

## Resources for young people in Nova Scotia

### Avalon

- Provides supports and services to all individuals affected by sexualized violence. Services available in the Halifax region and across Nova Scotia.
- [avaloncentre.ca](https://avaloncentre.ca)
- 902-422-4240

### Sexual Assault Nurse Examiner (SANE) Program

- Registered nurses who have completed specialized education and clinical preparation in medical forensic care for patients who have experienced sexual assault or abuse. Operates 24 hours a day, seven days a week.
- [nshealth.ca/sane](https://nshealth.ca/sane)
- 902-425-0122

### Good2Talk Nova Scotia

- Free, confidential support from a professional counsellor or a trained, volunteer crisis responder on a range of mental health and well-being topics.
- Serves post-secondary students.
- [good2talk.ca/novascotia](https://good2talk.ca/novascotia)
- 833-292-3698 (professional counsellor) or text 686868 (volunteer crisis responder)

### Bryony House Distress Line

- Provides free 24/7 support over phone and text message for everyone needing emotional support with abuse, domestic violence, and sexual abuse.
- [www.bryonyhouse.ca](https://www.bryonyhouse.ca)
- 902-422-7650

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### **CyberScan**

- ➔ Offers support for victims whose nudes or intimate images have been shared without consent.
- 🔗 [novascotia.ca/cyberscan](https://novascotia.ca/cyberscan)
- ☎ 902-424-6990 and 1-855-702-8324 (toll-free)