

# HELPING TREE

## OTHER SITES

BounceBack  
The LifeLine  
Canada Foundation  
The Wellness MOVEMENT

### 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

<b>Drug Free Kids</b> 1-888-245-6887	<b>Canada Drug Rehab</b> 1-888-245-6887	<b>Community-Based Sexual Violence Services</b> 506-560-1560 cbsvs_sussex@svth.ca	<b>Cybertipica</b>	<b>PREVNet</b>	<b>SEX &amp; U</b>	<b>Job Bank Canada</b>	<b>Service Canada</b> 1-800-662-6232	<b>NeedHelpNow.ca</b>	<b>Canadian Resource Centre for Victims of Crime</b> 1-877-232-2610 Text 1-613-208-0747
<b>Drug Rehab Institute</b> 1-877-909-3636	<b>Smoke &amp; Vape Free NB</b> 1-866-366-3667	<b>Bullying Canada</b> 1-877-352-4497	<b>SANE Program</b> 1-506-869-2996 Horizon - Nurse examiner for cases of sexual assault and domestic violence	<b>AIDS NB information line</b> 1-833-561-4009	<b>Early Childhood Development</b> Anglophone NB	<b>Trans Lifeline's Hotline</b> 1-877-330-6366	<b>Youth Info Line</b> 1-800-935-5555	<b>RCMP - Centre for Youth Crime Prevention</b> Inform youth ages 13 to 21	<b>First Nations Child &amp; Family Caring Society</b> Ottawa 1-613-230-5885
<b>National Eating Disorder Helpline</b> 1-866-633-4220	<b>Gambling Information Line</b> 1-800-461-1234	<b>Sussex Vale Transition House</b> 506-432-6999 Text 506-435-1689 For abused women and their children	<b>Sexual Violence NB</b> 1-506-454-0437 Support Line 5 p.m. - 8 a.m., 7/7	<b>Sexually transmitted infection information line</b> 1-877-784-1010	<b>Queer New Brunswick</b>	<b>LGBTQ+ Nurse Practitioner eVisitNB VIRTUAL CARE</b>	<b>Inclusion NB</b> 1-866-622-2548 People who have an intellectual disability	<b>RCMP - Centre for Youth Crime Prevention</b> Youth Justice	<b>Indigenous Services Canada</b> Public Enquiries 1-800-567-9604
<b>Relief</b> 1-866-738-4873 Anxiety - Depression - Bipolar Disorder	<b>NB FASD Centre of Excellence</b> 1-506-962-3783 Fetal alcohol	<b>Domestic Violence Outreach Program</b> 506-433-6579	<b>Ability NB</b> 1-866-462-9555 Empower mobility and independence	<b>Anonymous HIV Testing Services 811</b>	<b>Sexually transmitted infection information line</b> 1-877-784-1010	<b>Sexually transmitted infection information line</b> 1-877-784-1010	<b>Service NB</b> 1-888-762-8600	<b>RCMP - Centre for Youth Crime Prevention</b> Legal Information 1-506-453-5369	<b>HOPE for Wellness Helpline 24/7</b> 1-855-242-3310 Chat online hopeforwellness.ca
<b>Bridge The Gapp</b>	<b>NB Area Narcotics Anonymous</b> 1-800-564-0228	<b>Sussex Regional Library</b> 506-432-4585	<b>eVisitNB VIRTUAL CARE</b> See a New Brunswick Nurse Practitioner or Doctor online.	<b>Anonymous HIV Testing Services 811</b>	<b>Anonymous HIV Testing Services</b>	<b>Anonymous HIV Testing Services</b>	<b>Kings County Family Resource Centre</b> 506-433-2349	<b>Family Advice Lawyer</b> 1-855-266-0266	<b>PLEIS-NB Family Law</b> 1-888-236-2444 Legal Information 1-506-453-5369
<b>For the Sake of the Children</b> 1-888-281-8081	<b>Al-Anon Maritimes</b> Fredericton 506-455-3084 Moncton/Riverview 506-388-7010	<b>RCMP Victim Services</b> 506-433-7700 General Enquiries 1-888-506-1472 (FR) 1-888-506-7267 (ENG)	<b>Tele-Care NB 811 24/7</b>	<b>Newborn New Life</b> 506-433-5131	<b>First Steps Housing Project</b> 1-506-693-2229	<b>AIDS NB information line</b> 1-833-561-4009	<b>Sussex Dial-A-Ride</b> 506-433-4453	<b>NB Crime Stoppers</b> 1-800-222-8477	<b>Family Advice Lawyer</b> 1-855-266-0266
