

# HELPING TREE

**IMPORTANT NUMBERS**

Emergency 911  
 Hotline 988 - Suicide Prevention and Mental Health Crisis  
 Tele-Care 811  
 Service 211  
 Upper River Valley Hospital 506-375-5900  
 Hotel Dieu 506-273-7100  
 Dr. Everett Chalmers Hospital 506-452-5400

**IMPORTANT NUMBERS**

Grand Falls 506-473-7555  
 Woodstock Town Police 506-325-4601  
 RCMP Woodstock Det. 506-325-3000  
 RCMP Nackawic Det. 506-575-6200  
 RCMP Tobique First Nations 506-273-5003  
 RCMP Perth Det. 506-273-5000  
 Non-Emergency 1-888-506-7267

**HELPLINES**

**Suicide Prevention and Mental Health Crisis**  
 988 (24/7)  
 Call or text  
 Effective November 30<sup>th</sup>, 2023.

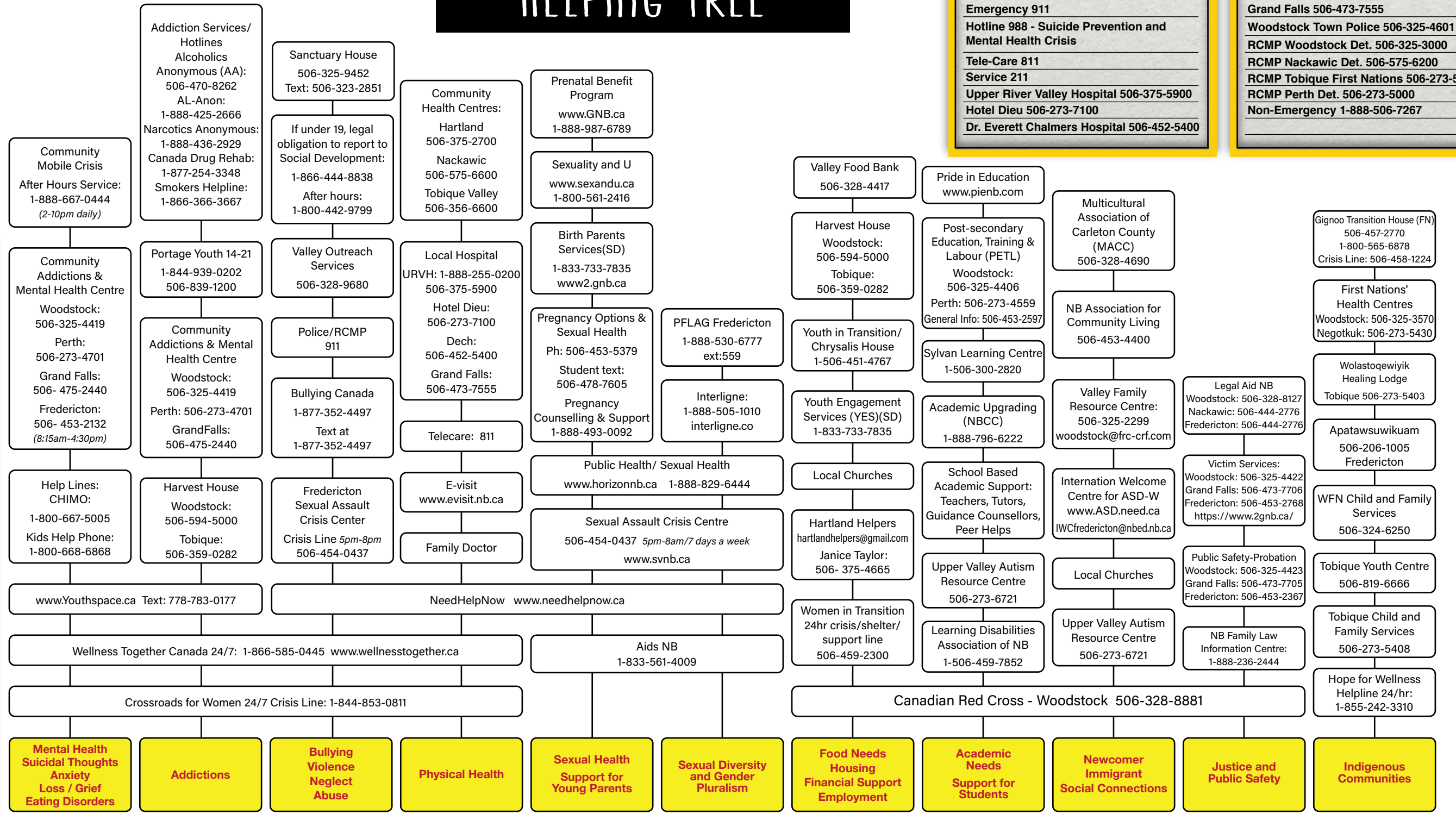
**NB Addiction and Mental Health Helpline**  
 1-866-355-5550 (24/7)

**CHIMO**  
 1-800-667-5005 (24/7)  
 For all ages

**Kids Help Phone**  
 1-800-668-6868 (24/7)  
 Text **CONNECT** to 686868

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

**Wellness Together Canada**  
 1-888-417-2074  
 Youth - Text **WELLNESS** to 686868  
 Adults - Text **WELLNESS** to 741741



**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.**



**THELINKPROGRAM.COM**

**START HERE**

**WESTERN VALLEY**

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.