



North End
**COMMUNITY
HEALTH CENTRE**

PAUSE initiative for African Nova Scotian (ANS) & Black Youth ages 15-30

Goal: Creating a space for ANS and Black youth to discuss and heal from Mental Health and/or creating Mental Wellness within themselves and their communities

Objective: Is to create a presence within ANS and Black communities to provide counselling in groups and individual sessions, and attend programming within the community to continue to build and establish trust and create mental wellness spaces.

Youth identifying as ANS and Black can call 1 (800) 598-5270, and leave a message, asking to speak with our program for Counselling.

We are here to address stigma surrounding Mental health within the community and address mental health with culturally appropriate mental wellness and mental well-being strategies.

We are here to advocate for the youth and for culturally competent mental health services

Folks experiencing challenges around the following:

- Anxiety
- Depression
- Childhood Trauma
- Generational Trauma
- PTSD/ C-PTSD
- Addictions
- Family and Relationship Problems
- Systemic Disparities
- Racism and Microaggression



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PAUSE Walk-in Mental Health Clinic for counselling

Walk in or call: Tuesday, Wednesday, Thursday 5pm-8pm 2151 Gottingen St (Back entrance)

Call-in: Call our toll-free number [1 \(800\) 598-5270](tel:18005985270) at any time, leave your name and a call back number and our coordinator will reach out to you with an appointment time

Barrier free- do not need Health card, or Mental Health Diagnosis, and do not need to be a patient of NECHC, do not need a referral

Pause is a low-barrier mental health walk-in or call-in support service for individuals experiencing stress related to a variety of issues. Folks experiencing challenges around the following, but not limited to:

- grief and loss
- anxiety
- depression
- isolation
- workplace stress
- childhood trauma
- addiction
- family and relationship problems, etc.