

HELPING TREE

HELPLINES

Suicide Prevention and Mental Health Crisis
Call or text 988 (24/7)

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

IMPORTANT NUMBERS

Emergency 911
Tele-Care 811
Service 211 NB
SJRH 506-648-6000
Police Saint John 506-648-3333
Police Kennebecasis Valley 506-847-6300
RCMP Hampton 506-832-5566
RCMP Grand Bay- Westfield 506-757-1020

Gentle Path Counselling (\$) 506-652-7284	Family Plus Life Solutions (\$) 506-634-8295 Toll Free 1-800-360-3327	Family Matters Counselling Service (\$) 506-849-2777	Clinic 554 1-855-978-5434 clinic554.ca	Abortion Support Services Atlantic assa.coordinator@gmail.com	Parental Benefit Program 1-888-987-6789	AIDS NB/SIDA NB Hotline 1-800-561-4009 idsnb.com	John Howard Society 506-657-5547	eVisitNB eVisitNB.ca	Food Banks: Hampton 506-333-1651 KV 506-847-5854 River Valley 506-738-2088 Kingston 506-763-3183	Smokers Helpline 1-877-513-5333 www.smokershelpline.ca	Narcotics Anonymous 1-855-562-2262	Alcoholics Anonymous 506-659-3114 info@saintjohnna.ca Saintjohnna.ca/	18+ shelters Outflow Men's Shelter 506-658-8050 Coverdale Centre for Women 506-634-1445	PRUDE Inc 506-634-3088	Bee Me Kidz 506-349-7331	Saint John Newcomers Centre 506-642-4242	New Brunswick Multicultural Council 506-453-1091	Shining Horizons Therapeutic Riding Association 506-719-9946		
Port City Counselling Services (\$) 506-214-7227	Rising Tides Healing Centre (\$) 506-217-8433	Canada Suicide Prevention Services: 1-833-456-4566	Transgender / Gender Identity translifeline.org 1-877-330-6366	UBU Atlantic Transgender Support and Action Group ubuatlantic@gmail.com info@ubuatlantic.com	2SLGBTQIA+ Legal information justicetrans.org	NB Transgender Health Network transgendercarenb@gmail.com	After Hours Medical Clinics: University Avenue 506-657-9355 Crown Street 506-635-2273 Westside Clinic 506-693-2273 KV 506-849-2273	Hampton RCMP 506-832-5566 GrandBay-Westfield RCMP 506-757-1021	St. Joseph's Urgent Care 9am-8pm	Sexual Health Centre Saint John 506-658-3998	Family Doctor / Nurse Practitioner	Action Canada for Sexual Health and Rights (ACCESS) Call 1-888-642-2725 or Text: 1-613-800-6757	Saint John Sexual Health Centre 506-658-3998	School Counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Family Physician / Nurse Practitioner	Addictions and Mental Health Services 8:15am - 4:30pm 506-658-3737 Mobile Mental Health Crisis Service Line 24/7 - 1-888-811-3664	Teen Resource Centre 506-638-2372	School counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Catena Jobs Plus 506-696-5672	
Wellness Together Canada 1-866-585-0445 text WELLNESS to 686868	P.E.E.R. Saint John 16-24 years old 506-658-5374	National Eating Disorder Helpline 416-340-4156 NEDIC.ca	Spiritual / Faith leader	Canadian Mental Health Association 506-910-1804	Addictions and Mental Health 506-658-3737 24/7 Mental Health Crisis Line 1-888-811-3664	Family Doctor / Nurse Practitioner	School Counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Local Pharmacy	Telecare 811	St. Joseph's Urgent Care 9am-8pm	Sexual Health Centre Saint John 506-658-3998	Family Doctor / Nurse Practitioner	Saint John Sexual Health Centre 506-658-3998	School Counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Family Physician / Nurse Practitioner	Addictions and Mental Health Services 8:15am - 4:30pm 506-658-3737 Mobile Mental Health Crisis Service Line 24/7 - 1-888-811-3664	Teen Resource Centre 506-638-2372	School counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Catena Jobs Plus 506-696-5672	
Wellness Together Canada 1-888-417-2074	Youth - Text WELLNESS to 686868	Adults - Text WELLNESS to 741741	Wellness Together Canada 1-866-585-0445 text WELLNESS to 686868	P.E.E.R. Saint John 16-24 years old 506-658-5374	National Eating Disorder Helpline 416-340-4156 NEDIC.ca	Spiritual / Faith leader	Canadian Mental Health Association 506-910-1804	Addictions and Mental Health 506-658-3737 24/7 Mental Health Crisis Line 1-888-811-3664	Family Doctor / Nurse Practitioner	School Counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Local Pharmacy	Telecare 811	St. Joseph's Urgent Care 9am-8pm	Sexual Health Centre Saint John 506-658-3998	Family Doctor / Nurse Practitioner	Saint John Sexual Health Centre 506-658-3998	School Counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Local Police	Key Industries 506-634-6888	Hire Potential 506-652-1544
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WEBSITES

nb.bridgethegapp.ca
kidshelpphone.ca
anxietycanada.com
wellnesstogether.ca
mindyourmind.ca
drugfreekidscanada.org
sexandu.ca
youthjusticenb.ca

- Mental Health Suicidal Thoughts Anxiety Loss / Grief Eating Disorders
- Sexual Diversity and Gender Pluralism
- Sexual Health Support for Young Parents
- Bullying, violence, neglect and abuse
- Physical Health
- Financial Employment
- Family Support
- Addictions
- Social Connections Newcomer Immigrant
- Justice and Public Safety
- Academis Needs Support for Students

- Identify the category in the yellow boxes that best fits your needs.
- Then, explore the resources offered (white boxes) to find the one that feels right for you.

At your school you can get information and/or support by contacting a member of the administration, teacher, guidance counsellor, behaviour intervention 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.



THELINKPROGRAM.COM

START HERE

Hampton
Kennebecasis Valley
Saint John

If an Emergency or urgent call 911 or go to the hospital



The resources are not in order of priority. The services listed are not always available in both languages. (\$) indicates that fees may be involved.