

HELPING TREE

HELPLINES

Suicide Prevention and Mental Health Crisis
Call or text 988 (24/7)

NB 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

For Indigenous People
HOPE for Wellness Helpline
1-855-242-3310 (24/7)
Chat online
hopeforwellness.ca

WEBSITES

nb.bridgethegapp.ca
kidshelpphone.ca
anxietycanada.com
mindyourmind.ca
drugfreekidscanada.org
sexandu.ca
youthjusticenb.ca

SAINT JOHN AREA LIBRARIES

Uptown Saint John
1 Market Square, Saint John, NB E2L 4Z6
(506) 643-7236

East Saint John
55 McDonald St, Saint John, NB E2J 0C7
(506) 643-7250

West Saint John
621 Fairville Blvd, Saint John, NB E2M 7W7
(506) 643-7260

KV Library
1 Landing Ct, Quispamsis, NB E2E 4R2
(506) 849-5314

Hampton Community Library
1075 Main St, Hampton, NB E5N 6G1
(506) 832-3335

IMPORTANT NUMBERS

Emergency 911
Tele-Care 811
Service 211 NB
SJRH 506-648-6000
Police Saint John 506-648-3333
Police Kennebecasis Valley 506-847-6300
RCMP Hampton 506-832-5566
RCMP Grand Bay- Westfield 506-757-1020

