HELPING TREE

IMPORTANT NUMBERS

Emergency 911

Tele-Care 811

Suicide Crisis Helpline 988
988.ca

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

OTHER SITES

_____
_____
_____
_____

Mental Health / Sexual Thoughts / Anxiety / Loss Griefs / Eating Disorders

- **Parents**
- **Mental Health Crisis and Suicide Crisis Helpline** – Provincial Helpline 1-866-355-5550
- **Mental Health and Suicidal Thoughts** – 988
- **Community Mental Health Centers**
  - Caraquet 506-726-2030
  - Shippagan 506-336-3367
  - Tracadie-Sheila 506-394-3760
  - Miramichi 506-778-6111
- **Tele-Care** – 811, 24-hour Service
- **Canadian Mental Health Association** – Acadian Peninsula 506-336-4932; Neguac : 506-776-3895
- **Suicide Crisis Helpline First Nations** – 1-855-379-2099

Addictions

- **Nurse Practitionner in High Schools** – 506-726-5400
- **Addiction Services** – 506-394-3615
- **Smoking Cessation**
  - Tracadie : 506-394-3090
  - Caraquet : 506-726-2240
  - Miscou : 506-344-3434
  - Lamèque : 506-344-3538
  - Paquetville : 506-764-2424
  - St-Isidore : 506-358-6018
- **Gambling Helpline** – 1-800-461-1234
- **Smoker's Helpline** – 1-877-513-5333
- **Alcoholics Anonymous** – Caraquet and surroundings, info@area81aa.ca
- **NB Foetal Alcohol Spectrum Disorder Center of Excellence** – 506-862-3783

Bullying / Violences / Neglect / Abuse

- **Community Mental Health Centers**
  - Caraquet 506-726-2030
  - Shippagan 506-336-3367
  - Tracadie-Sheila 506-394-3760
  - Miramichi 506-778-6111
- **Social Development** – *If under 19 year old, legal obligation to report immediately* – 1-833-733-7835
- **Sexual Violence NB** – 5 PM to 8 AM, For info or CHAT, www.svnb.ca/en/
- **RCMP** – 506-393-3000, 24 hrs : 1-888-506-7267
- **Outreach Worker for Women Victim of Domestic Violence** – Acadian Peninsula: 506-395-6233
- **Victim Services** – Acadian Peninsula : 506-394-3690; Miramichi : 506-627-4065
- **Sexual Assault Survivors** – 24 h Confidential Helpline 506-395-3555; Office : 506-395-1501
- **SANE Progra** – Examining Nurse in case of Sexual Assault, 506-869-2996
- **Shelters** – Accueil Ste-Famille 506-395-1500; Complexe de l'espoir (Second Stage) : 506-395-6035; **Emergency Centre for Women** Miramichi : 506-622-8865
- **Services à la famille Péninsule**
  - Abused individuals
  - Children exposed to family violence
  - Abusers
  - 506-727-1866
- **iHEAL** – www.iHEALapp.ca

Physical Heath

- **Parents**
- **Doctor, Nurse, Pharmacist**
- **Tele-Care** – 811, 24-hour Service
- **Community Mental Health Centers**
  - Caraquet 506-726-2030
  - Shippagan 506-336-3367
  - Tracadie-Sheila 506-394-3760
  - Miramichi 506-778-6111
- **Hospitals/ Community Health Centers**
  - Paquetville 506 764-2424
  - Lamèque 506 344-2261
  - Miscou 506 344-3434
  - Neguac 506 776-3876
  - St-Isidore 506 358-6018
  - Service 24 hres :
  - Caraquet 506 726-2100
  - Tracadie-Sheila 506 394-3000
  - Miramichi 506 623-3000
- **Sexual Violence NB** – 5 pm to 8 am, 506-454-0437, Info or chat : www.svnb.ca/fr
- **Public Health** – Caraquet : 506-726-2025; Shippagan : 506-336-3061; Tracadie-Sheila : 506-394-3888; Neguac/Miramichi : 506-776-3824
- **eVisitNB Virtual care** – Online Nurse Practitioner or Doctor www.evisitnb.ca

