

HELPING TREE

OTHER SITES

<https://protectchildren.ca>
<https://www.wellnessnb.ca>
<https://thelifeincanada.ca>
<https://lgbthotline.org>

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](#)

[Tel-Jeunes Québec](#)
1-800-263-2266
Text 514-600-1002

[Tel-Écoute](#)
Helpline Grief Québec
1 888 533-3845

[National Eating Disorder Helpline](#)
1-866-633-4220

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

Relief 1-866-738-4873
Anxiety - Depression - Bipolar Disorder

[For the Sake of the Children](#)
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

[Mobile Crisis Response Services](#)
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

If in school, refer to administration for Student Services.

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.



REGIONAL LINK



PROVINCIAL LINK



THELINKPROGRAM.COM

START HERE

Restigouche

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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.

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