

**Shelburne County Youth  
Health & Support  
Association**



## **Resources**

Peer Support NS - 1-800-307-1686

Youth Sexual Violence Prevention (Our House) - 1-902-875-3337

Mental Health and Addictions Crisis Line - 1-888-429-8167

Kids Help Phone - 1-800-668-6868

ElevateHer Mental Health Support - 1-902-897-0852

Tri County Women's Centre - 1-877-742-0085

Juniper House Women's Shelter - 1-800-266-4087

SHYFT Youth Emergency Housing - 1-855-781-3111

Avalon Sexual Assault Centre (Trauma Counselling Ages 15+) - 1-902-817-3821

Sexual Assault Nurse Examiner (SANE) - 1-833-577-7263

Suicide Crisis Helpline - 988

Various Resources - 211