Sexual Health / Support for Young Parents

- **Community Mental Health Centers**
  - Caraquet 506-726-2030
  - Shippagan 506-336-3367
  - Tracadie-Sheila 506-394-3760
  - Miramichi 506-778-6111
- **Nurse Practitionner in High Schools** – 506-726-5400
- **Doctor, Nurse, Pharmacist**
- **Tele-Care** – 811, 24-hour Service
- **Hospitals/ Community Health Centers**
  - Paquetville 506 764-2424
  - Lamèque 506 344-2261
  - Miscou 506 344-3434
  - Neguac 506 776-3876
  - St-Isidore 506 358-6018
  - Service 24 hres :
  - Caraquet 506 726-2100
  - Tracadie-Sheila 506 394-3000
  - Miramichi 506 623-3000
- **Famille et petite enfance** – 506-542-3032; Toll free : 833-373-2433; www.famillenb.ca
- **Public Health** – Caraquet : 506-726-2025; Shippagan : 506-336-3061; Tracadie-Sheila : 506-394-3888; Neguac/Miramichi : 506-776-3824
- **eVisitNB Virtual care** – Online Nurse Practitioner or Doctor www.evisitnb.ca
- **AIDS NB** – Free Helpline 1-833-561-4009; info@aidsnb.com
- **Anonymous HIV Testing** – 1-833-603-0499

Sexual Diversity and Gender Pluralism

- **Nurse Practitionner in High Schools** – 506-726-5400
- **Community Mental Health Centers**
  - Caraquet 506-726-2030
  - Shippagan 506-336-3367
  - Tracadie-Sheila 506-394-3760
  - Miramichi 506-778-6111
- **Sexologist** – Services à la famille PA 506-727-1866
- **Sexual Violence NB** – 5 pm to 8 am, 506-454-0437, Info or chat : www.svnb.ca/fr
- **Transgender Helpline** – 1-888-505-1010; www.interligne.co
- **AIDS NB** – Free Helpline 1-833-561-4009; info@aidsnb.com
- **Anonymous HIV Testing** – 1-833-603-0499

Food Needs / Housing / Financial Support / Employment

- **School Principal**
- **Social Development** – *If under 19 years old, legal obligation to report immediately* – 1-833-733-7835
- **Youth Shelters** – 506-624-9909
- **Food and Clothing Banks**
  - AmiSoleil : 506-727-6778
  - Rayon d'espoir : 506-395-6537
  - Secours Amitié : 506-344-5791
  - Centre de ressources familiales Alnwick : 506-779-1900
- **Pensez frais** – Facebook : Pensez Frais – Acadian Peninsula
- **Centre de ressources familiales - Acadian Peninsula** – 506-727-1860
- **Réseau d'inclusion communautaire -Acadian Peninsula** – 506-727-2317; 506-394-8565; www.ricpa.ca
- **Homelessness** – 506-724-8676

Academic Needs / Support for Students

- **Teacher**
- **School Principal**
- **Services soutien à l'apprentissage** – DSF-NE 506-394-3400

Social Connections / Newcomers

- **CAIENA** – 506-336-8888; www.caiena.ca
- **Youth Animation Centers** – shippagancaj@gmail.com
- **Réseau d'inclusion communautaire -Acadian Peninsula** – 506-727-2317; 506-394-8565; www.ricpa.ca

Justice / Public Safety

- **RCMP** – 506-393-3000, 24 hour : 1-888-506-7267
- www.legal-info-legale.nb.ca
- **Family Court** – Free information 1-888-236-2444
- **Victim Services** – Acadian Peninsula : 506-394-3690; Miramichi : 506-627-4065
- **Probation Services** – Acadian Peninsula : 506-726-2549; Neguac : 506-627-4060
- **Family Court and Legal Information** – 1-888-236-2444
- **Legal Aid** – 506-546-5010
- **Crime Stoppers** – 1-800-222-8477; www.crimenb.ca

Indigenous Communities

- **Community Esgenoôpetitj** – 506-776-1249
- **Suicide Crisis Helpline First Nations** – 1-855-379-2099

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).

1. *Identify the category in the yellow boxes that best fits your needs.*
2. *Then, explore the resources offered (white boxes) to find the one that feels right for you.*

Identify the category and discover the resources.

REGIONAL LINK — PROVINCIAL LINK

Revised-February 2025

the link PROGRAM *here for you*

THELINKPROGRAM.COM

START HERE

Acadian Peninsula

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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