

ADAPT Agencies
 Atelier de l'Amitié 258-3542
 Atelier des Copains 992-2739
 Atelier Les Hirondelles 739-6916
 Atelier Tournesol 739-8700
 L'Écllosion 445-3109
 La Montée 735-4003

NBACL - Social Inclusion Coordinator
 Gagnon, Shanie 737-4471

NBACL - Transition Facilitator
 LeBlanc, Ed 737-4435

NBACL - Early Learning Inclusion Facilitator
 Lizotte, Tina 737-4498

Live Well
 Individualized coaching service - Free
 1-800-663-3600 / www.livewellbienvivre.ca

Activity Centres
 (Persons living with mental illness.)
 L'Espoir 445-2348
 Le Lien 739-7789
 Le Phare 992-8112

Psychologists (S)
 Beaulieu, Claude 223-0900
 Bérubé, Richard 506-473-0729
 Fournier, Carole 223-0900
 Ouellet, Hélène 353-7791
 Ouellette, Richard 735-4082
 Ringuette, Julie (résidente) 223-0900
 Roussel, Jean-Robert 735-3775

Psychologists (S)
 Chiasson-Lebel, Pamela 740-1849
 Daigle, Jessica 506-477-9806
 Dorion, Édouard 739-6836
 Gagnon, Nadia 735-5115
 Kingston, Louise 733-1497
 Lynch, Cathy 253-9676
 McClure, Denise 506-479-4950
 Ouellette, Lisa 223-0900
 Sirois, Fernand 737-3012

Sexologist (S)
 Mercure, Rachel 739-5950

Sexual Workers (S)
 Mercure, Rachel 739-5950

Northwest Community Inclusion Network
 Ouellette, Céline 506-475-3553

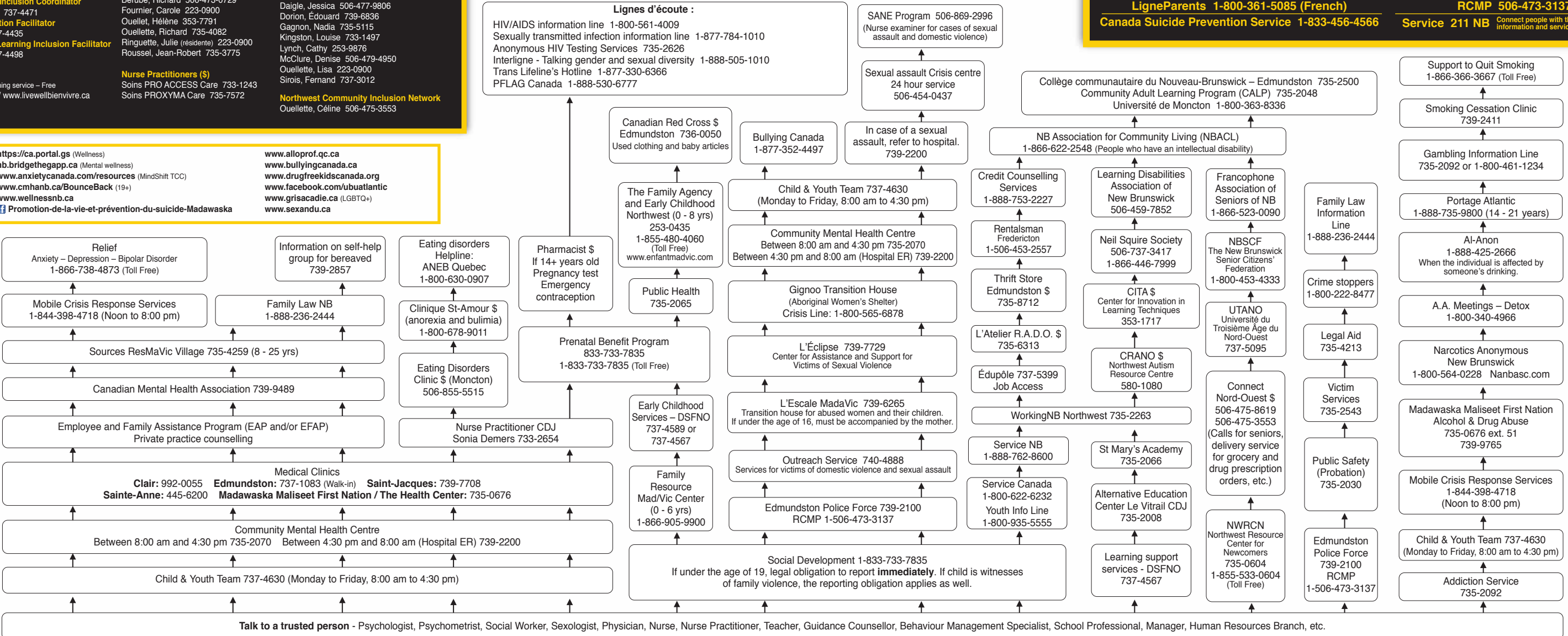
HELPING TREE

HELPLINES
CHIMO 1-800-667-5005
Kids Help Phone 1-800-668-6868 (Text 686868)
HOPE 1-855-242-3310 For Wellness to all Indigenous peoples
Tel-Jeunes 1-800-263-2266 (Text 514-600-1002)
LigneParents 1-800-361-5085 (French)
Canada Suicide Prevention Service 1-833-456-4566

IMPORTANT NUMBERS
Emergency 911
Tele-Care 811
Hospital - Edmundston 739-2200
Edmundston Police Force 739-2100
RCMP 506-473-3137
Service 211 NB Connect people with the appropriate information and services.

<https://ca.portal.gs> (Wellness)
nb.bridgethegapp.ca (Mental wellness)
www.anxietycanada.com/resources (MindShift TCC)
www.cmhanb.ca/BounceBack (19+)
www.wellnessnb.ca
 Promotion-de-la-vie-et-prévention-du-suicide-Madawaska

www.alloprof.qc.ca
www.bullyingcanada.ca
www.drugfreediscanada.org
www.facebook.com/ubuatlantic
www.grisacadie.ca (LGBTQ+)
www.sexandu.ca



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

If urgent call 911 or go to hospital. 739-2200

Identify the issue, then the resource.

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



START HERE



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Madawaska

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 The resources identified are not necessarily in order of priority.
 \$ = indicates that fees or travel fees may be involved.