

# DARTMOUTH HELPING TREE

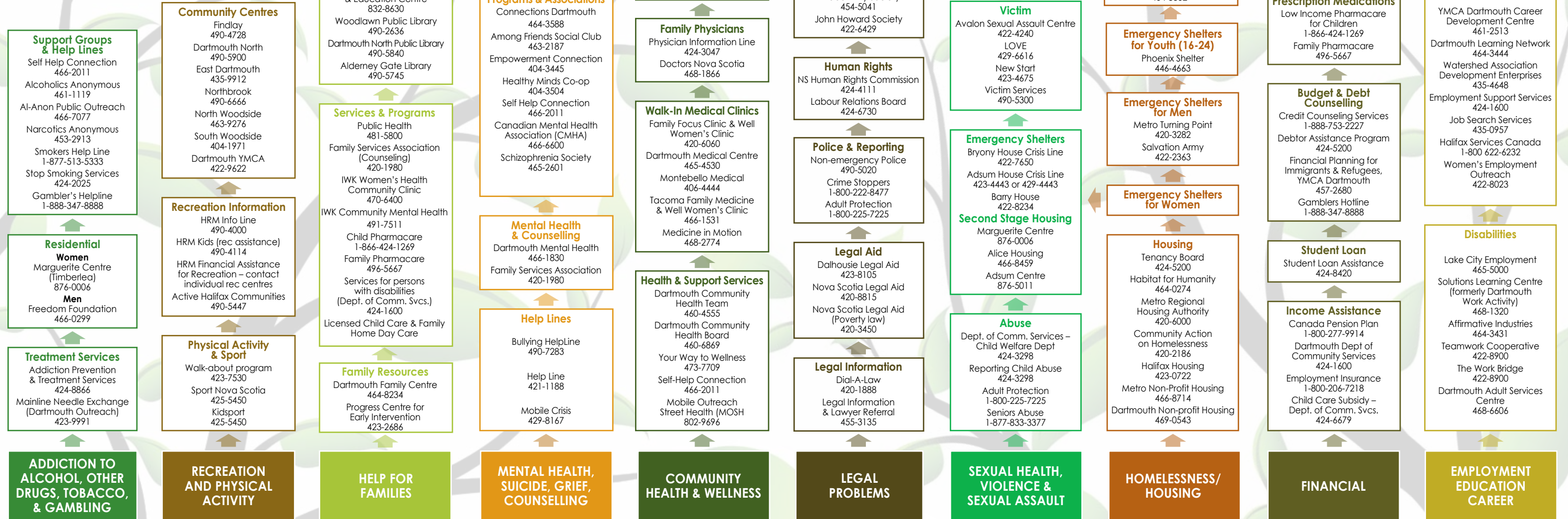
This tool was designed by the Dartmouth Community Health Board, Community Health Team, HRM Community Development, and The Self-Help Connection to assist service providers and inform residents of the many helping resources available. If you or someone you care about is experiencing a problem in any of the areas listed, follow the arrows on the flow chart to find resources that may help.



Health Link: 811  
health information & advice  
(24 hours)  
Help Line (Adults): 421-1188  
Emergency: 911

Connecting to Services  
Wellness Navigators  
Dartmouth Community Health Team  
460-4555

Public Good Society Connections that Work  
Program Community Outreach Facilitator  
476-0785



YOU START HERE

For revisions and updates, please call 460-4555



mobile website: [m.dchb.ca/ht](http://m.dchb.ca/ht)

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This helping tree is for informational purposes only. For youth or senior specific needs please see the "Dartmouth Seniors Helping Tree" and the "Dartmouth Youth Helping Tree" (under development)