<b>Employee and Family Assistance Program</b>	<b>Area 81 AA - NB</b>	<b>Social Development</b> 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	<b>Canadian Red Cross</b> 506-433-5886	<b>Kings County Family Resource Centre</b> 506-433-2349	<b>Pregnancy and New Parents Centre</b> 506-433-4006	<b>AIDS NB information line</b> 1-833-561-4009	<b>Sussex Resource Centre</b> Affordable housing 506-433-9304	<b>Ombud NB</b> 1-506-453-2789 1-888-465-1100	<b>Family Advice Lawyer</b> 1-855-266-0266
<b>Local therapists/ Counsellors</b>	<b>Portage Atlantic</b> 1-506-539-1200 1-888-735-9800 Cassidy Lake 14 - 21 years	<b>Public Health</b> 506-432-2003 1-800-545-8008	<b>New Brunswick Extra-Mural Program</b> 506-432-3260 Doctor's referral	<b>Early Childhood</b> 1-506-658-5300 Anglophone School District - South	<b>Social Development</b> 1-833-733-7835 Prenatal and Postnatal Benefit Programs	<b>eVisitNB VIRTUAL CARE</b>	<b>Community Services Department</b> Sussex 506-432-4573	<b>Immigration and Settlement NB</b>	<b>Family Advice Lawyer</b> 1-855-266-0266
<b>Anxiety &amp; Depression</b> 506-300-9410	<b>Gamblers Anonymous</b> Saint John 506-672-9155	<b>Sexual Health Centre</b> 506-432-2691	<b>Public Health</b> 506-432-2003 1-800-545-8008	<b>Early Childhood</b> 1-506-658-5300 Anglophone School District - South	<b>Social Development</b> 1-833-733-7835 Prenatal and Postnatal Benefit Programs	<b>Tele-Care NB 811 24/7</b>	<b>The Salvation Army Thrift Store</b> 506-433-2723 Community & Family Services 506-433-5461	<b>Sussex Adult Learning Program</b> 506-432-2163	<b>Family Advice Lawyer</b> 1-855-266-0266
<b>Living with Grief</b> 506-300-9410	<b>Canadian Mental Health Association of NB</b> 506-300-9410	<b>Community Addict and Mental Health Services 19+</b> Sussex 506-432-2090	<b>Canadian Red Cross</b> 506-433-5886	<b>PFLAG Canada</b> 1-888-530-6777 ext. 576 Saint John	<b>GSA-Gay Straight Alliance</b> Committee at School	<b>Community Services Department</b> Sussex 506-432-4573	<b>The Work Room Career Resource Centre</b> 506-432-7593 1-855-412-3330	<b>Sussex Regional Library</b> 506-432-4585	<b>Family Advice Lawyer</b> 1-855-266-0266
<b>Mobile Crisis Unit</b> Saint John 1-888-811-3664 Noon to 10:00 p.m., 7/7	<b>Community Addict and Mental Health Services 19+</b> Sussex 506-432-2090	<b>Working NB</b> 506-432-2110	<b>New Brunswick Extra-Mural Program</b> 506-432-3260 Doctor's referral	<b>PFLAG Canada</b> 1-888-530-6777 ext. 576 Saint John	<b>GSA-Gay Straight Alliance</b> Committee at School	<b>Community Services Department</b> Sussex 506-432-4573	<b>The Work Room Career Resource Centre</b> 506-432-7593 1-855-412-3330	<b>Sussex Regional Library</b> 506-432-4585	<b>Family Advice Lawyer</b> 1-855-266-0266
