

HELPING TREE

IMPORTANT NUMBERS

Emergency 911

Hotline 988 - Suicide Prevention and Mental Health Crisis
Effective November 30th, 2023.

Tele-Care 811

Service 211

Hospital:
DECH (506) 452-5400
Oromocto Public Hospital (506) 357-4700

Police:
Fredericton Police (506) 460-2300
Oromocto Detachment (506) 357-4300

RCMP:
1-888-506-7267 (En)
1-888-506-1472 (Fr)

HELPLINES

Suicide Prevention and Mental Health Crisis 988 (24/7)
Call or text
Effective November 30th, 2023.

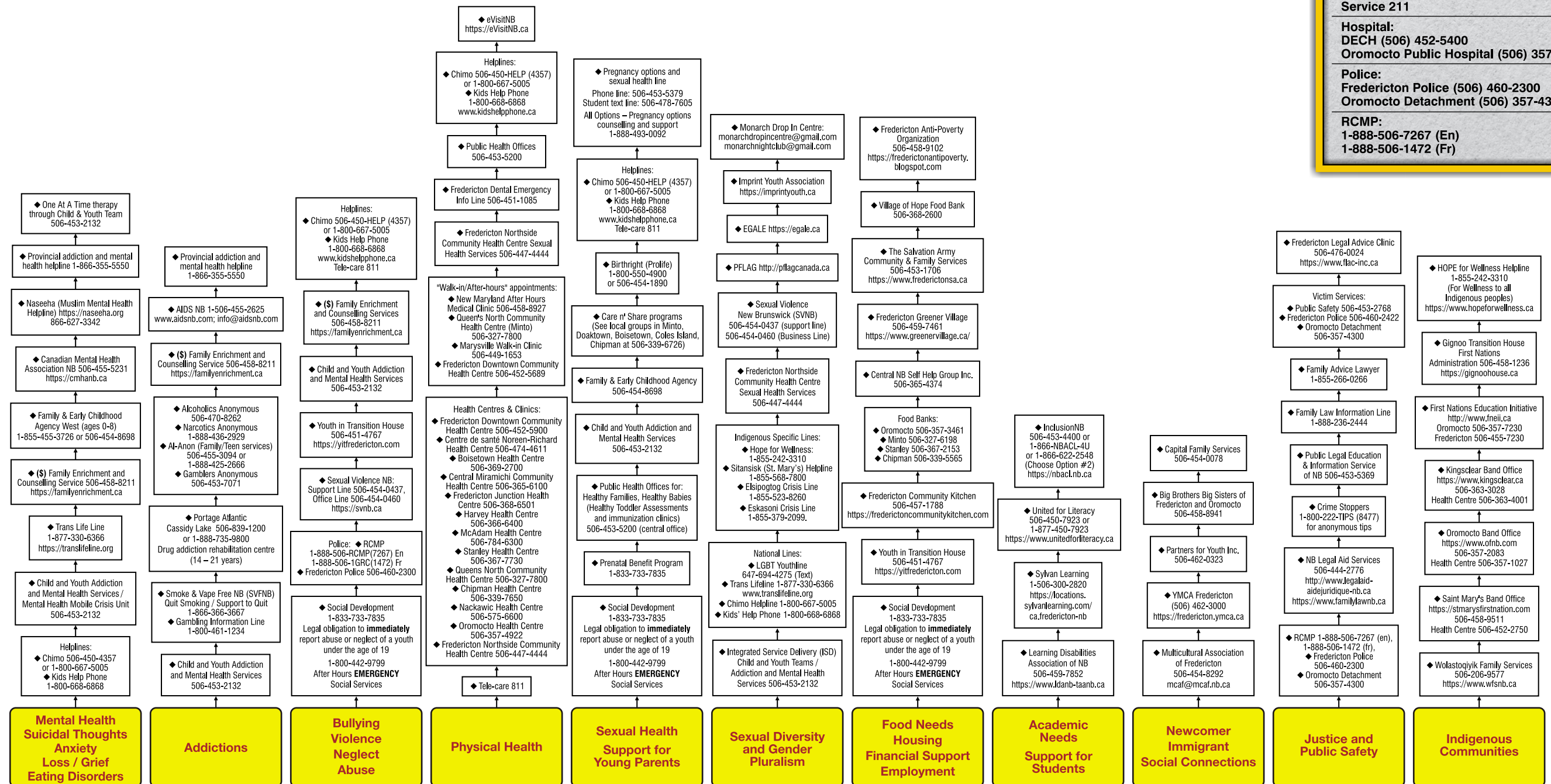
NB Addiction and Mental Health Helpline 1-866-355-5550 (24/7)

CHIMO 1-800-667-5005 (24/7)
For all ages

Kids Help Phone 1-800-668-6868 (24/7)
Text **CONNECT** to 686868

HOPE for Wellness Helpline 1-855-242-3310 (24/7)
Chat online
hopeforwellness.ca
For Indigenous People

Wellness Together Canada 1-888-417-2074
Youth - Text **WELLNESS** to 686868
Adults - Text **WELLNESS** to 741741



IF URGENT, CALL 911 OR GO TO THE HOSPITAL.

At your school, you can get information and/or support by contacting a member of the administration, teacher, guidance counsellor, behaviour intervention mentor, wellness mentor, nurse practitioner, social worker, psychologist or a member of Addiction and Mental Health Support and Services for Children and Youth (Child and Youth Team).

Identify the category and discover the resources.



PROVINCIAL LINK

Revised - January 2024



[THELINKPROGRAM.COM](https://thelinkprogram.com)

START HERE

Fredericton

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The resources are not necessarily in order of priority. The services listed are not always available in both languages. (\$) indicates that fees or travel may be involved. The masculine gender is used to make the text easier to read.