnership with Immigrant Services Association of Nova Scotia (ISANS). The grant provides group trauma counselling to adult refugees arriving in Nova Scotia from Ukraine, Afghanistan, and other war-torn countries. It is supported by Emera, a generous anonymous donor, and other individuals across the province.

"I feel now there are people behind me who can support me. I am hopeful. I feel like I am not alone."
– New to Nova Scotia Resilience Support Grant participant



Bright Smiles

James Skinner used to be embarrassed of his smile. Now he meets people on the street who say "Jim, you look great! What did you do to yourself?" What James did is contact the Bright Smiles Project in Antigonish. The program, created by the Pictou County Mental Illness Family Support Association, provides access to dental services for individuals living with mental illness who can't afford to access services on their own. The Foundation is a proud funder of the Bright Smiles Named Grant.

"There are many emotions with getting a new mouth and now, I feel like me again and it has given me a new self-confidence." – Bright Smiles participant

Waves of Support

Thanks to our friends at J & W Murphy Foundation for supporting both of these harmonious projects!



Sound Minds

In partnership with the East Coast Music Association, the Foundation created the Sound Minds Named Grant to support the mental health of music industry professionals. It provides one-on-one counselling, addiction support and recovery, mental health literacy and peer support at no charge to musicians.

"Years ago, before these kind of programs were introduced, at a lot of the conferences, you were told to feel lucky that you were there. We didn't have access to anything and so a lot of times it was substances or leaning on each other or burning out." – ECMA Award Winner



Manger Music: Christmas Eve Live Stream

With just three days' notice, the Foundation pulled together a Christmas Eve Matt Mays Manger Music virtual concert, live from the alpaca farm! A generous supporter of the Foundation, Matt donated his time and talent to raise more than \$20,000 thanks to the support of online donors and Sonic Concerts.

"Well that was really special, Matt. Thanks very much. Happy Christmas! Love your alpacas!"
"Just donated." – Manger Music viewers

Celebrating Excellence



The Foundation was thrilled to honour the following Nova Scotians with a Queen Elizabeth II Platinum Jubilee Medal for their exceptional work in mental health.

Dr. Howard Conter, The Tema Foundation

Morgan Manzer, Foundation Trustee

Dr. Belinda Seagram, Landing Strong

Starr Cunningham, Mental Health Foundation of Nova Scotia (Awarded externally)

Darrell Johnston, Foundation Trustee

Cecilia McRae, Pictou County Mental Illness Family Support Association

Dr. Emmanuel Aquino, NSH Psychiatrist

Dr. Patricia Lingley-Pottie, Strongest Families Institute (Not pictured)

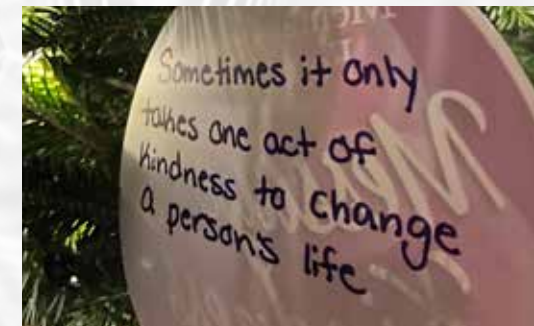
The Foundation was proud to partner with the Office of Addictions and Mental Health to oversee and manage the inaugural Council of the Federation Award for Innovation in Mental Health and Addiction Care. After receiving 20 applications from across the province, the \$5,000 cash award went to the Strongest Families Institute. It was presented to Dr. Patricia Lingley-Pottie by Premier Tim Houston and Minister Brian Comer during the fall sitting of the Nova Scotia Legislature.



In Our Community



Our President & CEO, Starr Cunningham, pictured here with second-year dentistry student, Mohammed Alabdoulsalam, was honoured to deliver the JD McLean Lecture keynote to the Dalhousie Faculty of Dentistry. The audience was made up of dentistry and dental hygiene students, as well as faculty, staff, and alumni.



The Messages of Kindness holiday fundraising campaign raised critical funds for the Foundation to support mental health and addictions programs and services across the province, with donations matched by our partners Killam Apartment REIT and Southwest Properties.



The Foundation received donations from several Twitch events throughout the year. The live streaming video platform allows gamers to display their skills while raising funds from fans.



This buddy bench was one of three unveiled in New Glasgow in memory of Brennan Wyatt. The Foundation was pleased to work with Brennan's parents to make this project possible.