<b>Community Addict and Mental Health Services 19+</b> Sussex 506-432-2090	<b>Working NB</b> 506-432-2110	<b>Education Support</b> 1-506-658-5300 Anglophone School District - South	<b>Public Health</b> 506-432-2003 1-800-545-8008	<b>PFLAG Canada</b> 1-888-530-6777 ext. 576 Saint John	<b>GSA-Gay Straight Alliance</b> Committee at School	<b>Community Services Department</b> Sussex 506-432-4573	<b>The Work Room Career Resource Centre</b> 506-432-7593 1-855-412-3330	<b>Sussex Regional Library</b> 506-432-4585	<b>Family Advice Lawyer</b> 1-855-266-0266
<b>Community Addict and Mental Health Services 19+</b> Sussex 506-432-2090	<b>Working NB</b> 506-432-2110	<b>Sussex Adult Learning Program</b> 506-432-2163	<b>Public Health</b> 506-432-2003 1-800-545-8008	<b>PFLAG Canada</b> 1-888-530-6777 ext. 576 Saint John	<b>GSA-Gay Straight Alliance</b> Committee at School	<b>Community Services Department</b> Sussex 506-432-4573	<b>The Work Room Career Resource Centre</b> 506-432-7593 1-855-412-3330	<b>Sussex Regional Library</b> 506-432-4585	<b>Family Advice Lawyer</b> 1-855-266-0266
<b>Community Addict and Mental Health Services 19+</b> Sussex 506-432-2090	<b>Working NB</b> 506-432-2110	<b>Crosswinds Occupational Activity Center</b> 506-432-7500	<b>Public Health</b> 506-432-2003 1-800-545-8008	<b>PFLAG Canada</b> 1-888-530-6777 ext. 576 Saint John	<b>GSA-Gay Straight Alliance</b> Committee at School	<b>Community Services Department</b> Sussex 506-432-4573	<b>The Work Room Career Resource Centre</b> 506-432-7593 1-855-412-3330	<b>Sussex Regional Library</b> 506-432-4585	<b>Family Advice Lawyer</b> 1-855-266-0266
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<b>Community Addict and Mental Health Services 19+</b> Sussex 506-432-2090	<b>Working NB</b> 506-432-2110	<b>Education Support</b> 1-506-658-5300 Anglophone School District - South	<b>Public Health</b> 506-432-2003 1-800-545-8008	<b>PFLAG Canada</b> 1-888-530-6777 ext. 576 Saint John	<b>GSA-Gay Straight Alliance</b> Committee at School	<b>Community Services Department</b> Sussex 506-432-4573	<b>The Work Room Career Resource Centre</b> 506-432-7593 1-855-412-3330	<b>Sussex Regional Library</b> 506-432-4585	<b>Family Advice Lawyer</b> 1-855-266-0266
<b>Community Addict and Mental Health Services 19+</b> Sussex 506-432-2090	<b>Working NB</b> 506-432-2110	<b>Multicultural Association of Sussex</b> 506-432-1252	<b>Public Health</b> 506-432-2003 1-800-545-8008	<b>PFLAG Canada</b> 1-888-530-6777 ext. 576 Saint John	<b>GSA-Gay Straight Alliance</b> Committee at School	<b>Community Services Department</b> Sussex 506-432-4573	<b>The Work Room Career Resource Centre</b> 506-432-7593 1-855-412-3330	<b>Sussex Regional Library</b> 506-432-4585	<b>Family Advice Lawyer</b> 1-855-266-0266
<b>Community Addict and Mental Health Services 19+</b> Sussex 506-432-2090	<b>Working NB</b> 506-432-2110	<b>RCMP</b> 506-433-7700 General Enquiries 1-888-506-1472 (FR) 1-888-506-7267 (ENG)	<b>Public Health</b> 506-432-2003 1-800-545-8008	<b>PFLAG Canada</b> 1-888-530-6777 ext. 576 Saint John	<b>GSA-Gay Straight Alliance</b> Committee at School	<b>Community Services Department</b> Sussex 506-432-4573	<b>The Work Room Career Resource Centre</b> 506-432-7593 1-855-412-3330	<b>Sussex Regional Library</b> 506-432-4585	<b>Family Advice Lawyer</b> 1-855-266-0266
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