

ADOLESCENT OUTREACH SERVICES NORTHERN ZONE, CUMBERLAND COUNTY



SCOPE

As part of Mental Health and Addictions through the Nova Scotia Health Authority, Adolescent Outreach Services in Northern Zone Nova Scotia (Cumberland, Pictou, Colchester, and East Hants areas) is continuing to offer adolescents up to five supportive counselling sessions through telephone and virtual visits due to the developing and ongoing COVID-19 situation until May 4, 2020 (with the possibility of extension).



These sessions are for adolescents between the ages of 12-18 who are experiencing mild challenges in mental health and substance use.

Examples of youth driven goals have included (but are not limited to) the following:

- developing a plan to manage stressors;
- enhancing their coping skills for managing mild symptoms of anxiety and depression;
- addressing the impact substance use has on their life; and
- enhancing their communication and problem solving skills.

ACCESS

Youth who attend the following schools can access Adolescent Outreach Services **with or without parental consent**. This is provided the youth have the capacity to understand the risks and benefits of supportive counselling. This is assessed by the Adolescent Outreach Worker during the first contact, where confidentiality and consent for services will also reviewed.

To connect with Adolescent Outreach Services, please contact the Outreach Worker directly (see below).

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VIRTUAL & TELEPHONE VISITS

Adolescent Outreach Workers can connect with youth in a virtual visit through a **private video appointment using a secure, web-based service**. This service can be used on your computer, smart phone, or tablet to allow you to see, hear, and talk with the Adolescent Outreach Worker from a personal location of your choice. More information on virtual visits will be provided to youth prior to their first scheduled virtual visit.

Adolescent Outreach Workers can also connect with youth over the telephone to provide supportive counselling. **In both virtual and telephone visits, it is important for the youth to have a private and comfortable space that is free of noise or distractions.** More information on telephone visits will be provided to youth prior to their first scheduled telephone visit.

OTHER RESOURCES

Mental Health and Addictions Intake (Mon-Fri, 8:30-4:30): 1-855-922-1122

NS Mental Health Crisis Line (24/7): 1-888-429-8167

Kids Help Phone (all services 24/7): 1-800-668-6868; Text "TALK" to 686868; or Live Chat at <https://kidshelpphone.ca/live-chat/>

ADOLESCENT OUTREACH STAFF



Susanne Williams BSW, RSW

Contact: 902 324 2619

Monday-Friday 8:30am-4:30pm

Schools:

- Parrsboro Regional High School
- Pugwash District High School
- River Hebert District School