



This list compiled by Second Story Women's Centre

## Local Resources for Help in Lunenburg and Queens Counties

Addiction Services/Mental Health	<ul style="list-style-type: none"> <li>• Addiction Services/Mental Health (Bridgewater) – 543-5400</li> <li>• Addiction Services (Liverpool) – 354-3422</li> <li>• Addiction Services (Lunenburg) - 634-7325</li> </ul>
Child Protection/ Family and Children's Services	<ul style="list-style-type: none"> <li>• Lunenburg – 543-4554</li> <li>• Queens – 354-3525</li> <li>• After Hours emergency – 1-866-922-2434</li> </ul>
Family Court	<ul style="list-style-type: none"> <li>• Bridgewater – 543-0525/543-4679</li> </ul>
First Nations	<ul style="list-style-type: none"> <li>• Acadia First Nations - 627-1245</li> <li>• Nova Scotia Native Women's Association – 893-7402</li> </ul>
Food Banks	<ul style="list-style-type: none"> <li>• Queens County – 354-4894</li> <li>• Bridgewater -543-1915</li> <li>• Lunenburg -634-4035</li> </ul>
Government Departments, Programs and Services	<ul style="list-style-type: none"> <li>• Department of Community Services – 543-5527</li> <li>• South Shore Housing Authority – 543-8200</li> </ul>
Health	<ul style="list-style-type: none"> <li>• Fisherman's Memorial Hospital – 634-8881/634-8801</li> <li>• South Shore Regional Hospital – 543-1674/543-4603</li> <li>• Queens County Hospital –354-3436</li> <li>• North Queens Community Health Centre– 682-2533</li> <li>• Lunenburg Community Health Board-634-7359</li> <li>• Queens Community Health Board – 354-5508</li> </ul>
<b>Help Lines</b>	<ul style="list-style-type: none"> <li>• <b>Emergency – 911</b></li> <li>• <b>Feed Nova Scotia– 1-877-521-1188</b></li> <li>• <b>Parent Help Line – 1-888-603-9100</b></li> <li>• <b>Kid's Help Line – 1-800-668-6868</b></li> <li>• <b>Relationship Violence Helpline-- Neighbours, Friends and Families -- 1-855-225-0220</b></li> <li>• <b>Health Link – 811</b></li> </ul>
Housing	<ul style="list-style-type: none"> <li>• Harbour House (Bridgewater) – 543-3999</li> <li>• Alice Housing (Halifax) – 466-8459</li> <li>• Adsum House (Halifax) – 423-4443</li> <li>• Inn from the Cold (Bridgewater) – 543-2464</li> </ul>
Income Assistance	<ul style="list-style-type: none"> <li>• Lunenburg County -543-5527</li> <li>• Queens County – 354-2771</li> </ul>
Legal Aid, Legal Information and Services	<ul style="list-style-type: none"> <li>• Bridgewater – 543-4658</li> <li>• Liverpool – 354-5215</li> </ul>
Maintenance and Child Support	<ul style="list-style-type: none"> <li>• 1-800-357-9248/1-888-218-2822</li> </ul>

Men's Intervention Programs	<ul style="list-style-type: none"> <li>• Alternatives (Bridgewater) – 543-7444 or 1-877-882-7722</li> </ul>
Neighbours, Friends and Families	<ul style="list-style-type: none"> <li>• Relationship Violence 1-855-225-0220</li> </ul>
Police Services	<ul style="list-style-type: none"> <li>• Emergency – 911</li> <li>• RCMP Community Policing (Liverpool) – 354-5721</li> <li>• RCMP Community Policing (Chester) – 275-3583</li> <li>• Bridgewater Police Services – Domestic Violence – 543-3567/543-2464</li> </ul>
Referral/Support/Advocacy/Information	<ul style="list-style-type: none"> <li>• Second Story Women's Centre – 640-3044/543-1315</li> <li>• Harbour House (Bridgewater) – 543-3665 or 543-9970</li> <li>• Family Support Centre (Bridgewater) -543-1301</li> <li>• Family Support Centre (Liverpool) – 354-7176</li> <li>• Family Support Centre (Chester) – 275-4347</li> <li>• Family Support Centre (New Ross) – 689-2017</li> <li>• Sexual Health Centre (Bridgewater) – 527-2868</li> <li>• Teen Place (New Germany) – 644-3430</li> <li>• Nova Scotia Advisory Council on the Status of Women – 1-800-565-8662</li> </ul>
Sexual Assault Centre	<ul style="list-style-type: none"> <li>• Avalon Sexual Assault Centre (Halifax) – 422-4220</li> </ul>
Shelter (Transition House) – Harbour House	<ul style="list-style-type: none"> <li>• Crisis Line – 543-3999</li> <li>• Office – 543-3665</li> <li>• Outreach Worker – 543-9970</li> <li>• Toll free- 1-800-543-3999</li> </ul>
Victims' Services	<ul style="list-style-type: none"> <li>• 1-800-565-1805</li> </ul>