Thanks to our Donors

The Mental Health Foundation of Nova Scotia extends its gratitude to all donors for every gift it receives, including those who choose to remain anonymous. This list recognizes donors who have donated \$500 or more during the 2022-2023 fiscal year.

Visionary

Advocate Printing & Publishing
Frank Almeda
Atlantic Road Construction & Paving
Believeco
Bell Canada
Bluedrop Training & Simulation Ltd.
BMO Bank of Montreal
Community Foundation of Nova Scotia
CTV Atlantic
Dalhousie University, Department of Psychiatry
Joseph & Violet Diab
Emera Inc.
Enterprise Holdings Foundation
Government Of Canada
Government of Nova Scotia
Harry Freeman & Sons Limited
Kim Huskilson
J & W Murphy Foundation
Moore Suites
Lisa Murphy
Nova Scotia Health
Parkland at the Gardens Residents

Property Valuation Services Corporation
RBC Royal Bank
RPM Productions
Salon Resource Group
Scotiabank
St. Augustine's Church
St. John Ambulance Council for NS and PEI
Steele Auto Group
The Estate of Edwin Charles Urquhart
The Community Foundation of Nova Scotia
on behalf of Green Shield Canada
The Windsor Foundation
Local HRM Tim Hortons Restaurant Owners
True Patriot Love Foundation

Champion

ACADOM Ltd.
Cory Bell
BOYNECLARKE LLP
Fred & Elizabeth Fountain
John & Elizabeth Godin Charitable Trust
IWK Mental Health & Addictions Program
Killam Apartment REIT
Cathy MacRitchie
Gestion Maurice & Donna Assh
MICCO Companies
Nova Scotia Power
Pratt & Whitney Canada
Andrew Pye
Rank Inc.
Karen Spaulding
Southwest Properties

The Berkeley
Touch of Gold

Leader

30 Minute Hit
Abram Almeda
Alisa Alyward
Emmanuel Aquino
Architecture 49 Inc.
Ian Atkins
Eric Beaton
Blue Nose Marathon Charity Challenge
Sarah Bradfield
James & Norma Brannan
Rodney Burgar
Maritime Life Alumni
Terry Chisholm
CIBC Commercial Banking Centre
Debbie Clark
Cognizant
Karen & Howard Conter
Cooke Insurance
Crombie REIT
Starr Cunningham & Nick Peters
Cushman & Wakefield Atlantic
Dalhousie Student Pharmacy Society (DSPS)
Dalhousie University
Dartmouth Orthopaedics Group
Develop Nova Scotia
Paul Doucette
Dream Team Fundraiser Ride
Eacan Timber Limited

Events East Group
Evolve Fitness
James Farquhar
Brenda Firth
Flora's Walk
Flowers Canada Growers Inc.
Full Throttle Power Sports Limited
George F. Wade Foundation
Joe Ghosn
GJM Charitable Foundation
Glow The Event Store
Amanda Grinter
Halifax Port Authority
Mathew Harris
HDT Holdings Limited
Ed Hickey
Nicole Hunter
Nancy & Darrell Johnston
Shannon Cunningham & Harrison Keenan
Kohltech Windows and Entrance Systems
Labatt Breweries of Canada
LifeWorks / TELUS Health
Rylan MacDow
David MacKay
Morgan Manzer
Bruce Marchand
Karen Mason
Sandra Mason
McInnes Cooper
Metro Premier Properties Inc.
Catherine Misener
Floyd C. Murphy

Anne Murray
Crystal & Sean Murray
Harold Nickerson
Nova Scotia Legal Aid Commission
Office Interiors
Stephen & Suzanne O'Regan
O'Regan's Toyota Halifax
Page Property Management
Parkland Investments
PMco Incorporated
Joan Pugsley
RBC Dominion Securities
rcs construction
Regroup
Residents of The Baker Drive Development
Family of Companies
resulta
Rogers Communications Canada
SaltWire Network
Shannex Inc.
Gretchen V. Shaw
Jennifer D. Simister
Nancy Smithers
Michael Speer
Jane Spurr
Tara & John Starratt
Stewart McKelvey
Stuart & Davidson Orthodontics
Sullivan's Crossing Productions S1 Inc.
TC Moore Developments Ltd.
The Boyd & Holly Hunter Fund at The United
Church of Canada Foundation

Therhault Financial Inc.
Wadih M. Fares Family Foundation
Len Wagg
Wesben Global
West Kings District High School
Westwood Group
Wholotherapy
Deborah & Howard Windsor

