Mission
As a local leader and champion for mental health, we support the resilience and recovery/well-being of people living with mental illness through our social programs, our support services, and through the provision of information, resources, referrals and advocacy in a space that is inclusive, safe, and respectful. We strive to create an environment of hope, to reduce stigma, and to promote mental health for all.

Framework for Support
CMHA's Framework for Support informs our work. The goal has remained the same for 30 years, to ensure that people live fulfilling lives in the community.

Our Values
Integrity: We value honesty, sincerity, truth and honoring our promises.
Empathy: We believe in listening in a caring, open and non-judgmental manner.
Equality: We believe in a mental health continuum where there is no “us” and “they”. We believe everyone is deserving of respect and should be empowered as a citizen within our community.
Diversity: We value diversity and individuality. We believe that the differing perspectives offered by race, religious belief, sexual orientation, age, and ability, all contribute to a richer society.
Transparency: We are committed to being focused, accountable, and transparent in the effective and efficient use of our resources.
Collaboration: We promote working together, cooperation, and reaching out to partners in order to provide a continuity of support and advocacy for mental health.

Social Clubs Program
The Among Friends Social Club and the Sharing & Caring Social Club provide a common need to adults experiencing mental illness and mental health problems through access to programs that offer vital social support programming, including activities aimed at community inclusion, creativity, recreation and leisure. Participants often experience resiliency, self-esteem, diversity, a sense of belonging and an ability to support one another because of their similar and/or shared lived experience.

The Among Friends Social Club & the Sharing & Caring Social Club take place off-site: on Monday afternoons (for Summer Art Outings) and Tuesday afternoons in Halifax, and on Wednesday and Thursday afternoons at the Dartmouth Seniors Service Centre, 45 Ochterloney Street. Please call for more information about the Clubs program and/or you would like to apply to become a member.

Bryan Bell
Social Programs Lead
902 455-5445 / 902 455-0072
bryanbell.cmha@bellaliant.com

Bev Cadham
Branch Co-Manager / Social Clubs Manager
902 455-5445 / 902 463-2187
bev.cadham.cmha@bellaliant.com

For the latest updates at CMHA Halifax-Dartmouth Branch please visit our website: http://www.cmhahalifaxdartmouth.ca

Building Bridges Program
Many marginalized adults living with mental illness experience severe social exclusion because they have no social network or connection with people outside the mental health and social services systems. Building Bridges is an informal social support program for socially-isolated adults living with moderate to severe mental illness, that offers small group settings, in addition to one-to-one social outreach with staff and volunteers.

Mental Health Community
Coffee House
Our Coffee House season is now finished for the season, and we are grateful to the Mental Health Foundation of NS for its long-standing support of this initiative!!

Margaret Murray
Branch Co-Manager / Building Bridges Manager
902 455-5445 / 902 455-6983
margmurray.cmha@bellaliant.com

Volunteering
We often have volunteers and placement students in HRM who come on board to help with our Social programs, as well as with other areas – please contact Heather (902 455-5445 or cmhahal@ns.aliantzinc.ca) for more information.

Digital Literacy Projects
We have two new projects to address the digital divide: Getting Through the Digital Door and Social Inclusion for Seniors Through Digital Literacy. For more information please call our office or you can email our Digital Facilitators Gerard at gerardmcneil.cmha@bellaliant.com or Robyn at robyn.cmha@bellaliant.com
Who We Are
CMHA is a Federation and CMHA Halifax-Dartmouth Branch is registered as an independent charitable organization. Donations to our Branch support our social programs and initiatives.

Charitable # 12487 2128 RR0001
Registry of Joint Stocks # 2397197

Funding & Donations
CMHA Halifax-Dartmouth Branch relies on its own fundraising initiatives, donations, as well as additional support provided through:

- United Way Halifax
- Nova Scotia Health, Mental Health & Addictions Program
- Province of Nova Scotia (DCS, Seniors & Vibrant Communities Grants)
- Mental Health Foundation of Nova Scotia
- Service Canada (Summer Career)
- Feed Nova Scotia
- Bell Let’s Talk
- HRM Community Grants Program

How You Can Help
- Educate yourself about mental health
- Don’t use stereotypes
- Support our Mosaic for Mental Health
- Donate/Fundraise/Volunteer

CMHA Halifax-Dartmouth Branch
100-2020 Gottingen Street
Halifax, NS B3K 3A9
(Open M-Th 10am-4:30pm)

Branch Co-Managers:
Bev Cadham & Margaret Murray
902 455-5445 / FAX: 902 455-7858
cmhahal@ns.aliantzinc.ca
http://www.cmhahalifaxdartmouth.ca

24th Annual Mosaic for Mental Health Art Exhibition & Sale
October 14th – 30th 2022 • “Together Again”

Our signature fundraiser takes place at The Craig Gallery, Alderney Landing in Dartmouth and online via our website: www.cmhahalifaxdartmouth.ca each October. Literally hundreds of 6” x 6” artworks are donated throughout the year by artists of all skill levels, and these are showcased and sold at Mosaic, with all proceeds supporting our social programs for adults in the community living with mental illness and mental health challenges. Submission forms are available on our website, or you can call our office for more information – everyone is invited to participate!

@mosaicformentalhealth

CMHA Nova Scotia Division Office
1 877 466-6606
karn@novascotia.cmha.ca
http://www.novascotia.cmha.ca

CMHA National Office
(416) 646-5557
info@cmha.ca
https://cmha.ca/

If you or someone you know is experiencing a mental health crisis, please call the Mobile Mental Health Crisis Line 1-888-428-9187

If you are not in crisis but would like to be connected to a mental health professional, please call the Nova Scotia Health Mental Health & Addictions Central Intake Line 1-855-922-1122

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(May 2022)