



## Sexual Health Resource Guide

This referral and resource guide has been adapted from The South House Sexual and Gender Resource Centre's referral guide as well as the Halifax Sexual Health Centre's resource guide.

### **Sexual Health Centres, Organizations and Community Groups**

#### **Halifax Sexual Health Centre**

(tel) 902.455.9656

The Halifax Sexual Health Centre is a non-profit, charitable organization that promotes sexual and reproductive health within an environment that respects and supports individual choice. We believe that everyone has the right to complete, freely-accessible, non-judgmental information about sexual and reproductive health.

- **Youth-positive**

We make an extra effort to serve the needs of youth. We try our best to create an environment that is inviting to young people, and to treat them with kindness and respect once they are here. Youth are not required to have parental or guardian consent to access our services. Also, extra effort is made to ensure our education programs and resources are youth-positive.

- **Rainbow Community-positive**

We make an extra effort to serve the needs of people who self-identify as lesbian, gay, bisexual, transgendered, two-spirited, intersexed, queer, and questioning.

## **Capital Health District Health Authority**

### **STI Clinic at the VG Hospital**

There is an STI clinic at the V.G. Hospital. It is a walk-in clinic (i.e., you do not need an appointment) on the 5th Floor of the Dickson Centre (5820 University Avenue) that is open Monday and Thursday evenings from 4:30 – 6:30 pm. They can do all testing (swabs, urine, and blood work) in one appointment.

### **Family Focus Medical Clinics**

Four walk-in clinics located at 1) Spring Garden Rd; 2) Joseph Howe Dr; 3) Portland St; 4) Sackville Drive. Call 420-6060.

### **prideHealth**

Aims to improve access to comprehensive and coordinated primary health care for GLBTI people in Nova Scotia's Capital Health district. For more information on the prideHealth program, or if you would like to consult on issues related to sexual orientation or gender identity, contact Cybelle Rieber, prideHealth Coordinator, Phone: (902)473-1433, Cell: (902)240-7065

E-mail: [Cybelle.Rieber@cdha.nshealth.ca](mailto:Cybelle.Rieber@cdha.nshealth.ca)

### **South House Sexual and Gender Resource Centre**

The South House is a gender-inclusive safe space and home-away-from home for all students, staff and faculty of the Dalhousie/King's community as well as the Halifax community. Conveniently located next to the Dalplex, this cozy house offers all members of the community a resource library and study space for both research and personal reading, a community kitchen, and a common hang out space. The South House provides referral services, effectively linking community members to a wide variety of services in the HRM. We offer a free meeting space for anti-oppression groups and their informal or formal gatherings. We maintain a list of volunteer babysitters to help students with families who are in need of childcare services. We can also provide a wide range of information about sexual health. Our services are non judgmental and confidential. We provide free condoms, pregnancy tests, gloves and tampons.

Phone: 494 2432

Email: [dwc@dal.ca](mailto:dwc@dal.ca)

Address: 6286 South St. Halifax NS

## **The Youth Project**

The Youth Project  
2281 Brunswick St.  
Halifax, Nova Scotia  
B3K 2Y9

Phone: (902) 429-5429

Fax: (902) 423-7735

Email: [youthproject@youthproject.ns.ca](mailto:youthproject@youthproject.ns.ca)

Website: [www.youthproject.ns.ca](http://www.youthproject.ns.ca)

TYP provides support and services to lesbian, gay, bisexual and transgendered youth, 25 and under, across Nova Scotia. The Project has been running since 1993 and provides a safe, supportive, and youth-directed environment where youth can access information, peers, support, and social activities. The Youth Project provides support, education and information to youth, their friends and families, schools, social services, organizations and the community.

## **Nova Scotia Association for Sexual Health (NSASH)**

<http://www.nssexualhealth.ca/>

The Nova Scotia Association for Sexual Health is a non-profit organization dedicated to promoting healthy sexuality for all Nova Scotians across the lifespan in an environment that respects and supports choice. NSASH is the provincial voice of its members located throughout Nova Scotia.

## **Canadian Rainbow Health Coalition**

<http://www.rainbowhealth.ca/>

The Canadian Rainbow Health Coalition / Coalition santé arc-en-ciel Canada (CRHC / CSAC) is a national organization whose objective is to address the various health and wellness issues that people who have sexual and emotional relationships with people of the same gender, or a gender identity that does not conform to the identity assigned to them at birth, encounter.

