

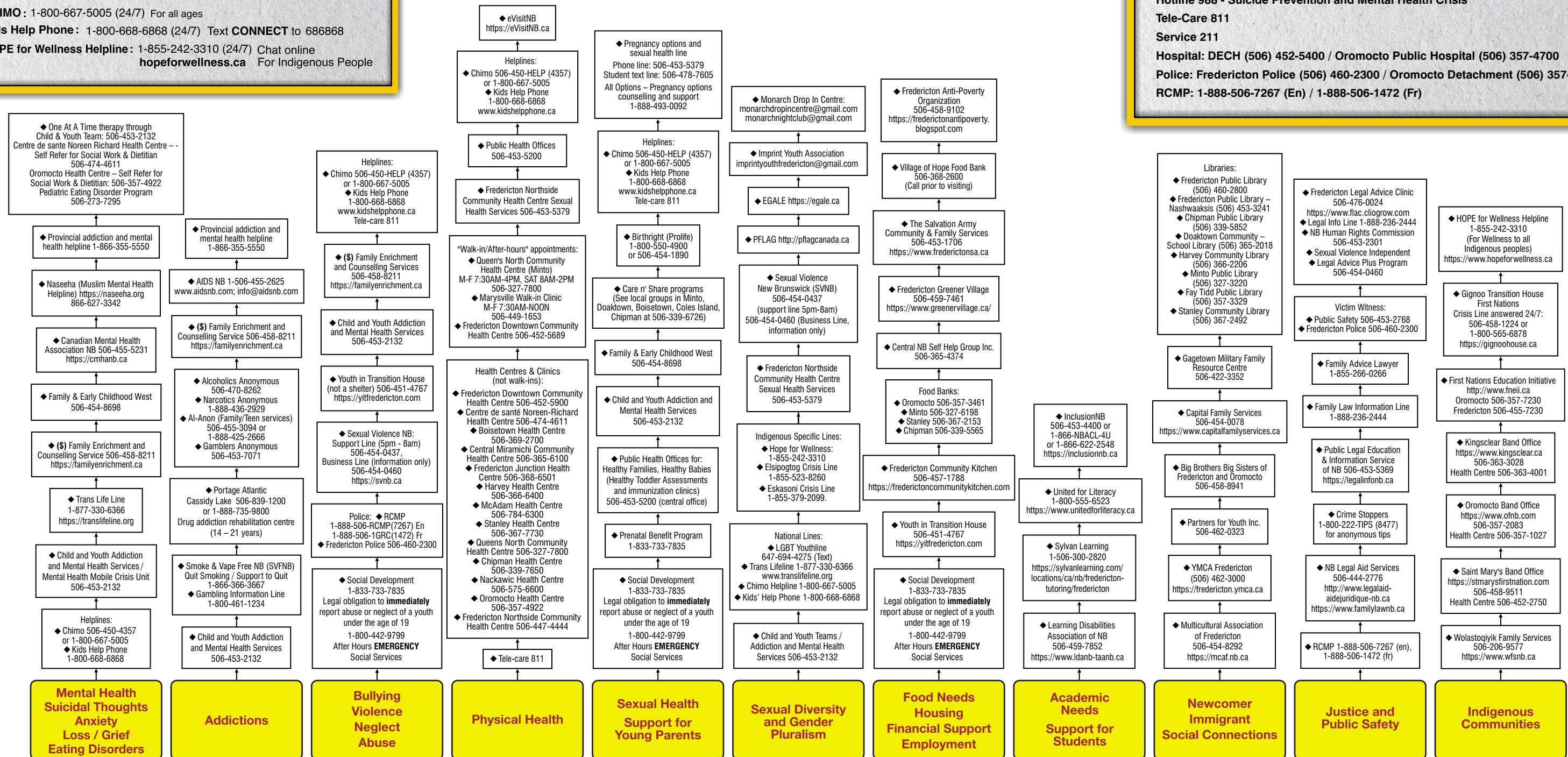
HELPLINES

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

HELPING TREE

IMPORTANT NUMBERS

Emergency 911
Hotline 988 - Suicide Prevention and Mental Health Crisis
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)



- 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, 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

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[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.