

HELPING TREE

OTHER SITES

IMPORTANT NUMBERS

Emergency 911
 Tele-Care 811
 Suicide Crisis Helpline 988
988.ca
 Hospital 506-789-5000

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

Anxiety Canada Suicide.ca	Drug Free Kids	CNIB 1-800-563-2642 Canadian National Institute for the Blind	ON SEXPLIQUE CA SEX & U	PFLAG Canada 1-888-530-6777	NB Housing Corporation Housing programs and support 1-833-355-3262 Tenant and Landlord 1-888-762-8600
Tel-Jeunes Québec 1-800-263-2266 Text 514-600-1002	Canada Drug Rehab 1-888-245-6887	NBDHHS 506-633-0599 NB Deaf and Hard of Hearing Services	Early Childhood Development Anglophone NB	Trans Lifeline's Hotline 1-877-330-6366	Restigouche Community Transport \$ 506-759-8448
Tel-Écoute Helpline Grief Québec 1 888 533-3845	Drug Rehab Institute 1-877-909-3636	Live Well 19+ 1-800-663-3600 Health Coach Individualized coaching service	Restigouche Resource Centre for Parents 506-753-4172	LGBT National Hotline 888-843-4564	Fresh 4 Less - Restigouche \$ 506-759-8448
National Eating Disorder Helpline 1-866-633-4220	Smoke & Vape Free NB 1-866-366-3667	Restigouche-Chaleur 506-790-1778	Social Development 1-833-733-7835 Prenatal and Postnatal Benefit Programs	Interligne LGBTQ+ 1 888 505-1010	Service Canada 1-800-662-6232
Nutrition Clinics 506-789-5140 Campbellton 506-684-7092 Dalhousie	Smoking Cessation Clinics 506-789-5365 506-684-7727 506-237-3222	Canadian Red Cross \$ 506-759-8523 Medical Equipment Loan	Early Childhood Development 506-394-3400 School District DSFNE	LGBT Youth Line 1-800-268-9688 29 years and under Text Help Line 647-694-4275	Youth Info Line 1-800-935-5555
Relief 1-866-738-4873 Anxiety - Depression - Bipolar Disorder	Gambling Information Line 1-800-461-1234	SANE Program 1-506-869-2996 Nurse examiner for cases of sexual assault and domestic violence	Sexually transmitted infection line 1-877-784-1010	Outreach Worker 506-789-8923	Neil Squire Society \$ Atlantic Regional Office 1-866-446-7999
For the Sake of the Children 1-888-281-8081	NB Area Narcotics Anonymous 1-800-564-0228 nanbasc.com	Sexual Violence NB 1-506-454-0437 Support Line 5 p.m. - 8 a.m., 7/7	Anonymous HIV Testing 1-833-603-0499 or 811	Service NB 1-888-762-8600	Learning Disabilities Association of NB 1-506-459-7852
Bridge The Gapp	Al-Anon Maritimes al-anonmaritimes.ca	Notre-Dame House 506-753-4703 Shelter for Women Victim of Abuse 24/7	AIDS NB information line 1-833-561-4009	Social Development 1-833-733-7835	Inclusion NB 1-866-622-2548 All individuals with an intellectual or developmental disability live full and valued lives in all aspects of society.
Outreach Worker 506-789-8923	Area 81 AA - NB area81aa.ca	Crisis Outreach Program 506-790-1178 Victims of domestic, sexual and family violence	NB Health Link People who don't have a Family Doctor or Nurse Practitioner.	Working NB Campbellton 506-789-2411	Study New Brunswick
Restigouche Family Services \$ 506-789-4161	Portage Atlantic 1-506-839-1200 1-888-735-9800 Cassidy Lake 14 - 21 years	RCMP Campbellton 506-789-6000	Public Health 506-789-2266	Service de bienfaisance 506-753-5628 Respond to urgent needs.	Restigouche Autism Center 506-789-7391
Canadian Mental Health Association of NB 506-300-9362	Centre for Hope and Harmony 506-789-7055 Detoxification or gambling Live-In Concurrent Disorder Treatment	General Enquiries 1-888-506-1472 (FR) 1-888-506-7267 (ENG.)	eVisitNB VIRTUAL CARE See a New Brunswick Nurse Practitioner or Doctor online.	Restigouche County Volunteer Action Association (RCVAA) - Food bank - Community kitchen - Thrift store - Clothing bank	Newcomers to Canada
Restigouche Hospital Centre 506-760-4000	Mobile Crisis Response Services 1-866-355-5550 or 506-789-8088	Social Development 1-833-733-7835 Legal obligation to immediately report abuse or neglect of a youth under the age of 19. 1-800-442-9799 After Hours EMERGENCY Social Services	Tele-Care New Brunswick 811 24/7	RCVAA Campbellton 506-753-2252 13 Aberdeen Street	Immigrating to NB
<p>If urgent, call 911 or go to the hospital. In case of sexual assault or violence, refer to hospital. Campbellton Regional Hospital 506-789-5000</p>	<p>Community Mental Health Centre and Addiction Services Children, Youth & Adult Services 506-789-2440</p>	<p>Family Doctor - Nurse Practitioner - Nurse Pharmacist If 14+ years old, Pregnancy test, Emergency contraception \$</p>	<p>Restigouche Walk-In Clinic 506-789-7646 68 Water Street, Campbellton</p>	RCVAA Dalhousie 506-684-5829 469 Darlington Drive	Restigouche Adult Learning 506-753-7108
<p>If in school, refer to administration for Student Services.</p>	<p>Community Mental Health Centre and Addiction Services Children, Youth & Adult Services 506-789-2440</p>	<p>Community Mental Health Centre and Addiction Services Children, Youth & Adult Services 506-789-2440</p>	<p>If in school, refer to administration for Student Services.</p>	RCVAA Jacquet River 506-237-5544 3974 Main Street, Belledune	Restigouche Campus 506-789-2377 1-888-648-4111

Mental Health Suicidal Thoughts Anxiety Loss / Grief Eating Disorders	Addictions	Bullying Violence Neglect Abuse	Physical Health	Sexual Health Support for Young Parents	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
--	-------------------	--	------------------------	---	---	---	---	--	----------------------------------	-------------------------------

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.

- 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.



REGIONAL LINK



PROVINCIAL LINK



THELINKPROGRAM.COM

START HERE

Restigouche

© The New Brunswick Link Program committee Inc. 1999

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.

Revised - September 2024