

Our Team

Linda Bayers, PhD
Director
linda.bayers@eastlink.ca

Mickie Bowe, CRE
Informatics Educator
mickiebowe@eastlink.ca

Ashley Cooley, MAHP
Education Coordinator
ashleycooley@eastlink.ca

Roy Muise, CPS
Peer Specialist
roy.muise@eastlink.ca



If you would like more information about the Self-Help Connection and the services we provide, please contact us at:

Self-Help Connection

63 King Street
Dartmouth, Nova Scotia
Canada B2Y 2R7

Phone: 902-466-2011 or 902-404-7800

Toll Free: 1-866-765-6639

Fax: 902-404-3205

E-mail: selfhelp@eastlink.ca

Website: www.selfhelpconnection.ca

*The Self-Help Connection is not responsible
for the views and activities of any
self-help group in Nova Scotia.*

Self
Help
Connection

**Helping People Help
Themselves**

About us

The Self-Help Connection is a registered charitable organization established in 1987 to assist Nova Scotians to take control of their health by increasing their knowledge, skills, and resources for individual and collective action.

The Self-Help Connection has received national recognition as a 'Mental Health Best Practice Program' from the Federal, Provincial, and Territorial Advisory Network on Mental Health for self-help and consumer initiatives.

What We Do

Information and Referral

Refer individuals to self-help groups and appropriate services; consult on self-help issues; provide resources for groups; publish a directory of groups; publish a newsletter; maintain a list of potential groups.

Capacity Building and Support

Help individuals start and maintain self-help groups; develop programs to meet the health needs of specific populations; educate stakeholders about the benefits of self-help groups.

Research and Evaluation

Conduct needs assessment and research on self-help and mental health issues; partner with colleagues in academia and the community to conduct research.

Program Streams

Self-Help Group Development

This stream promotes the use of self-help groups and philosophy as resources for health, wellness, recovery, and as complements to professional practice. This includes:

- Self-Help Group Resource Development
- Professionals and Self-Help
- Healthy Living Education
- Anger Control Facilitator Training

Peer Support

This stream is based on our belief that all persons living with a mental illness can recover. It is designed to meet the needs of participants at any point on their recovery journey. This includes:

- Peer Support and Recovery
- Peer Support Training
- Leadership Training
- Mental Health Promotion

Program Streams

Informatics Education

This program stream is designed to assist participants in making the best use of today's information and communications technologies. This includes:

- Informatics and Communications Technologies
- E-Learning
- Information Management
- Wellness Recovery Action Plan ©

Entrepreneurship and Employability Enhancement

This stream promotes and supports the capacity of individuals living with mental health problems and illnesses to engage in self-employment and/or traditional/ competitive employment. This includes:

- Entrepreneurship
- Traditional/Competitive Employment
- Financial Literacy
- Accessing Funding Sources