

Sexual Assault Services:

→ Sexual Assault Nurse Examiner (SANE):

Website: <http://awrcsasa.ca/sexual-assault-services/sane-program/>

Phone Number: 1-877-880-SANE ext. 7263

Email: info@awrcsasa.ca

Address: 204 Kirk Place, 219 Main Street, Antigonish, Nova Scotia B2G 2C1

*Note: StFX Students who are victims / survivors of sexual violence have the option of meeting with the SANE Nurse at either the StFX Health and Counselling Centre or St. Martha's Hospital Emergency Department.

→ Antigonish Women's Resource Centre and Sexual Assault Services (AWRCASAS):

Website: <http://awrcsasa.ca/>

Phone Number: 902-863-6221

Email: info@awrcsasa.ca

Address: 204 Kirk Place, 219 Main Street, Antigonish, Nova Scotia B2G 2C1

→ Men's Health Centre:

Website: <http://ensfamilyservice.ca/programs/mens-health-centre/>

Phone Number: 902-863-2358 or 1-866-330-5952

Address: 275 Main Street, Suite 103, Antigonish, Nova Scotia B2G 2C3

→ StFX Health and Counselling Centre:

Website: http://sites.stfx.ca/health_and_counselling/

Phone Number: 902-867-2263

Address: 305 Bloomfield Centre (just behind the Information Desk in the Students' Union Building)

→ StFX Website Resources for Sexual Assault / Sexual Violence:

Website: http://sites.stfx.ca/student_life/sexual_assault/

→ St. Martha's Regional Hospital Emergency Department:

Website: <http://www.gasha.nshealth.ca/programs/emergency/departments>

Phone Number: 902-867-4500 ext. 4229

Address: 25 Bay Street, Antigonish, Nova Scotia B2G 2G5

→ Antigonish RCMP Non-Emergency:

Website: <http://www.rcmp.gc.ca/detach/en/d/368>

Phone Number: 902-863-6500

Address: 4 Fairview Street, Antigonish, Nova Scotia B2G 1R3

→ RCMP / Emergency Services:

Phone Number: 911

Student Disability Services:

→ StFX Centre for Accesible Learning / Tramble Rooms:

Website: http://sites.stfx.ca/accessible_learning/

Phone Number: 902-867-5349

Email: tramble@stfx.ca

Address: Bloomfield Centre 424

Student Health and Counselling Centre:

➔ **StFX Health and Counselling Centre:**

Website: http://sites.stfx.ca/health_and_counselling/

Phone Number: 902-867-2263

Address: Bloomfield Centre 305 (just behind the Information Desk in the Students' Union Building)

Academic Writing Centre:

➔ **Academic Advising:**

Website: http://sites.stfx.ca/academic_advising/

Email: advising@stfx.ca

Address: 207 Nicholson Tower, 2329 Notre Dame Avenue PO Box 5000, Antigonish, Nova Scotia B2G 2W5

➔ **Student Success Centre:**

Website: <http://sites.stfx.ca/ssc/>

Phone: 902-967-5221

Email: sscentre@stfx.ca

Address: Angus L. Macdonald Library PO Box 5000, 3080 Martha Drive, Antigonish, Nova Scotia B2G 2W5

Health Resources for StFX Students (revised July 25, 2017)

Emergency: Call 911

Mental Health Crisis Line: 1-888-429-8167

7Cups (24/7) Online anonymous one-on-one emotional support service and self-help; available to all StFX students at no charge.

- StFX Portal: www.7cups.com/p/stfx
- Code: stfx

811 Nova Scotia Telecare Service: Health Link (available 24/7) For trusted, everyday health information and advice from a Registered Nurse; available in over 125 different languages

- Web: 811.novascotia.ca
- Phone: 811 or 1-866-770-7763 (toll free)

Antigonish After Hours Clinic

- 40 Church Street, Monday- Friday 6:00 pm - 9:00 pm; Saturday 10:00 am - 1:00 pm
- Phone: 902-735-4000 (call one hour prior to opening to arrange an appointment)

Antigonish Travel Clinic

- 40 Church Street
- Phone: 902-863-4558, Ext. 1
- By appointment only

Antigonish Women's Resource Centre and Sexual Assault Services Association

- 219 Main Street, 204 Kirk Place
- Phone: 902-863-6221
- Open Monday to Friday 9:00- 4:30 by appointment or drop-in
- Lindsay's Health Center for Women: Thursday 9:00 am - 4:00 pm by appointment only
- Specialized Therapeutic Trauma Counselling: by appointment only

Aspiria Student Assistance Program (available 24/7) Available to both students and parents of students; free professional support for a wide range of mental health concerns and other stress-related issues (legal, financial, relational, etc.)

- Download iAspiria from AppleAppStore or Google Play
- Phone: 1-877-234-5327 (toll free)

Men's Health Centre

- 275 Main Street, Suite 103 (Tuesdays only 8:30 – 4:00 by appointment or drop-in)
- Phone: 902-863-2358

Sexual Assault Nurse Examiner (SANE) (available 24/7)

- Phone: 1-877-880-7263 (toll free)

StFX Health and Counselling Centre

- Bloomfield 305 (behind the Information Desk in the SUB)
- Monday and Thursday 8:30 am - 8:00 pm; Tuesday, Wednesday, and Friday 8:30 am - 4:30 pm; closed 12:00 – 1:00pm
- Phone: 902-867-2263

St. Martha's Regional Hospital

- 23/25 Bay Street
 - **Emergency Department** Phone: 902-867-4500, ext. 4229; Open 24 hours
 - **Outpatient Mental Health Services** Phone: 902-867-4500, ext. 4345; by appointment only
 - **Addiction Services** Phone: 902-867-4500, ext. 4615; by appointment only

TeenMentalHealth.org (24/7) Online mental health resources for students, friends, parents, health professionals, faculty and staff

Walk-in Medical Clinic

- Atlantic Superstore, 2nd Floor
- Monday 6:00 pm - 9:00 pm; Saturday 1:00 pm - 5:00 pm
- Phone: 902-338-3000 (call 30 minutes prior to opening)