

Organizations in Nova Scotia that Help with Alcohol Abuse

Addiction Services Nova Scotia	http://www.cha.nshealth.ca/addiction/index.asp
Alcoholics Anonymous	http://www.aa.org/lang/en/central_offices.cfm?origpage=373&cmd=getgroups&state=Nova%20Scotia&country=Canada
Al-Anon / Alateen	http://www.freewebs.com/alanonmaritimes/whatisalanon.htm
Kids Help Phone	http://org.kidshelpphone.ca/en/about-us/

INFORMATION ON Alcoholics Anonymous

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Al-Anon

Here are a few things to keep in mind at your first meeting

- Al-Anon is a mutual support group. Everyone at the meeting shares as an equal. No one is in a position to give advice or direction to anyone else. Everyone at the meeting has experienced a problem with someone else's drinking.

- You are free to ask questions or to talk about your situation at your first meeting. If you'd rather just listen, you can say "I pass," or explain that you'd just like to listen.
- Every meeting is different. Each meeting has the autonomy to be run as its members choose, within guidelines designed to promote Al-Anon unity. Al-Anon recommends that you try at least six different meetings before you decide if Al-Anon will be helpful to you.
- Al-Anon is not a religious program. Even when the meeting is held in a religious center, the local Al-Anon group pays rent to that center and is not affiliated in any way with any religious group. Your religious beliefs—or lack of them—are not a subject for discussion at Al-Anon meetings, which focus solely on coping with the effects of someone's drinking. Here's how one Al-Anon member found the "Higher Power" of his own understanding.
- It will take some time to fully understand the significance of anonymity to the Al-Anon program. But at its simplest level, anonymity means that the people in the room will respect the confidentiality of what you say and won't approach you outside the room in a way that compromises your privacy or the privacy of anyone who attended an Al-Anon meeting.
- The meeting will likely begin with a reading of the Twelve Steps of Al-Anon. It will take some time to fully understand how the Twelve Steps can be a helpful tool in recovering from the effects of someone's drinking. But Al-Anon gives you the opportunity to grow at your own pace.

Addiction Services is committed to promoting the health of Nova Scotians by providing specialized addiction prevention and treatment services to individuals, families and communities.

Provides information and referral services (doctors, therapists, counsellors).

Kids Help Phone

To reach a Kids Help Phone professional counsellor, kids, teens and young adults, from any community in Canada, can call or go online 24 hours a day, 365 day a year.

Anything goes

From trouble with homework to dealing with loss and grief to thoughts of suicide, kids can talk to Kids Help Phone about anything. Professional counsellors provide anonymous, confidential and non-judgemental support.

Support right at home

We are the only organization that has access to a database of over 37,000 local resources. That means that no matter where a kid is calling from, our professional counsellors can connect them to a service right in their community, whether they need a place to stay for the night, a way-home or a sexual health clinic.

Kids Help Phone's Mission

Our mission is to improve the well-being of children and youth in Canada by providing them anonymous and confidential professional counselling, referrals and information in English and French, through technologically-based communications media.

Kids Help Phone's Vision

To continue to improve and grow Kids Help Phone to ensure we deliver the most effective, timely and valuable counselling, referrals and information to every young person in Canada from five to 20 who could benefit from our support.

Even though everyone needs help sometimes, stigma around mental and emotional health struggle remains strong. The threat of being judged or labeled can leave both adults and kids reluctant to seek help.