Builder

4-H Canada
Diane Ashton
Aurora Inn Ltd.
Maureen Banyard
John Black
Sharon & Russ Brannon
Bruce Leasing Limited
Donald Burton
Catherine E. Cameron
CBCL Limited
David H. Christie
Michelle & David Comeau
Jolene Cook
Laura Coupar
Dalhousie University, Student Health
Physicians and Staff
Dalhousie University, Faculty of Dentistry
Paul Doane
Andrew Doucet
DP Slantrange Enterprises
Dyno Nobel Canada
East Coast Credit Union

Doug Frizzle
 Halifax International Airport Authority
 Christopher Hubley
 Industrial Paramedic Services
 Iron Dog Mechanical Services Inc.
 Jason Campbell Memorial Coasting Party
 David Knowles
 Carol Loncarevic
 Pete Luckett
 Katherine MacCormick
 Alison MacDonald
 Timothy MacLeod
 Andrew MacMillan
 Peter Mahoney
 Matthew Mayer
 Mic Mac Mall
 Don Mills
 Brendan Morgan
 Shirley Murray
 Bob S. Mussett
 Kyle Niekamp
 Nova Construction Co. Ltd.
 Ocean Contractors Limited
 Brigid M. Savage
 Kathryn Schleit
 Paul Shirriff
 Rob Sobey
 Sparkles n' Sawdust Studio
 Stanhope Simpson Insurance Ltd.
 Calley Stapleton
 Jessica Stokes
 Summa Financial Services Inc.
 Tantallon Community Medical Clinic
 Renee Graziella Thomas

Sherrri & David Topple
 Twin City Management Ltd.
 Ultimate Online Nova Scotia Kitchen Party
 Diane van der Horden
 Kim West
 Nancy E. Wood

Monthly Donors

Erica Allanach
 Alisa Alyward
 Emmanuel Aquino
 Shauna Archibald
 Ian Atkins
 Paul A. Bailey
 Shannon Beck
 Tracy Bentley
 Jeff Brett
 Geoff Brinston
 Doug Buffett
 Krista Canning
 Jennifer Carrier
 Joyce Carter
 Jill Chappell
 Nancy Chase-Hill
 Terry Chisholm
 Debbie Clark
 Laura Clark
 Jody D. Clarke
 Jolene Cook
 Starr Cunningham
 Jacob Dambergs
 Shirley Davenport
 Alison & David Davidson
 Andrew Doucet

Leslie Dubinsky
 Deborah Eaton & Tom Chisholm
 Jean Frost-Stone
 Lorna Griffin-Fillier
 Ben Hagon
 Cindy Hartlen
 Nancy & Darrell Johnston
 Jeff Keeler
 Daniel Kelly
 Anna Kennedy
 Kenneth & Pat Kilby
 Melissa Kinsman
 Jennifer Kogon
 Donna Laffin
 Kim J. MacDonald
 Matthew MacDonald
 David S. MacDougall
 Marian Macken-Issekutz
 Andrew MacMillan
 Janet MacQuarrie
 Kyle Niekamp
 Bryan Rice
 Claudette Richard
 Heidi Schwartz
 Sara Smysniuk
 Calley Stapleton
 Colten Steele
 Dianne Thurber
 Sherrri Topple
 Twin City Property Management Ltd.
 Lisa Weatherhead
 F. Maureen White
 Deborah & Howard Windsor
 Anonymous (31)



Make it Monthly

The Mental Health Foundation of Nova Scotia is incredibly proud of its growing list of monthly donors. By giving a consistent gift, donors provide us with critical financial support we know we can count on. It's easy, it adds up, and it truly impacts change!

"I am a monthly donor because I see the strong impact the Mental Health Foundation of Nova Scotia has in communities all across the province through its grants program." – Sara Smysniuk, Mental Health Foundation of Nova Scotia, Finance Lead

We are especially proud when members of our team make it a priority to support the work we do personally. Thank you, Sara, and all of our generous monthly donors!

To learn more about how you can become a monthly donor, please visit: mentalhealthns.ca/team-hope



The Mental Health Foundation of Nova Scotia is proud of its dedicated pool of volunteers. Like the Evergreen Gala volunteers pictured above, from events to committee service, and everything in between – volunteers consistently help us *change the way people think* about mental illness and addiction!

Summarized Financial Statements

The Mental Health Foundation of Nova Scotia consistently works to ensure our donors' investment in our mission makes a meaningful difference in the lives of Nova Scotians living with mental illness and addiction, and their loved ones.

