

**The Yarmouth Regional Hospital has
an acute care Inpatient Unit that
serves the District**

**Your opinions and feedback are valuable to
us. If you have any concerns about
services, please contact our management
at:**

742-3542 ext. 548 or 646

Confidentiality:

Information about you as a client is
kept confidential. However, there are
some limits to this that will be
explained to you during your first
contact.

South West Nova District
Health Authority

**SHELBURNE
MENTAL HEALTH
CENTRE**

2nd floor
Roseway Hospital
Shelburne, Nova Scotia

Phone: (902) 875-4200
Fax: (902) 875-3493

Where you can receive services:

Shelburne Mental Health Centre is located on the second floor of the Roseway Hospital in Shelburne, Nova Scotia. The Centre offers services to both children and adults. The Centre also has a satellite clinic in Barrington.

How to get services:

- Call the Centre
- Fill out a self-referral form and return it to the Centre
- Ask your family doctor or another community agency to refer you.

A Doctor's referral is **not** required.

Clinic hours:

The Mental Health Centre in Shelburne is open between 8:30 am – 4:30 pm each weekday. The Centre is closed on statutory holidays.

In the event that you need to see someone urgently you should:

Contact the Mental Health Centre office and ask to speak with the person on Early Response.

Outside of regularly scheduled hours, go see your family doctor or visit the nearest hospital outpatient service.

Services for Adults:

The Adult Service Team sees persons age 19 and over.

In addition to providing education, consultation and partnership with the community on relevant mental health issues, the Adult Service Team also provide the following services:

- Individual assessment and treatment
- Community support program for adults who have chronic mental illness
- Seniors Mental Health Service which includes consultation to nursing homes and educational sessions.
- Consultations to health care professionals and community agencies.
- Treatment groups and individual counselling for issues such as stress, anxiety, depression and anger.
- Neuroleptic clinics.

Disciplines:

Nursing
Social Work
Physician/Psychotherapy
Community Support Work

Services for Children and Adolescents:

The Child and Adolescent Team sees persons up to the age of 19 years. When you first see a member of the team you will be assessed according to your situation.

Some reasons children would be seen at the centre are:

- Autism spectrum disorders
- Emotional problems.
- Coping with grief.
- Eating disorders and body image.
- Effects of abuse.
- Extreme fears, mood swings or depression.

Disciplines:

Psychology
Social Work
Community Support Work