## **Canadian Professional Association for Transgender Health**

<http://www.cpath.ca/>

The Canadian Professional Association for Transgender Health (CPATH) is a professional organization devoted to the health care of individuals with gender variant identities. As an interdisciplinary, professional organization, the Canadian Professional Association for Transgender Health (CPATH) will further the understanding and health care of individuals

with gender variant identities by professionals in medicine, psychology, law, social work, counselling, psychotherapy, family studies, sociology, anthropology, sexology, speech and voice therapy, and other related fields.

### **Canadian Federation for Sexual Health**

<http://www.cfsh.ca/>

The Canadian Federation for Sexual Health is a pro-choice, charitable organization dedicated to promoting sexual and reproductive health and rights in Canada and internationally.

### **AIDS Coalition of Nova Scotia**

<http://acns.ns.ca/>

AIDS Coalition of Nova Scotia is an organization that promotes and supports the health and well-being of people living with and affected by HIV/AIDS. It aims to reduce the spread of HIV/AIDS in Nova Scotia.

### **Avalon Sexual Assault Centre**

Office hours: Monday to Friday, 8:30 a.m. to 12:30 p.m. and 1:30 to 4:30 p.m..

1526 Dresden Row, 4th Floor

Halifax, Nova Scotia

B3J 3K3

Phone: 902-422-4240

Fax: 902-422-4628

Email us: [info@avaloncentre.ca](mailto:info@avaloncentre.ca)

Avalon provides services for those affected by sexual violence, with primary emphasis on support, education, counselling and leadership/advocacy services for women.

### **Healing Our Nations**

<http://www.hon93.ca/>

Healing Our Nations' mandate is to teach and support First Nations people in the manner that is respectful to the native ways of life. They are guided on this mission by the people that they help.

### **Hepatitis Outreach Society of Nova Scotia**

<http://www.hepns.ca/>

HepNS is a volunteer-driven charitable organization committed to community capacity and development, health promotion, public awareness, and implementation of social support networks throughout Nova Scotia for those living with, affected by, or at risk of developing Hepatitis.

## **COLAGE**

<http://www.colage.org/>

COLAGE unites people with lesbian, gay, bisexual, transgender, and/or queer parents into a network of peers and supports them as they nurture and empower each other to be skilled, self-confident, and just leaders in their communities.

## **Stepping Stone**

<http://www.steppingstonens.ca/>

Stepping Stone is a charitable, not-for-profit organization that provides supportive programs and outreach to women, men, and transgender sex workers and former sex workers.

## **Phoenix House | <http://www.phoenixyouth.ca> | 902-446-4663**

Emergency contacts, Phoenix Centre for Youth: 902 420 0676

Phoenix Youth Shelter: 902 446-4663

1094 Tower Road

Phoenix's Emergency Youth Shelter provides homeless youth aged 16-24 with short-term emergency housing and offers an exit from street-life. This 20 single room facility was established in December 2001 to provide safe accommodation to 15 male and five female residents. Services offered through Phoenix's Emergency Youth Shelter include counselling and therapeutic support, crisis intervention, on-site health care, social skills development and clothing, food and other daily essentials. Phoenix also offers a range of other supports, including a ten-bed long-term residential service, a supervised apartment program, and a learning and employment program.

## HELP LINES

**In case of emergency, you can call 911 for medical or police services**

**For non-emergency health information, you can call 811 to speak to a Registered Nurse. Additional information is available online at [811.novascotia.ca](http://811.novascotia.ca)**

**Help Line:** 902-421-1188 (in Halifax) or 1-877-521-1188 (elsewhere in Nova Scotia), TTY line 902-443-2660 - this 24 hour crisis line provides supportive listening and crisis support, and can help you work through a range of issues (including relationships, mental health concerns, addictions, parenting support, and food/housing concerns).

**Youth Help Line:** 902-420-8336 - Support for youth (unknown schedule of availability or specific services offered)

**Kids Help Phone:** 1-800-668-6868 – Free, anonymous, 24/7 support from professional counsellors, addressing all issues from school and relationship troubles to grief and suicide. Serves youth aged 20 and under. Online counselling and peer support is also available at [kidshelpphone.ca](http://kidshelpphone.ca).

**Avalon 24-Hour Help Line:** 902-425-0122 - if you have just experienced a sexual assault, you can call this number to speak to a Sexual Assault Nurse Examiner (SANE). This line also allows you to set up an immediate meeting with a SANE at the emergency room of the IWK, QEII, Dartmouth General Hospital, or Cobequid Community Health Centre for a medical and/or forensic exam. This service is available to people of all genders and all ages within 72 hours of experiencing sexual assault.