Gentle Path Counselling (\$) 506-652-7284	Family Plus Life Solutions (\$) 506-634-8295 Toll Free 1-800-360-3327	Family Matters Counselling Service (\$) 506-849-2777	KV Psychology & Wellness Clinic (\$) 506-847-7792	Laura Gaten & Associates Counselling (\$) 506-651-1239	Port City Counselling Services (\$) 506-214-7227	Rising Tides Healing Centre (\$) 506-217-8433	Canada Suicide Prevention Services: 1-833-456-4566	Saint John Suicide Prevention sjsuicideprevention.ca	NB COPES Child and Family Grief Centre 506-271-5241	Compassionate Grief Centre 506-696-2020	P.E.E.R Saint John 16-24 years old 506-658-5374	National Eating Disorder Helpline 416-340-4156 NEDIC.ca	Spiritual / Faith leader	Canadian Mental Health Association 506-910-1804	Addictions and Mental Health 506-658-3737 24/7 Mental Health Crisis Line 1-888-811-3664	Family Doctor / Nurse Practitioner	School Counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	School Counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Mental Health Suicidal Thoughts Anxiety Loss / Grief Eating Disorders							
Clinic 554 1-855-978-5434 clinic554.ca	Abortion Support Services Atlantic assa.coordinator@gmail.com	Parental Benefit Program 1-888-987-6789	AIDS NB/SIDA NB Hotline 1-800-561-4009 idsnb.com	Two-Spirit, Queer and Trans Pathways New Brunswick 2sqtp-nb.com	Wabanaki Two Spirit Alliance	Transgender / Gender Identity translifeline.org 1-877-330-6366	UBU Atlantic Transgender Support and Action Group ubuatlantic@gmail.com info@ubuatlantic.com	ZSLGBTQIA+ Legal information justicetrans.org	NB Transgender Health Network transgendercarenb@gmail.com	Egale Canada 1-416-964-7887 egale.ca	LGBTQ Youthline Canada 1-800-268-9688 text: 647-694-4275	PFLAG Canada 1-888-530-6777 saintjohnnb@pflagcanada.ca	CHROMA NB chromanb.ca	School Counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Action Canada for Sexual Health and Rights (ACCESS) Call 1-888-642-2725 or Text: 1-613-800-6757	Saint John Sexual Health Centre 506-658-3998	Social Development services 1-833-733-7835 After hours emergency services 1-800-442-9799	School Counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Sexual Diversity and Gender Pluralism							
John Howard Society 506-657-5547	Sexual Violence NB Crisis Line 506-454-0437 svnb.ca	Family Law Information Line 1-888-236-2444	Hestia House 506-634-7570	Domestic Violence Outreach Saint John 506-566-5960	KV Domestic Violence Outreach 506-847-6277	KIT's PLACE Child and Youth Advocacy Center 506-634-8295 Toll Free 1-800-360-3327	Hampton RCMP 506-832-5566	GrandBay-Westfield RCMP 506-757-1021	Kennebecasis Regional Police 506-847-6300	Saint John Police 506-648-3333	Social Development services 1-833-733-7835 After hours emergency services 1-800-442-9799	School Counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Telecare 811	Addictions and Mental Health Services 8:15am - 4:30pm 506-658-3737 Mobile Mental Health Crisis Service Line 24/7 - 1-888-811-3664	Telecare 811	Family Physician / Nurse Practitioner	Family Doctor / Nurse Practitioner	Sexual Health Support for Young Parents								
eVisitNB eVisitNB.ca	Saint John Regional Hospital 506-648-6000	Community Health Centres St. Joseph's 506-632-5537	Market Place Wellness 506-674-4335	Hope Centre 506-632-5695	North End Wellness Centre 506-649-2704	Medisante Saint Jean 506-648-8020	After Hours Medical Clinics: University Avenue 506-657-9355	Crown Street 506-635-2273	Westside Clinic 506-693-2273	KV 506-849-2273	After Hours Medical Clinics: University Avenue 506-657-9355	Crown Street 506-635-2273	Westside Clinic 506-693-2273	KV 506-849-2273	St. Joseph's Urgent Care 9am-8pm	Sexual Health Centre Saint John 506-658-3998	Family Doctor / Nurse Practitioner	Bullying, violence, neglect and abuse								
Saint John Food Banks: East 506-633-8298	West 506-635-1060	North 506-634-7403	Food Basket 506-652-2707	Lakewood Headstart 506-696-6164	Food Banks: Hampton 506-333-1651	KV 506-847-5854	River Valley 506-738-2088	Kingston 506-763-3183	Operation Feed 506-343-2666	Homeless youth 16-19 years old: Child Protection and/or Youth Engagement Services 1-833-733-7835	Fresh Start Services for Women Saint John (18+) 506-638-1409	Beacon Cove Youth (16-18 yrs old) 506-642-3208	Centre for Youth Care 506-643-3361	Family Law Information Line 1-888-236-2444	Teen Resource Centre 12-24 years old 506-638-2372	Fresh Start Services for Women 18 yrs old and older Saint John 506-638-1409	Family Doctor / Nurse Practitioner	Physical Health								
Smokers Helpline 1-877-513-5333 www.smokershelpline.ca	Narcotics Anonymous 1-855-562-2262	Alcoholics Anonymous 506-650-3114 info@saintjohnna.ca Saintjohnna.ca/	Gamblers Anonymous 506-672-9155	Sophia Recovery Centre Saint John 506-633-8783	Tobacco Free NB 1-866-366-3667 Text: SMOKEFREE NB to 123456	Ridgewood Addiction Services (19 yrs old and over) 506-674-4300 Detox 506-674-4333 Rehab 506-674-4380	Portage Atlantic (14-21 yrs) 506-839-1200 1-888-735-9800	Avenue B Harm Reduction 506-652-2437	Gambling Help / Info Line 1-800-461-1234	Family Doctor / Nurse Practitioner	City of Saint John Growth and Community Services 506-658-4455	BCG Saint John 506-634-2011	Big Brothers Big Sisters Saint John 506-635-1145	Teen Resource Centre 506-638-2372	School Guidance Counsellor	School counselor or Interdisciplinary Service Delivery Child and Youth Team 506-658-3737	Justice and Public Safety									
PRUDE Inc 506-634-3088	Bee Me Kidz 506-349-7331	Saint John Newcomers Centre 506-642-4242	New Brunswick Multicultural Council 506-453-1091	18+ shelters Outflow Men's Shelter 506-658-8050 Coverdale Centre for Women 506-634-1445	Black Lives Matter NB blmnb.org	YMCA Newcomer Connections 506-634-4860	Saint John Regional YMCA 506-693-9622	Shining Horizons Therapeutic Riding Association 506-719-9946	Ability New Brunswick Inc / Capacité Nouveau-Brunswick 1-866-462-9555	Options Employment Outreach 1-506-652-3977	Canadian Council on Rehabilitation and Work 506-635-2272	NB Human Rights 506-453-2301 1-888-471-2233	InfinOT Occupational Therapist 506-307-5723	Probation Services 506-453-3992	Learning Disabilities Association of New Brunswick 506-459-7852	New Brunswick Deaf and Hard of Hearing Services Outreach@nbhdhs.com 506-333-9814	Inclusion NB 1-866-622-2548	Key Industries 506-634-6888								
Joshua Group 506-642-2600	Rivercross Church Outreach 506-642-8060	River Valley Community Centre 506-738-8222	Quispamsis Recreation 506-849-5773	Rothsay Recreation 506-847-6363	Hampton Leisure services 506-832-6102	PRUDE Inc 506-634-3088	Bee Me Kidz 506-349-7331	Saint John Newcomers Centre 506-642-4242	New Brunswick Multicultural Council 506-453-1091	18+ shelters Outflow Men's Shelter 506-658-8050 Coverdale Centre for Women 506-634-1445	Black Lives Matter NB blmnb.org	YMCA Newcomer Connections 506-634-4860	Saint John Regional YMCA 506-693-9622	Shining Horizons Therapeutic Riding Association 506-719-9946	Ability New Brunswick Inc / Capacité Nouveau-Brunswick 1-866-462-9555	Options Employment Outreach 1-506-652-3977	Canadian Council on Rehabilitation and Work 506-635-2272	NB Human Rights 506-453-2301 1-888-471-2233	InfinOT Occupational Therapist 506-307-5723	Probation Services 506-453-3992	Learning Disabilities Association of New Brunswick 506-459-7852	New Brunswick Deaf and Hard of Hearing Services Outreach@nbhdhs.com 506-333-9814	Inclusion NB 1-866-622-2548	Key Industries 506-634-6888	Hire Potential 506-652-1544	Catena Jobs Plus 506-696-5672

- Mental Health Suicidal Thoughts Anxiety Loss / Grief Eating Disorders
- Sexual Diversity and Gender Pluralism
- Sexual Health Support for Young Parents
- Bullying, violence, neglect and abuse
- Physical Health
- Financial Employment
- Family Support
- Addictions
- Social Connections Newcomer Immigrant
- Justice and Public Safety
- Academic Needs Support for Students

- 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.

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.



THELINKPROGRAM.COM

START HERE

If an Emergency or urgent call 911 or go to the hospital

Hampton
Kennebecasis Valley
Saint John

The resources are not in order of priority. The services listed are not always available in both languages. (\$) indicates that fees may be involved.