

HELPING TREE

Salvation Army Family Services 433-5461		Kids Help Phone 1-800-668-6868	Sussex Health Centre Hospital Outpatients 432-3100		Chimo Crisis Line 1-800-667-5005				
Canadian Red Cross 433-5886		Alcoholics Anonymous 654-3114			TeleCare 811	Post Secondary Education Training & Labour 432-2062	Sexually Transmitted Infection Help Desk 1-877-784-1010	First Steps Housing 1-506-693-2229	If under 16, legal obligation to report immediately to Social Development 1-866-441-4340 Evenings & Weekends 1-800-442-9799
Sussex Resource Centre Inc. (Housing) 433-9304	Mental Health Centre 8:15 - 4:30 433-2090 After Hours On Call Worker	Portage Atlantic 839-1200			ISD Child & Youth Team Sussex 432-2217 Hampton 832-6170	The Work Room 432-7593	Aids NB / SIDA NB 1-800-561-4009	Prenatal Benefit Program 1-888-987-6789	Sexual Assault Crisis Helpline 1-506-454-0437
Family Support Coordinator 433-4453 Dial-a-Ride		Al-Anon / Alateen 1-506-634-8779			RCMP 433-7700	Activity Centre 433-1828	PFLAG Saint John 1-506-609-3464	Pregnancy Care Centre 433-4006	Victim Services 433-7700
Sharing Club Food Bank 433-6047	Canadian Mental Health Association 432-2101	Smokers Helpline 1-877-513-5333				Association for Community Living 433-6167	Sexual Health Centre 432-2691	Newborn / New Life 433-2349	Sussex Vale Transition House 432-6999
Community Rec. Department 632-4573	Local Therapists / Counsellors	Narcotics Anonymous 1-800-564-0228				Crosswinds Occupational Centre 432-7500	Family Physician / Nurse Practitioner		Domestic Violence Outreach 433-6579
Kings County Family Resource 433-2349	Family Physician / Nurse Practitioner	Gamblers Anonymous 1-800-461-1234	National Eating Disorders Helpline 1-866-633-4220	Legal Aid Services 633-6030					
School Guidance Counsellor									

- Youth & Family Support
- Suicidal Ideas / Anger / Grief / Mental Health
- Separation / Divorce / Family Relations
- Drug / Alcohol / Gambling / Smoking Addictions
- Eating Disorders
- Legal Needs
- Academic Intellectual Support
- Sexual Identity LGBTQ
- Youth Pregnancy / Birth Control / STI
- Threats / Abuse / Neglect / Violence



1

Take a look at the yellow boxes at the bottom of the Helping Tree and identify the need.

2

Once you've identified the need, look at the support services listed for each (white boxes) and find the one that feels right for you.

Identify the need, then the resource/service.



Scan the code to access the info anywhere on your smart phone!

START HERE

SUSSEX