## HELPING TREE

OTHER SITES

## **IMPORTANT NUMBERS**

**Emergency 911** 

Tele-Care 811

Suicide Crisis Helpline 988

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

Mental Health
Suicidal Thoughts
Anxiety
Loss / Grief
Eating Disorders

Addictions

Bullying Violence Neglect Abuse

eglect

Physical Health

Sexual Health
Support for

Sexual Diversity and Gender Pluralism Food Needs
Housing
Financial Support
Employment

Academic Needs Support for Students

Social Connections
Newcomers

Justice and Public Safety Indigenous Communities



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.

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





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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.