

Nova Scotia Collaborative IBD Program

Patient Resources



MENTAL HEALTH & ADDICTION RESOURCES

Provincial Mental Health Crisis Line (1-888-429-8167)
Available 24/7 for anyone experiencing a mental health crisis or someone concerned about them

Face Covid (E-book Available)

<http://www.youtube.com/watch?v=BmvNCdpHUYM>



ONLINE SUPPORTS

Therapy Assistance Online

<https://taoconnect.org/what-is-tao/ns/>

Ican (Conquer Anxiety & Nervousness)

<https://login.strongestfamilies.com/folder/1963/>

Mindwell U

<https://app.mindwellu.com/novascotia>

Mobile Applications

[Headspace](#), [Mindshift \(Anxiety Canada\)](#), [Moodkit](#), CBT-i Coach (sleep impairment – available for [Apple](#) and [Android](#) devices)

Self-help Books

Living with the Enemy by Ray Owen, Relaxation & Stress Reduction Workbook

Healthy Living

<https://library.nshealth.ca/HealthyLiving/Everyone>



OTHER NSHA SERVICES

Community Mental Health & Addictions Clinics,
Withdrawal Management Services, Opioid Replacement
& Treatment Program

Self-refer to by calling 1-855-922-1122, weekdays 8:30am to 4:30pm

Chronic Pain Self-management Programs

The Pain Self-Management Program (PSMP) can help anyone seeking learning strategies to improve their quality of life and learn non-medicinal ways of managing long-term pain. You can self-refer and schedule an assessment by calling: Halifax PSMP 902-473-5471 or Hants PSMP 902-792-2142



COMMUNITY & SOCIAL SUPPORTS

Community Health Team Wellness Navigators (902-460-4560)

Health professionals who know health care, the community, and government systems to find the right resource for you.

Navigators work with adults, children, youth, and families

211 Nova Scotia

Free helpline for community and social services in your area 24 hours a day, 365 days a year, in over 150 languages

Community Health Teams

Free wellness community programs including managing risk factors, nutrition and weight management, emotional wellness, parenting, etc. <http://www.nshealth.ca/service-details/Community%20Health%20Teams>

Your Way to Wellness (1-888-672-3444)

Free chronic disease self management program that helps people with chronic conditions (and their caregivers) overcome daily challenges, take action and live a healthy life

<http://www.nshealth.ca/content/your-way-wellness>



IBD SPECIFIC SUPPORTS

NSCIBD Patient Support Line (902-473-4927)

Connect with IBD nurses and nurse practitioners for disease flares, symptoms, medication information, side effects, treatment plan, etc.

My Gut

Crohn's and Colitis Canada free app for managing IBD that lets you to track, understand, and manage your journey with IBD:

<http://crohnsandcolitis.ca/support-for-You/MyGut>

Gutsy Peer Support

Crohn's and Colitis Canada's email-based program that matches mentors (experienced individuals with IBD) with mentees (individuals who are newly diagnosed, facing a change with their IBD or life situation, or caring for someone with IBD):

<https://crohnsandcolitis.ca/Support-for-You/Peer-to-peer-support>

Ostomy Canada

Society chapters, peer support groups, and education for persons who have had or may have ostomy surgery and their families :

<http://www.ostomycanada.ca/support/groups/>

GENERAL IBD INFORMATION

GI Society-Canadian Society of Intestinal Research: www.badgut.org

Crohns and Colitis Canada: www.crohnsandcolitis.ca

NS Collaborative IBD Program website: www.nscibd.ca

NSHA library website for health information and patient education: <https://library.nshealth.ca/PatientEducation>