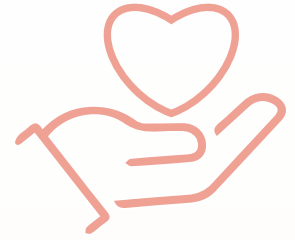


YOUTH MEDICAL CONSIDERATIONS



Sexual Assault Nurse Examiner

If the person you are supporting is pre-pubescent, it is recommended that they see a SANE within 24 hours as evidence can be difficult to collect. In the Halifax region, Avalon's SANE program serves all ages). A person may want to see a Sexual Assault Nurse Examiner to take care of any physical injuries, test for pregnancy, test for STIs, and collect evidence for police.

Duty to Report

If the person you are supporting is under 16 (or under 19 when the person who perpetrated the violence is a parent or guardian), then you must alert your local child protection agency, even if this information was told to you in confidence.

Indigenous Mental Health Supports

If the person you are supporting identifies as Indigenous, they may want to access Indigenous mental health supports including

- **Mi'kmaw Crisis and Referral Centre** - Available toll free 24/7 to Mi'kmaw people across the province - 1-855-379-2099.
- **Mi'kmaw Family Healing Centres** - There are two located in Nova Scotia: one in Waycobah First Nation, which serves Cape Breton/Unama'ki, and one in Millbrook First Nation, which serves the mainland.
- **Counselling (NIHB)** - *Non-Insured Health Benefits Program's* counselling coverage is for "mental health counselling to address crisis situations when no other mental health services are available and/or being provided".

Youth Health Centres

Youth Health Centres provide information and referrals, advice and counselling and some clinical services in regards to all aspects of youth health and wellbeing. There are 52 Youth Health Centre locations across the provinces, most of which are located in high schools.

Sea Star Child and Youth Advocacy Centre (CYAC)

Halifax-based coordinated services for children and youth who have experienced abuse. Sea Star is a child/youth friendly setting. They receive referrals from Department of Community Services (DCS) or through the police.

Mental Health/Counselling Supports

- **Sexual Violence Trauma Therapy** - Free counselling for youth 16 and up.
- **Kids Help Phone** - The Kids Help Phone provides phone and/or web counselling to youth who are 20-years-old and under. The 24/7 service is free, anonymous and confidential, non-judgmental.
- **IWK Mental Health Services** - Located in Halifax, the IWK Health Centre provides a wide variety of mental health and addictions services for people under the age of 19.
- **Private counselling** - If there are financial means, a health and dental benefits plan, or Employee and Family Assistance Plan (EFAP), the child/youth may want to visit a private counsellor.
- **Mental health emergency supports** - If the person is in crisis, they can call the *Mental Health Mobile Crisis Team*, which offers 24/7 province-wide telephone support and mobile response within the Halifax Region.