

# ACCESSING DENTAL CARE IN NOVA SCOTIA



## For Children

The Government of Nova Scotia covers basic dental care for children ages 14 and younger who have a valid MSI health card number. Residents must use their private insurance first, when applicable, before the program will provide coverage.

Once a year, the program covers:

- 1 routine dental exam
- 2 routine x-rays
- 1 preventive service
- Fillings, necessary extractions

To find out what is covered for your child, call your dentist's office and provide your child's health card number. The office will determine which services will be covered so that you can proceed with an appointment.

## Orthodontics

If your child is under 14 and in need of orthodontic care, they may be eligible for funding through Smiles 4 Canada.

Applications open in January, 2025.

<https://smiles4canada.ca/how-to-apply/application#criteria>

## For Youth and Adults

At Dalhousie, dentistry students provide dental care at a reduced rate. Contact Patient Services at 902-494-2101 to book your appointment for an initial screening. This appointment will determine whether you are accepted and agree to become a patient.

For more information about possible oral health care support for uninsured or underinsured adults living in Spryfield, call Chebucto Connections at 902-477-0964.

## Canada Dental Care Plan

The Canada Dental Care Plan (CDCP) is helping make the cost of dental care more affordable for eligible Canadian residents. Applications are now open for children under the age of 18. To qualify for CDCP you can't have access to dental insurance, your adjusted family net income is less than \$90,000, you're a Canadian resident, and you filed your tax return for the previous year.

<https://www.canada.ca/en/services/benefits/dental/dental-care-plan/qualify.html>



# HOUSING SUPPORTS

## WELCOME HOUSING

Welcome Housing's mission is to provide support to those experiencing housing insecurity and individuals facing homelessness.

Services include:

- Housing Support
- Intimate Partner Violence Housing Support
- Shelter Diversion Support

Call their office located in Dartmouth: 902-466-3483 or Halifax: 902-423-5479, or email us at [info@welcomehousing.ca](mailto:info@welcomehousing.ca)

## ADSUM FOR WOMEN & CHILDREN

Provides housing support to women and children to find safe and affordable homes with ongoing services for stable housing, food, clothing and connection.

Services include:

- Outreach support
- Emergency shelter
- Shelter Diversion program
- Housing Clinic every Friday, 10:00am and 12:00pm

If you are in need of help please call (902) 423-4443.

## TENANT & LEGAL SUPPORT

- Nova Scotia Legal Aid: to apply online go to: [www.nslegalaid.ca/online-application](http://www.nslegalaid.ca/online-application) or call 902-420-3464
- Dalhousie Legal Aid: 902-423-8105
- NS Tenancy Board: 902-424-5200 OR toll free: 1-800-670-4357



# MENTAL HEALTH RESOURCES

## Services and Phone Numbers

### IWK CENTRAL REFERRAL

At the IWK we offer mental health and addictions service for children and youth under the age of 19. Please call toll free 1-855-922-1122.

<https://iwkhealth.ca/clinics-programs-services/mental-health-addictions-central-referral>

### KID'S HELP PHONE

Kids Help Phone is a 24/7 e-mental health service offering free, multilingual and confidential support to help all young people Feel Out Loud.

1-800-668-6868

Text CONNECT to 686868

### PHOENIX YOUTH & FAMILY THERAPY

This team offers free therapy to youth between the ages of 11 and 24, and their families.

902-444-3400

[therapy@phoenixyouth.ca](mailto:therapy@phoenixyouth.ca)

### THE TREVOR PROJECT

Crisis Counselling: 24/7, 365 days a year

Text 'START' to 678-678 | Call: 1-866-488-7386

Crisis services, counselling, information, resources, and an online community for LGBTQ+ youth

### COUCH OF HOPE

Free mental health counselling services for Nova Scotians who do not have insurance, and cannot afford to pay out of pocket. We work with children 10 years of age up, teens, and adults.

902-707-4414

[intake@couchofhope.com](mailto:intake@couchofhope.com)

### ESKASONI CRISIS AND REFERRAL CENTER

Phone: 902-379-2099

A 24-hr Crisis and support line that is available to members of Mi'kmaq communities

### YOUTH PROJECT

they offer counselling services, workshops, gender affirming care items, gay-straight alliance supports, resources and referrals for LGBTQ+ youth.

Phone: (902) 429-5429

<https://youthproject.ns.ca/>

### OTHER MENTAL HEALTH CRISIS LINES

Provincial Mental Health Crisis Line

1-888-429-8167 [toll-free]

Mental Health Mobile Crisis

1-902-429-8167

Suicide Crisis Helpline - Call or text 988

