

# HELPING TREE

## OTHER SITES

cmhanb.ca  
 protectchildren.ca  
 thelifelinecanada.ca  
 wellnessnb.ca

### IMPORTANT NUMBERS

**Emergency 911**  
**Tele-Care 811**  
**Suicide Crisis Helpline 988**  
[988.ca](http://988.ca)  
**Grand Falls General Hospital**  
 506-473-7555

### RELATED SITES

**Bridge The Gapp**  
[bridgethegapp.ca](http://bridgethegapp.ca)  
**Service 211 NB**  
[nb.211.ca](http://nb.211.ca)

### HELPLINES

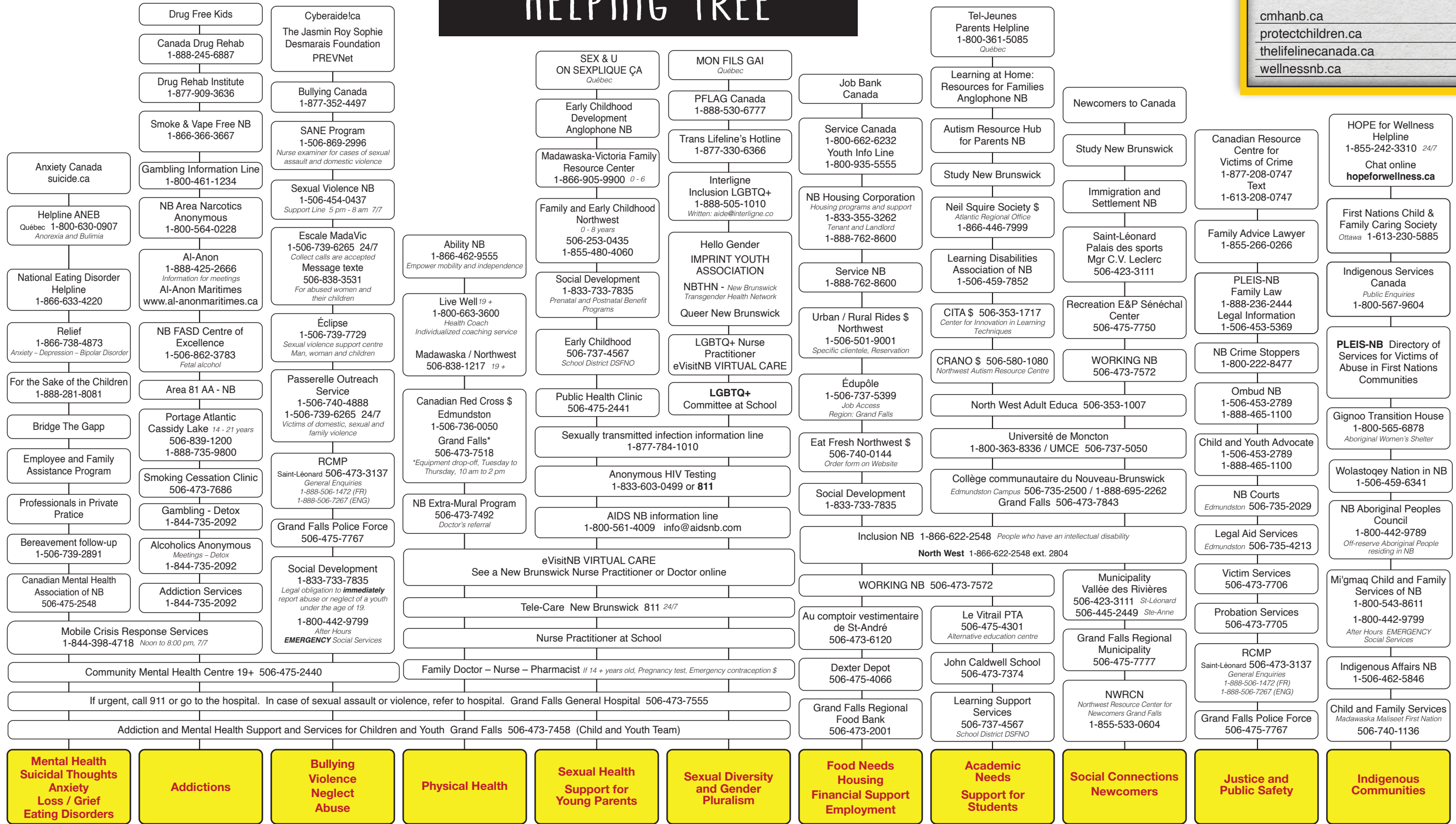
**Suicide Crisis Helpline**  
 988 24/7  
 Call or text

**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](http://hopeforwellness.ca)  
 For Indigenous People



**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.**

- 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.



[THELINKPROGRAM.COM](http://THELINKPROGRAM.COM)

**START HERE**

**Grand Falls**

© The New Brunswick Link Program committee Inc. 1999

Revised – August 2024

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.