HELPING TREE

1-888-530-6777

Trans Lifeline's

1-877-330-6366

LGBT Nationa

888-843-4564

Interliane LGBTQ+

1 888 505-1010

LGBT Youth Line

1-800-268-9688

Text Help Line

647-694-4275

LGBTQ+ Nurse

eVisitNB VIRTUAL CARE

Health Network

1-877-784-1010

Anonymous HIV Testing

1-833-603-0499 or 811

AIDS NB information line 1-833-561-4009

ON **SEX**PLIQUE CA

SEX & U

Early Childhood

Development

Anglophone NB

Restigouche Resource

Centre for Parents

506-753-4172

1-833-733-7835

Prenatal and Postnata

Benefit Programs

Early Childhood

506-394-3400

School District DSFNE

Sexual Health

Services

1-833-684-7393

eVisitNB VIRTUAL CARE

See a New Brunswick Nurse Practitioner or Doctor online

Tele-Care New Brunswick 811 24/7

Restigouche Walk-In Clinic 506-789-7646 68 Water Street, Campbellton

Family Doctor - Nurse Practitioner - Nurse

Pharmacist If 14 + years old, Pregnancy test, Emergency contraception \$

Suicide.ca

Tel-Jeunes Québec 1-800-263-2266 Text 514-600-1002

Tel-Écoute Helpline Grief Québec 1 888 533-3845

National Eating Disorder Helpl 1-866-633-4220

Nutrition Clinics 506-789-5140 Campbellton 506-684-7092 Dalhousie

Relief 1-866-738-4873 Anxiety - Depression - Bipolai

For the Sake of the 1-888-281-8081

Bridge The Gapp

Outreach Worker 506-789-8923

Restigouche Family Services \$ 506-789-4161

Canadian Mental Health Association of NB 506-300-9362

Restigouche Hospital Centre 506-760-4000

1-866-355-5550 or 506-789-8088

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

Community Mental Health Centre and Addiction Services Children, Youth & Adult Services, 506-789-2440.

Drug Free Kids

Canada Drug Rehab

1-888-245-6887

Drug Rehab Institute

1-877-909-3636

Smoke & Vape Free

NB 1-866-366-3667

Smoking Cessation

Clinics

506-789-5365

506-684-7727

506-237-3222

Gambling Information

Line 1-800-461-1234

NB Area Narcotics

1-800-564-0228

nanbasc.com

Al-Anon Maritimes

al-anonmaritimes.ca

Area 81 AA - NB

area81aa ca

1-506-839-1200

1-888-735-9800

Cassidy Lake 14 - 21 year

Centre for Hope and

506-789-7055

Live-In Concurrent Disorde

If in school, refer to administration for Student Services.

Mental Health Suicidal Thoughts Anxiety Loss / Grief **Eating Disorders**

Addictions

Bullying Violence Neglect Abuse

1

and Gender Pluralism

Housing

Food Needs Financial Support Employment

NB Housing Corporation

lousing programs and support

1-833-355-3262

1-888-762-8600

Restigouche Community

Transport \$ 506-759-8448

Fresh 4 Less – Restigouche \$

506-759-8448

1-800-662-6232

Youth Info Line

1-800-935-5555

1-888-762-8600

Outreach Worker

506-789-8923

1-833-733-7835

Service de

bienfaisance

506-753-5628

Respond to urgent

needs.

Restigouche County

Volunteer Action

Association (RCVAA)

Food bank

- Community kitchen

- Thrift store

- Clothing bank

RCVAA Campbellton

506-753-2252

RCVAA Dalhousie

506-684-5829

469 Darlington Drive

RCVAA Jacquet

River 506-237-5544

3974 Main Street, Belledune

Academic Needs Support for Students

Social Connections Newcomers

Justice and

IMPORTANT NUMBERS

Suicide Crisis Helpline 988

RELATED SITES

HELPLINES

Suicide Crisis Helpline

Mental Health Helpline

1-866-355-5550 24/7

1-800-667-5005 24/7

1-800-668-6868 24/7

1-855-242-3310 24/7

hopeforwellness.ca For Indigenous People

Text CONNECT to 686868

HOPE for Wellness Helpline

Kids Help Phone

Hospital 506-789-5000

Bridge The Gapp

Service 211 NB

nb.211.ca

988 24/7

Call or text

CHIMO

For all ages

Chat online

Addiction and

Emergency 911

Tele-Care 811

boxes that best fits your needs.

to find the one that feels right for you.

