

**Emergency Services**  
**for Students & Parents of**  
**Bridgewater Junior High School**

1. Kids Help Phone 1-800-668-6868
2. Nova Scotia Health Authority – Mental Health Intake 1-855-922-1122  
<https://mha.nshealth.ca/en/services>
3. Harbour House- Shelter for Women and Children in Bridgewater 1-888-543-3999  
[www.harbour-house.ca](http://www.harbour-house.ca)
4. IWK Mental Health 1-855-635-4110  
<https://www.iwk.nshealth.ca/mental-health>
5. Mental Health Crisis Line 1-888-429-8167  
-open 24hrs, 7days/week
6. 211 is a free, confidential information and referral service that can connect you to thousands of programs and services offered by local community groups, non-profits and government departments across Nova Scotia, 24/7. This includes FEED NS for those families who may need support with feeding their families.
7. Bridgewater Police Services 902-534-2464
8. RCMP- Bridgewater 902-527-5555
9. 911 - Emergency Services