

211[®] Nova Scotia

HELP STARTS HERE



DIAL 211
TEXT 211
VISIT [NS.211.CA](https://ns.211.ca)

Your trusted connection to the community and government resources, programs, and services you need most. For seniors, youth, families, and more.



Food supports



Housing & utility bills



Transportation



Mental health & addictions



Government & legal



Violence & abuse



Disability supports



Emergency/disaster

24/7 • 365 days • 150 languages