

Who We Are

CMHA Halifax-Dartmouth is an autonomous Branch of the CMHA federation. We are a registered charity with donations and fundraising supporting our social programs and initiatives.

Charitable # 12487 2128 RR0001
Registry of Joint Stocks # 2397197

Funding & Donations

CMHA Halifax-Dartmouth Branch relies on its own fundraising initiatives, donations, as well as additional support provided through:

- United Way Halifax
- Nova Scotia Health, Mental Health & Addictions Program
- Province of Nova Scotia
- Mental Health Foundation of Nova Scotia
- Service Canada (CSJ)
- Feed Nova Scotia
- Bell Let's Talk
- HRM Community Grants Program
- Mosaic for Mental Health Supporters

Contact Us

CMHA Halifax-Dartmouth Branch
100-2020 Gottingen Street*
Halifax, NS B3K 3A9

Tuesday - Friday 10am-4:30pm
**Staff work remotely on Mondays*

Branch Co-Executive Directors:
Bev Cadham & Margaret Murray

902.455.5445 / FAX: 902.455.7858
cmhahal@ns.aliantzinc.ca
<http://www.cmhahalifaxdartmouth.ca>

**We will be moving in June 2024 - stay tuned!*

CMHA Nova Scotia Division Office
1.877.466.6606
karn.nichols@novascotia.cmha.ca
<http://www.novascotia.cmha.ca>

CMHA National Office
416.646.5557
info@cmha.ca / <https://cmha.ca/>

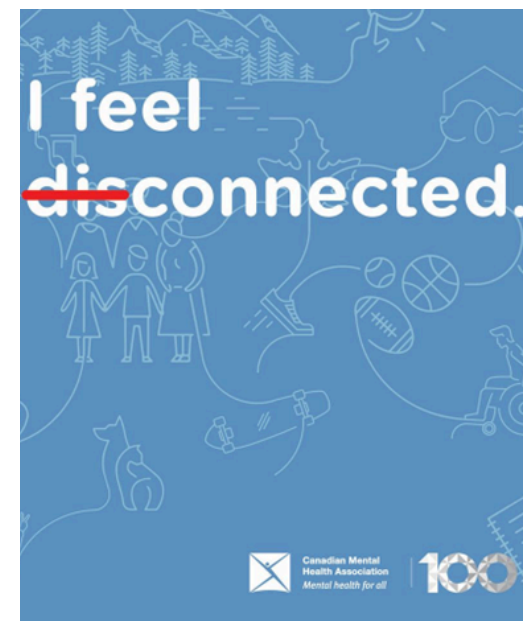
If you or someone you know is experiencing a mental health crisis, please call the

Mobile Mental Health Crisis Line
1-888-429-8167 or call 911 or 988

If you are not in crisis but would like to be connected to a mental health professional, please call the NS Health Mental Health & Addictions Central Intake Line at 1-855-922-1122. You can also call 211 to be connected to a Help Line.



Canadian Mental
Health Association
Halifax-Dartmouth
Mental health for all



CMHA HALIFAX-DARTMOUTH
BRANCH

902.455.5445
www.cmhahalifaxdartmouth.ca



Our Mission

As a local leader and champion for mental health, we support the resilience and recovery/well-being of people living with mental illness and mental health concerns through our social programs, our support services, and through the provision of information, resources, and advocacy in a space that is inclusive, safe, and respectful. We strive to create an environment of hope, to reduce stigma, and to promote mental health for all.

Our Vision

"A Canada where Mental Health is a universal human right."

Framework for Support

CMHA's Framework for Support informs our work. The goal has remained the same for 35 years, to ensure that people live fulfilling lives in the community.

Our Values

Integrity, Empathy, Equality, Diversity, Transparency, Collaboration



Social Connections:

Social Clubs Program

The Among Friends Social Club and the Sharing & Caring Social Club provide a common need to adults experiencing mental illness and mental health concerns through access to programs that offer vital social support programming, including activities aimed at community inclusion, creativity, recreation and leisure. Participants often experience resiliency, self-esteem, diversity, a sense of belonging and an ability to support one another because of their similar and/or shared lived experience. The Clubs Program takes place weekday afternoons - on Tuesdays & Thursdays in Halifax, and on Wednesdays & Fridays in Dartmouth.

Building Bridges Program

Many marginalized adults living with mental illness experience severe social exclusion with no social network or connection with people outside the mental health and social services systems. Building Bridges is an informal social support program for socially-isolated adults living with moderate to severe mental illness that offers small group settings, in addition to one-to-one social activities with staff and volunteers.

For more information on our Social Programs and Building Bridges, please see the Programs tab on our website:
<http://www.cmhahalifaxdartmouth.ca>

Volunteering

We often have volunteers in HRM who come on board to help with our Social Programs - have a look on our website to see which Program you think you might be interested in getting involved with, and give us a call (902 455-5445) or email us for more information at cmhahal@ns.aliantzinc.ca.

Digital Literacy Projects

We offer ongoing technical support for members to address the digital divide and several plain language information sheets are available to download under the Digital Literacy tab on our website: <http://www.cmhahalifaxdartmouth.ca>

Mosaic for Mental Health

ART EXHIBITION & SALE

"The Art of Caring" ~ October 2024

Our signature fundraiser takes place each October at The Craig Gallery, Alderney Landing, and showcases hundreds of 6" x 6" artworks that are donated by artists of all skill levels. Sales take place on our website, and all Mosaic proceeds support our Social Programs. Throughout the year we also sell Mosaic cards, frames and art tiles at our office and community markets - everyone is welcome to participate!

[@mosaicformentalhealth](https://www.instagram.com/mosaicformentalhealth)

