

HELPING TREE

OTHER SITES

IMPORTANT NUMBERS

Emergency 911
Tele-Care 811
Suicide Crisis Helpline 988
988.ca
Hospital

RELATED SITES

Bridge The Gapp
bridgethegapp.ca
Service 211 NB
nb.211.ca

HELPLINES

Suicide Crisis Helpline
988 24/7
Call or text

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



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

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, 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.



REGIONAL LINK



PROVINCIAL LINK



THELINKPROGRAM.COM

START HERE



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.