

# Mental Health and Addictions: Program Update

April 15, 2020

Report time frame: March 22\* - April 11, 2020

*\*The state of emergency in Nova Scotia was declared on March 22.*

**1293** patient contacts on the provincial crisis line

**361** new intake assessments for MHA services completed

**5671** appointments by phone, virtual care

**1400** visits for Opioid Use Disorder Treatment (OUDT) Programs

**72%** of MHA beds are occupied.  
There are beds available should there be a need for Inpatient MHA care.

## We are still here for you.

Mental Health and Addictions is a core component of Nova Scotia's public health response to COVID-19. It is vital that we continue to deliver outpatient and inpatient mental health and addiction services to meet patient needs. Mental Health and Addictions Program is here to support you.

Although we have changed the way in which our services are offered, our commitment to patient and staff safety, while offering quality care, is our top priority.

Many of our clinicians are able to meet with you over the phone or through virtual video visit software.\*

*\* Some clients may be required to meet in person because of their specific needs.*



Our Intake line continues to be available Monday to Friday, 8:30 a.m. to 4:30 p.m.\*

**Call toll-free 1-855-922-1122**

*\*The line has voicemail-only evenings, weekends and statutory holidays.*



The **Provincial Mental Health Crisis Line** is available 24/7 for anyone experiencing a mental health crisis or someone concerned about them.  
**Call (toll-free) 1-888-429-8167**

## Did you know? We have launched three online tools:



Mindwell U is a free online mindfulness challenge that takes just five minutes a day.

You'll learn the basics in mindfulness, a practice that allows a person to focus their attention and be fully present in a moment.

[Register here](#)



A free and private online resource available to Nova Scotians.

It includes interactive activities and videos for people having challenges with their mental health.

[Register here](#)



People looking for help for anxiety and depression can benefit from doing this program.

In this program, you will learn and understand anxiety.

[Register here](#)