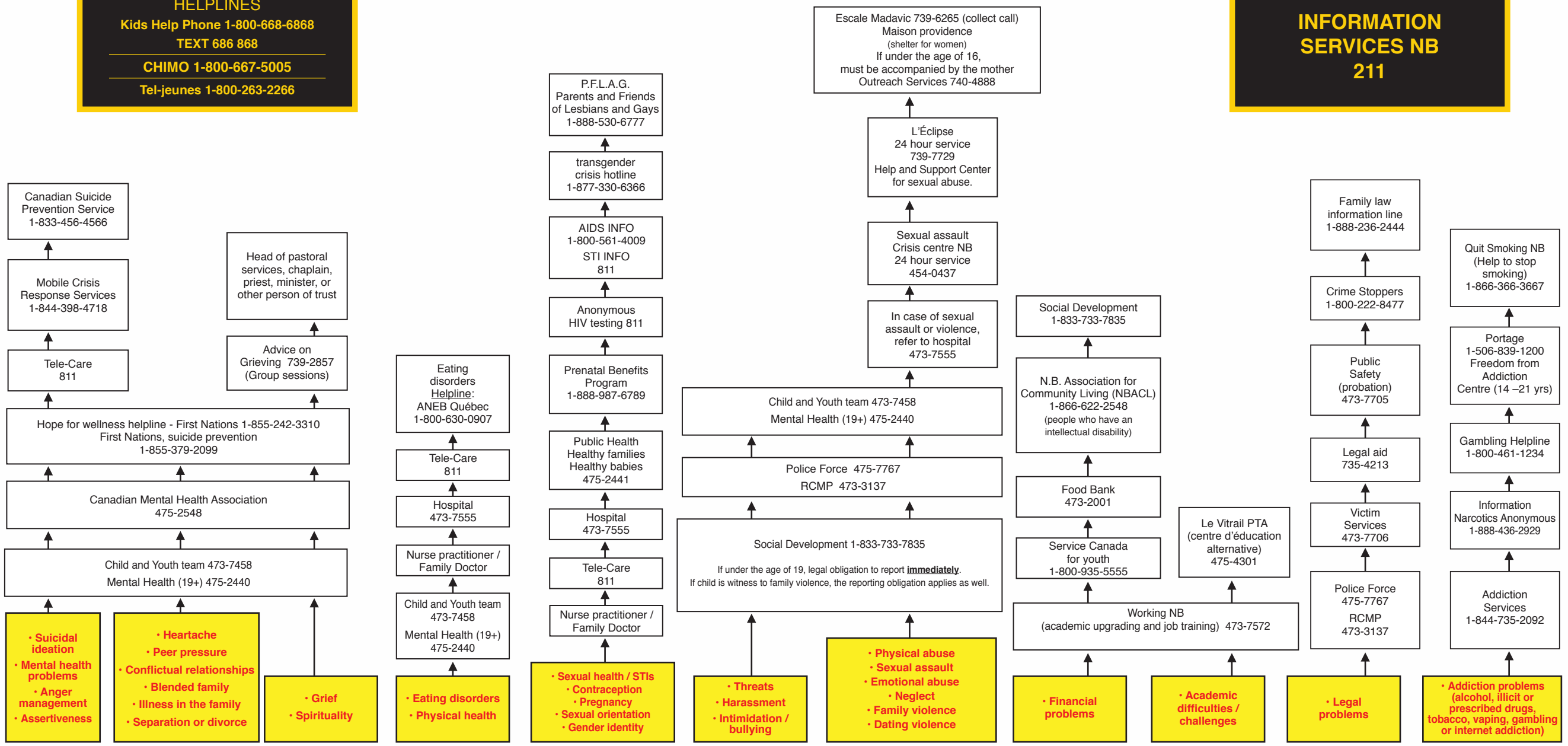


HELPING TREE

HELPLINES
 Kids Help Phone 1-800-668-6868
 TEXT 686 868
 CHIMO 1-800-667-5005
 Tel-jeunes 1-800-263-2266

INFORMATION SERVICES NB
 211



At your school, you can get information and / or support by contacting your teacher, principal, guidance counsellor, nurse practitioner, social worker, psychologist or a member of Child and Youth team (473-7458).

Identify the issue, then the resource.

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 find the one that feels right for you.



THELINKPROGRAM.COM

START HERE

If urgent call 911 or go to hospital 473-7555

Grand Falls and Regions

The resources identified are not necessarily in order of priority.

Revised - January 2021