HELPING TREE

Mental Health Mobile Crisis Team 623-3333
12pm-8pm daily

National Eating Disorder Helpline
1-866-633-4220

Alnwick Activity Center
776-3889

Caring Friends Activity Center 778-6680

Schizophrenia Society of New Brunswick
622-1595

Miramichi Regional Hospital
623-3000

Hospice Miramichi
773-7607

Canadian Mental Health Association 773-7561

HIV/AIDS information line
1-800-561-4009

Sexually transmitted infection information line
1-877-784-1010

Anonymous HIV/AIDS Testing
506-778-6107
1-800-561-4009 (Toll free)

Action Canada for Sexual Health & Rights
1-888-642-2725

Birthright International
1-800-550-4900

Pharmacist $
If 14+ years old
Pregnancy test
Emergency contraception

Miramichi Sexual Health Clinic
778-6107

ANEB Québec : Eating disorders helpline 1-800-630-0907

Clinique St-Amour ($)
1-800-678-9011

Maritime Psychology Clinic Eating Disorders $
(Moncton)
506-855-5515

National Eating Disorder Helpline
1-866-633-4220

Miramichi Public Health
778-6102

After Hours Clinic : Johnson Ave.
778-9942
Pleasant Street
622-6562

Prenatal Benefit Program
1-833-733-7835 (Toll Free)

Autism Resources Miramichi
622-8137

Big Brothers Big Sisters
778-2444

Family and Early Childhood North 1-855-778-6532

Miramichi Health Centre
627-7511

Miramichi Regional Hospital 623-3000

Child and Youth Teams 778-6111

Miramichi Addiction and Mental Health Services 778-6111

Family Doctor

Clergy

Family Doctor
Nurse practitionor

Guidance Counsellor, Teacher
Talk to a trusted person.

Tele-Care
811

Mental health
Suicidal thoughts

Grief

Sexual health / STIs
Contraception
Pregnancy
Sexual orientation
Gender identity

Eating disorders
Physical health

Legal Aid 622-1061

Victim Services 627-4065

Sexual assault Crisis centre 1-506-454-0437
Support line is open from 5pm – 8am, 7 days a week.

SANE Program 1-506-869-2996
Nurse examiner for cases of sexual assault and domestic violence

Bullying Canada
1-877-352-4497

In case of a sexual assault, refer to hospital. 623-3000

Child and Youth Teams 778-6111

Miramichi Addiction and Mental Health Services 778-6111

Gignoo Transition House
1-800-565-6878 **Crisis Line**
Aboriginal Women's Shelter

Crossroads for Women
(Family Violence Crisis Centre)
Crisis Line 1-844-853-0811 (Crisis intervention, and support services to victims of violence, 24/7)

Miramichi Emergency Centre for Women
622-8865
Crisis Line 1-888-836-1016

Outreach Service 778-6496
Services for victims of domestic violence and sexual assault

Social Development 1-833-733-7835
If under the age of 19, legal obligation to report immediately.
If child is witnesses of family violence. the reporting obligation applies as well.

Northumberland Family Resource Centres
622-5103

Support to parents / carer

Guidance Counsellor, Teacher
Talk to a trusted person.

Threats
Harassment
Intimidation / bullying

Physical abuse
Sexual assault
Emotional abuse
Neglect
Family violence
Intimate Partner Violence

Autism Resources Miramichi Inc. 622-8137

M.O.R.E. Vocational Services Inc.
778-6166

JHS Employability Now 778-9999

Miramichi Career Information Centre
622-5491

Credit Counselling Services of Atlantic Canada
1-888-753-2227

Service New Brunswick
1-888-762-8600

Service Canada
1-800-662-6232

Youth Info Line
1-800-935-5555

Salvation Army
622-7826

Miramichi Community Food Bank 622-1838

Clergy

Financial,
food, accommodation or employment problems

Beausoleil Workshop
776-8448

New Brunswick Association for Community Living 1-866-622-2548
(People who have an intellectual disability)

Working NB 627-4000
(Academic upgrading and job training)

Rogersville Volunteer Committee
775-1029

Greater Blackville Resource Centre
843-9024

Unique Family Centre Neguac
779-1900

Miramichi Youth House
624-9909

Miramichi Adult Emergency Shelter
622-5377

Rentalsman
1-506-453-2557
Fredericton

Guidance Counsellor, Teacher
Talk to a trusted person.

