

HELPING TREE

OTHER SITES

<https://cmhanb.ca>
<https://imprintyouth.ca>
<https://www.facebook.com/transhealthnetworknb>
<https://www.sexandu.ca>

IMPORTANT NUMBERS

Emergency 911
Tele-Care 811
Suicide Crisis Helpline 988 988.ca
Hospital 506-623-3000

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	Northumberland Family Resource Centres 506-622-5103	PFLAG Canada 1-888-530-6777	NB Housing Corporation Programs 1-833-355-3262 / Relations 1-888-762-8600
National Eating Disorder Helpline 1-866-633-4220	Canada Drug Rehab 1-888-245-6887	Family and Early Childhood North 1-855-778-6532	Trans Lifeline's Hotline 1-877-330-6366	Community Transportation \$ 506-251-7334
Helpline ANEB Québec 1-800-630-0907	Drug Rehab Institute 1-877-909-3636	Early Childhood DSFS 506-856-3333 1-888-268-9088	LGBT National Hotline 1-888-843-4564	Credit Counselling \$ 1-888-753-2227
Clinique St-Amour \$ Québec 1-800-678-9011	Smoke & Vape Free NB 1-866-366-3667	Early Childhood ASD-North 506-778-6075	Interligne LGBTQ+ 1 888 505-1010 Written aide@interligne.co	Career & Employment Center Miramichi Newcastle CEC 506-622-5491 Chatham CEC 506-251-4906
Clinical Nutrition Horizon Health Network	Gambling Information Line 1-800-461-1234	Social Development 1-833-733-7835 Prenatal and Postnatal Benefit Programs	LGBT Youth Line 1-800-268-9688 29 years and under Text 647-694-4275	The John Howard Society of Miramichi EmployAbility Now 506-778-9999 Outreach 506-254-6371
Relief 1-866-738-4873 Anxiety – Depression – Bipolar Disorder	NB Fetal Alcohol Spectrum Disorder (FASD) Centre of Excellence 1-506-862-3783	Miramichi Health Centre 506-627-7511	LGBTQ+ Nurse Practitioner eVisitNB VIRTUAL CARE	Service Canada 1-800-662-6232 Youth Info Line 1-800-935-5555
For the Sake of the Children 1-888-281-8081	NB Area Narcotics Anonymous 1-800-564-0228 nanbasc.com	Sexual Health Clinic 506-778-6107	Service NB 1-888-762-8600	Beausoleil Workshop 506-776-8448
Bridge The Gapp	Al-Anon Maritimes al-anonmaritimes.ca	Sexually transmitted infection information line 1-877-784-1010	Social Development 1-833-733-7835	M.O.R.E. Services 506-778-6166
Alnwick Activity Center 506-776-3889	Area 81 AA - NB area81aa.ca	Anonymous HIV Testing 506-778-6107, 1-833-603-0499 or 811	Sexual Violence NB 1-506-454-0437 Support Line 5 pm - 8 am, 7/7	Neil Squire Society \$ Atlantic Regional Office 1-866-446-7999
Caring Friends Activity Center 506-778-6680	Portage Atlantic 1-506-839-1200 1-888-735-9800 Cassidy Lake 14 - 21 years	AIDS NB information line 1-833-561-4009	NB Extra-Mural Program 506-623-6350 Doctor's referral	Working NB Miramichi 506-624-2161 Neguac 506-776-3868 / Richibucto 506-523-7602
Schizophrenia Society of New Brunswick 506-622-1595	Miramichi Addiction Inpatient Unit (Detox) 506-623-6175	Public Health 506-778-6102	NB Health Link People who don't have a Family Doctor or Nurse Practitioner.	Inclusion NB 1-866-622-2548 All individuals with an intellectual or developmental disability live full and valued lives in all aspects of society.
Canadian Mental Health Association of NB 506-405-0136	Mobile Crisis Unit Miramichi 506-623-3333 8 am to 8 pm, daily	LGBTQ+ Committee at School	eVisitNB VIRTUAL CARE See a New Brunswick Nurse Practitioner or Doctor online.	Miramichi Housing Solutions 506-624-9909 Emergency Shelter
Hospice Miramichi 506-773-7607	Addiction and Mental Health Services Children, Youth & Adult Services Miramichi 506-778-6111	After Hours Clinics 250 Pleasant Street 506-622-6562 4 Johnson Avenue 506-778-9942	Tele-Care New Brunswick 811 24/7	Autism Resource Centre Miramichi 506-352-8137
If in school, refer to administration for Student Services.	Family Doctor – Nurse Practitioner – Nurse Pharmacist If 14 + years old, Pregnancy test, Emergency contraception \$	Addiction and Mental Health Services Children, Youth & Adult Services Miramichi 506-778-6111	Fresh for Less fresh4lessensezfrs@a-mail.com	Learning Disabilities Association of NB 1-506-459-7852
	If urgent, call 911 or go to the hospital. In case of sexual assault or violence, refer to hospital. Miramichi Regional Hospital 506-623-3000		Greater Blackville Resource Centre 506-843-9024	Miramichi Adult Learning 506-778-6998
	If urgent, call 911 or go to the hospital. Miramichi Regional Hospital 506-623-3000		Unique Family Centre Nequac 506-779-1900	NBCC – Miramichi Campus 506-460-6222
			The Salvation Army 506-622-7826	Miramichi Regional Multicultural Association (MRMA) 506-773-5272
			Miramichi Community Food Bank 506-622-1838	District scolaire francophone Sud 506-856-3333 1-888-268-9088
				Anglophone North School District 506-778-6075 Schools - Newcomers - Learning Support 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
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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.



THELINKPROGRAM.COM

START HERE

Miramichi

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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.

Revised – January 2025