STATEMENTS OF OPERATIONS AND CHANGES IN NET ASSETS

Year ended March 31

	2023	2022
Revenue		
Donations	\$ 2,980,423	\$ 1,847,736
Special events	763,462	1,016,259
Miscellaneous	136,878	35,282
Interest income	70,211	10,090
Services	4,500	3,876
Government wage subsidy	-	25,441
	<u>3,955,474</u>	<u>2,938,684</u>
Expenses		
General and administrative	685,973	650,495
Special events	237,224	178,536
	<u>923,197</u>	<u>829,031</u>
Net revenues available for community funding	3,032,277	2,109,653
Community funding	<u>3,096,703</u>	<u>2,005,308</u>
(Deficiency) excess of revenue over expenses	<u>\$ (64,426)</u>	<u>\$ 104,345</u>
Net assets, beginning of year	\$ 1,190,450	\$ 1,086,105
(Deficiency) excess of revenue over expenses	<u>(64,426)</u>	<u>104,345</u>
Net assets, end of year	<u>\$ 1,126,024</u>	<u>\$ 1,190,450</u>

STATEMENT OF FINANCIAL POSITION

March 31

	2023	2022
Assets		
Current		
Cash and cash equivalents	\$ 1,202,549	\$ 64,650
Cash held for custodial funds payable	15,928	14,773
Receivables	62,332	52,419
Short term investments	2,090,703	2,036,273
Prepays	18,294	34,438
	<u>3,389,806</u>	<u>2,202,553</u>
Capital assets	<u>5,833</u>	<u>5,397</u>
	<u>\$ 3,395,639</u>	<u>\$ 2,207,950</u>
Liabilities		
Current		
Custodial funds payable	\$ 15,928	\$ 14,773
Payables and accruals	139,178	115,945
Unearned revenue	-	59,499
Deferred contributions	2,114,509	827,283
	<u>2,269,615</u>	<u>1,017,500</u>
Net assets	<u>1,126,024</u>	<u>1,190,450</u>
	<u>\$ 3,395,639</u>	<u>\$ 2,207,950</u>

The audited financial statements of the Mental Health Foundation of Nova Scotia for the year ended March 31, 2023, as audited by Grant Thornton, LLP are available upon request. Copies of the complete statements may be obtained from the Mental Health Foundation of Nova Scotia, 1120-300 Pleasant Street, Mount Hope Centre, Dartmouth, NS, B2Y 3S3 or by calling 902.464.6000.

www.mentalhealthns.ca/new-index

Board of Trustees

ALISA ALYWARD, Chair
RBC

MORGAN MANZER, Vice Chair
Nova Scotia Legal Aid

PAUL SHIRRIFF, Treasurer
CIBC

ADAM CONTER
Priority 1 Real Estate

ANDREW DOUCET
rcs Construction

LORNA GRIFFIN-FILLIER
Primary Health Care, NSH

DARRELL JOHNSTON
Community Volunteer

KIM MACDONALD
13 Factors for Business Growth

JANET MACQUARRIE
RBC

LINDSAY PEACH
Mi'kmaw Health and Wellness

BRYAN RICE
V.J. Rice Concrete Limited

JENNIFER SIMISTER
Steele Auto Group

CATHERINE WATSON COLES
McInnes Cooper

STARR CUNNINGHAM
Ex officio

Partners

ADVOCATE PRINTING & PUBLISHING
Print Partner

BELIEVECO
Branding Partner

CTV ATLANTIC
Media Partner

RPM PRODUCTIONS
Video Partner



Doing what we can to continue to grow the ripple, our team successfully completed the St. John Ambulance Opioid Poisoning Response Training.

From L/R: Amanda Bell, Erica Allanach, Lisa Weatherhead, Jenna Conter, Kate Udle, Monica Jordan, Sara Smysniuk, Starr Cunningham.

Thank You!

With your support we are *changing the way people think* about mental illness and addiction!

Changing The Way People Think

Mental & Health Foundation

of Nova Scotia

#CHANGINGTHEWAYPEOPLETHINK

 /MentalHealthNS

 @MentalHealthNS

 MentalHealthNS

 Mental Health Foundation of Nova Scotia

Mount Hope Centre
1120-300 Pleasant Street
Dartmouth, Nova Scotia B2Y 3S3

PHONE: 902.464.6000
TOLL FREE: 1.866.CARING.2
EMAIL: info@mentalhealthns.ca

Charitable registration number:
8586 35675 RR0001
mentalhealthns.ca

Print Partner

Advocate

Branding Partner

believeco:

The Mental Health Foundation of Nova Scotia is located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. We are all Treaty people.