Neil Squire Society Atlantic Regional Office
1-866-446-7999
(Toll Free)

Learning Disabilities Association of New Brunswick (Idanb)
1-506-459-7852

Miramichi Adult Learning
1-506-778-6998

Anglophone North School District
506-778-6075

District scolaire francophone Sud
506-856-3333
1-888-268-9088

Academic difficulties / challenges

N.B. Crime Stoppers
1-800-222-8477

Family Advice Lawyer
1-855-266-0266
(Toll Free)

Public Legal Education and Information Service of New Brunswick (PLEIS-NB)
506-453-5369

Family Law Information Line (PLEIS-NB)
1-888-236-2444

NB Human Rights Commission
453-2301

Legal Aid
622-1061

Victim Services
627-4065

Probation
627-4060

Miramichi Police Force
RCMP

Legal issues

HOPE for Wellness Helpline
1-855-242-3310
(For Wellness to all Indigenous peoples)

Gignoo Transition House
1-800-565-6878

Aboriginal Domestic Violence Outreach Coordinator
627-4743
625-0561

Rising Sun Treatment Centre
1-833-444-4626

Metepenagiag Health Centre
836-6130

Esgenoôpetitij Wellness Centre
776-1244

Natoaganeg Community Food Centre
622-9014

Mawlugutineg Mental Wellness Team 626-1124

Eel Ground Health & Wellness Centre
627-4664

First Nations

Portage Atlantic (Ages 14-21)
1-506-839-1200
1-888-735-9800

Narcotics Anonymous New Brunswick 1-800-564-0228
Find a meeting in Atlantic Canada.

Gambling Information Line
1-800-461-1234

NB Anti-Tobacco Coalition
Support to Quit Smoking
1-866-366-3667 (Toll Free)

AIDS New Brunswick
1-800-561-4009

Aids NB Needle Distribution Program 210-3308

Al Anon 622-5901
Wednesday 7 PM

AA Meeting Groups
Alcoholics Anonymous
King Club 624-3795, **Castle** 773-4802, **Sabres** 773-9728, **Renous** 251-2516, **Nelson** 622-8186, **Eel Ground** 624-3795

Overcomers Support Group
262-9333

Mental Health Mobile Crisis Team
623-3333 (12pm-8pm daily)

Child and Youth Teams 778-6111

Miramichi Addiction Inpatient Unit (Detox)
623-6175

Miramichi Addiction and Mental Health Services
778-6111

Addiction problems
(alcohol, illicit or prescribed drugs, vaping, tobacco, gambling, internet addiction. etc.)

If urgent call 911 or go to hospital.

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 find the one that feels right for you.

IMPORTANT NUMBERS

Emergency 911
Tele-Care 811
Hospital – Miramichi
623-3000

Miramichi Police Force
623-2124

RCMP – Blackville 843-9400
RCMP – Doaktown 365-4700
RCMP – Neguac 776-3000
RCMP – Richibucto 523-4611
RCMP – Rogersville 775-0026
RCMP – Sunny Corner
836-6000

Service 211 NB
(Connect people with the appropriate information and services.)

HELPLINES

CHIMO
1-800-667-5005

Kids Help Phone
1-800-668-6868
Text 686868
(Text « **TALK** »)

HOPE for Wellness Helpline
1-855-242-3310
(For Wellness to all Indigenous peoples)

Crisis Services Canada
1-833-456-4566
Text 45645

Wellness Together Canada
Adults 741741
(Text « **Wellness** »)

Interligne – Inclusion LGBTQ+
1-888-505-1010 (Toll free)
Written : aide@interligne.co

Trans Lifeline's Hotline
1-877-330-6366

EGALE Canada 1-888-204-7777

PFLAG Canada 1-888-530-6777
Parents and Friends of Lesbians and Gays
Saint John, ext. 576
Sackville, ext. 586
Fredericton, ext. 559

GRIS Acadie (LGBTQ+)
info@grisacadie.ca

UBU Atlantic – Transgender Action Community
ubuatlantic@gmail.com

the link PROGRAM *here for you*

THELINKPROGRAM.COM

The resources identified are not necessarily in order of priority. It is important to note that the services listed are not always available in both languages (English and French).

January 2022

MIRAMICHI

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