

# HELPING TREE

Chimo Helpline  
1-800-667-5005  
www.chimohelpline.ca

Kids Help Phone  
1-800-668-6868  
www.kidshelpline.ca

Tel Jeunes  
1-800-263-2266  
www.teljeunes.com

Canadian Mental Health Association – Bathurst  
547-2949

Chaleur Regional Hospital  
544-3000  
Chaleur Health Center –  
Pointe-Verte: 542-2434

Community Mental Health Service – Bathurst:  
547-2110

If in school, refer to school social worker or counselor

Active listening

Family doctor

Chaleur Regional Hospital  
544-3000

Suicidal thoughts, anger, grief and mental health problems, self-esteem issues

\* Nepisiguit Family Services  
546-3305

Eating disorders (ex. Anorexia, bulimia)

Healthy Families - Healthy Babies  
547-2062

Pregnancy, Contraception, Sexually Transmitted Infections, HIV-AIDS

Sexual Health Nurse Practitioner (ESN)  
1-506-726-5400

\* Pharmacist – Pregnancy test Morning after pill

For any questions on sexual health,  
811

www.sexandu.ca

Prenatal Benefit Program  
1-888-987-6789

Prenatal Courses  
24+ : 544-2367  
-24 : 545-6608

Chaleur Regional Hospital  
544-3000

For any questions on sexual health,  
811

www.sexandu.ca

Gay Line  
1-888-505-1010  
www.interligne.org

Under 19  
Over 19

If under 19, legal obligation to report immediately to Social Development  
Bathurst: 1-866-441-4341  
First Nations: Four directions Child and Family Services Inc. 1-800-543-8611 743-2172

Passage House  
546-9540

Bathurst City Police  
548-0420  
BNPP Police  
542-2666  
RCMP Police  
548-7771  
1-800- 665-6663

Chaleur Regional Hospital  
544-3000

Community & Correctional Services (Victim Services Program)  
547-2924

Bathurst City Police  
548-0420  
BNPP Police  
542-2666  
RCMP Police  
548-7771  
1-800- 665-6663

Sexual Assault Crisis Centre  
www.fsacc.ca  
1-506-454-0437

Public Legal Education and Information Service of N.B.  
506-453-5369  
www.legal.info.legale.nb.ca

Crime Stoppers  
1-800-222-8477

Probation Services  
547-2159

Legal Aid  
546-5010  
www.legalaid.nb.ca

Bathurst City Police  
548-0420  
BNPP Police  
542-2666  
RCMP Police  
548-7771  
1-800- 665-6663

Chaleur Health Center –  
Pointe-Verte  
542-2434

Family Doctor

Post-Secondary Education, Training and Labour  
549-5766

See school principal for appropriate student services

911 Emergency

Chaleur Regional Hospital  
544-3000

Tele-Care N.B.  
811  
Non-urgent situation

After Hours Clinic – Bathurst  
546-0730

Chaleur Health Center –  
Pointe-Verte  
542-2434

Family Doctor

Volunteer Center  
549-5955

Social Development  
1-866-441-4341

Physical Health

Academic Problems, School Dropouts, Literacy

Financial Difficulties, Housing and Employment

Bathurst Emergency Shelter  
549-3232

Bathurst Youth Center  
549-3215

Salvation Army  
545-7773

Addiction Services  
547-2086

Motherisk – Alcohol and substance abuse during pregnancy  
1-877-327-4636

\* Portage Freedom from Addiction Center (14-21 yrs)  
1-888-735-9800  
www.portage.com

\* Addiction Services Center (Detox)  
Tracadie 1-888-434-9855  
Campbellton 1-855-789-7055  
Miramichi 623-6175

Addiction Services  
547-2086

If in school, refer to social worker of addiction services in the school

Smokers Helpline  
1-877-513-5333  
www.smokershelpline.ca

AL-ANON (Family Teen Services)  
1-888-425-2666  
www.al-anon.org  
AA Information: 548-5425

Gambling Information line  
1-800-461-1234

YOU ARE A RESOURCE PERSON AND YOU WANT TO HELP A YOUTH:  
DETERMINE THE PROBLEM AND SEE WHAT YOU CAN SUGGEST.

Identify the issue, then the resource.

START HERE

1 Take a look at the yellow boxes at the bottom of the Helping Tree and identify the issue that concerns you.

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

The asterisk \* means that there may be a cost for the service and/or travel. The identified resources are not necessarily in order of priority