CNIB 1-800-563-2642 Canadian National Institute for the Blind

506-633-0599

NB Deaf and Hard of

Hearing Services

Live Well 19+

1-800-663-3600

Health Coach ndividualized coaching service

Restigouche-Chaleur

506-790-1778

Canadian Red Cross \$

506-759-8523

1-866-462-9555

Empower mobility and

independence

NB Extra-Mural

Program

506-684-7060

Doctor's referral

NB Health Link

People who don't have a

Family Doctor or Nurse Practitioner.

PREVNet The Jasmin Roy Sophie Desmarais Foundation Québec

Cybertip!ca

Bullving Canada 1-877-352-4497

SANE Program 1-506-869-2996 Nurse examiner for cases o sexual assault and domestic

1-506-454-0437 Support Line 5 p.m. - 8 a.m., 7/7

Notre-Dame House 506-753-4703 Shelter for Women Victim of Abuse 24/7

Crisis 506-790-1178 **Outreach Program** and family violence

> **RCMP** Campbellton 506-789-6000

General Enquiries 1-888-506-1472 (FR) -888-506-7267 (ENG.)

1-833-733-7835

1-800-442-9799

If urgent, call 911 or go to the hospital. Campbellton Regional Hospital 506-789-5000

> Community Mental Health Centre and Addiction Services Children, Youth & Adult Services, 506-789-2440

If in school, refer to administration for Student Services

Public Health 506-789-2266

Physical Health

Sexual Health Support for Young Parents

Sexual Diversity

School District DSFNE

Restigouche 506-789-2255

Schools - Newcomers - Learning Support Services

Public Safety

Communities

Identify the category in the yellow

2

Then, explore the resources offered (white boxes)

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.

Parole Board of Canada 1-800-874-2652

Dalhousie Regional Correctional Centre 506-684-7517

NeedHelpNow.ca

Family Advice Lawyer

1-855-266-0266

Family Law

Legal Information

NB Crime Stoppers

1-800-222-8477

1-888-236-2444

1-506-453-5369

Memorial Regional Civic Center Campbellton 506-789-2888

Neil Squire Society \$ Town of Heron Bay 506-684-7600 1-866-446-7999

Study New Brunswick

Learning Disabilities

Tel-Jeunes

arents Helplir

1-800-361-5085

1-506-459-7852

Inclusion NB 1-866-622-2548

Working NB Campbellton 506-789-2411

Restigouche Autism

506-789-7391

Restigouche Adult

506-753-7108

Collège

nmunautaire du

ouveau-Brunswick

Campbellton

Campus

506-789-2377

1-888-648-4111

All individuals with an intellectual or developmental disability live full and valued lives in all aspects of society

Regional 506-789-2700

Campbellton

Newcomers to

Canada

Immigrating to NB

Restigouche

Regional Service

506-789-2595

Restigouche

Multicultural

Association

506-789-7747

1-506-453-2789

1-888-465-1100

Child and Youth Advocate 1-506-453-2789 1-888-465-1100

NB Courts 506-789-2364

_egal Aid Services 506-753-6453

506-789-2388

Probation Services 506-789-2339

General Enquiries

1-888-506-1472 (FR

1-888-506-7267 (ENG.)

Campbellton

506-521-4683 Child and Family Services 506-789-6000

506-684-6270 Band Office 506-684-6277

OTHER SITES

Council 1-800-442-9789

residing in NB

HOPE for Wellness

Helpline 24/7

1-855-242-3310

Chat online

hopeforwellness.ca

Listuguj Haven

418-788-5544

Police Departm

418-788-2003 Emergency Lin

418-788-2334

Campbellton

506-789-6000

General Enquiries

1-888-506-1472 (FR)

1-888-506-7267 (ENG.)

Listuguy Mi'gmag

Government Québec

418-788-2136

Community Social

Services

418-788-3039

Community Health

Services

418-788-2155

Eel River Bar First

Nation Ugpi'ganjip

Wellness Team

https://protectchildren.ca

https://www.wellnessnb.ca

https://thelifelinecanada.ca

https://lqbthotline.org





REGIONAL LINK





here for you

THELINKPROGRAM.COM

Restigouche

The services listed are not always available in both languages (\$) indicates that fees or travel may be involved