**Mobile Mental Health Crisis Team:** 429-8167 or 1-888-429-8167 - this line provides crisis support for children, youth, and adults experiencing a mental health crisis (which could include thoughts of suicide, distorted or psychotic thinking, intense anxiety, overwhelming depression, feeling unable to cope or out of control). It offers telephone crisis support throughout the HRM, and mobile response to areas served by Halifax Regional Police.

**Bryony House Distress Line:** 902-422-7650 – Provides support to women considering leaving an abusive partner or in an escalating situation of abuse who need help leaving. Available 24/7.

**Halifax Regional Police Bullying Hotline:** 490-SAVE (490-7283), text 233-SAVE, email [bullyhotline@halifax.ca](mailto:bullyhotline@halifax.ca) – Responds to calls, texts, and emails from 8 am – 8 pm Monday-Friday. The police bullying team gives support to youth, parents, and teachers dealing with a bullying or fight situation.

### **The Northern AIDS Connection Society**

<http://northernaidsconnectionsociety.ca/>

The Northern AIDS Connection society provides education, information, support and advocacy on HIV/AIDS for people in northern Nova Scotia, specifically Pictou, Colchester, Cumberland and East Hants Counties.

## **USEFUL WEBSITES**

### **SexualityandU.ca**

The Society of Obstetricians & Gynecologists of Canada runs a fantastic website that is committed to providing you credible and up-to-date information and education on sexual health. This website is made possible with the guidance and collaboration of a team of distinguished Canadian medical organizations.

### **The Native Youth Sexual Health Network**

<http://www.nativeyouthsexualhealth.com/>

The Native Youth Sexual Health Network (NYSHN) is an organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada. The reclamation and revitalization of traditional knowledge about people's fundamental human rights over their bodies and spaces, intersected with present-day realities is fundamental to our work. We work within the full spectrum of reproductive and sexual health for Indigenous peoples.

### **The Sex Information and Education Council of Canada**

<http://www.sieccan.org/>

SIECCAN is the Sex Information and Education Council of Canada, a national non-profit educational organization established in 1964 to foster public and professional education about human sexuality.

### **Scarleteen**

<http://www.scarleteen.com/>

Scarleteen is a fun and educational sexuality website geared towards teens.

### **Go Ask Alice**

<http://goaskalice.columbia.edu/>

Go Ask Alice! Is the question and answer Internet resource coordinated by folks at Columbia University

### **SexEtc.**

<http://sexetc.org/>

Part of the Teen-toTeen Sexuality Education Project at Rutgers University, the site provides solid information and debunks myths in teen-friendly language that doesn't sound phoney because it's written by the real deal. Includes a community forum and blog that tackles a range of issues, as well as a long list of scientific and slang definitions that could be equally useful for parents and teens.

### **The Heterosexism Enquirer**

<http://www.mun.ca/the/themain.html>

The Heterosexism Enquirer is an electronic magazine dedicated to challenging heterosexism in society's institutions, individuals, families and communities. THE challenges heterosexism by increasing awareness of the existence and impact of heterosexism, through curriculum and educational materials, and through promotion and evaluation of strategies to challenge heterosexism.

### **Thats Not Cool**

<http://www.thatsnotcool.com/>

That's Not Cool is a national public education campaign that uses digital examples of controlling, pressuring and threatening behavior to raise awareness about and prevent teen dating abuse. That's Not Cool provides tools to help you draw your digital line about what is, or is not, okay in your relationships.

### **www.texted.ca**

<http://www.texted.ca/app/en/>

A great online source for everything textual. Provides information on texting and relationships, how to deal with harassment, and how to cope with stress. Through a variety of games and activities you can test your texting knowledge, find out how to use this great technology safely, and learn what to do when someone crosses the line.

### **The Coalition for Positive Sexuality**



<http://www.positive.org/Home/index.html>

The Coalition for Positive Sexuality (CPS) is a grassroots direct-action volunteer group formed in Chicago in the spring of 1992 by high school students and member of the AIDS Coalition To Unleash Power (ACT UP), Queer Nation (QN), Emergency Clinic Defense Coalition (ECDC), and No More Nice Girls.

### **Egale Canada**

<http://archive.egale.ca/>

Egale Canada is Canada's LGBT human rights organization: advancing equality, diversity, education, and justice.

### **CHEO Gender Diversity and Identity**

<http://www.cheo.on.ca/en/genderidentity>

Fact sheet and pamphlet on gender diversity and gender identity.

### **Article on gender-neutral parenting**

<http://www.raisingmyboychick.com/>

### **Rainbow reads for gr. 7s**

<http://www.saskatoonlibrary.ca/node/1058>

### **Gender and Health Collaborative Curriculum Project**

<http://www.genderandhealth.ca/en/modules/>