HELPING TREE

LOCAL HEALTH CENTRES

Campobello Health Centre 506-752-4100
Deer Island Health Centre 506-747-4150
Fundy Health Service Centre 506-456-4200
Saint Andrews Health Centre 506-529-9120
Charlotte County Collaborative Wellness Centre
506-465-4416

IMPORTANT NUMBERS

Emergency 911

Tele-Care 811

Suicide Crisis Helpline 988
988.ca

Charlotte County Hospital
506-465-4444

Grand Manan Hospital
506-662-4060

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

Mental Health / Suicidal Thoughts / Anxiety / Loss / Grief / Eating Disorders

- Refer to Local Health Centres box (see separate box)
- Suicide Crisis Helpline — 988 988.ca
- NB Copes — Call or text 506-271-5241 nbcopes.ca
- CMHA BounceBack program — cmha.ca/bounce-back
- Egale Canada — 1-416-964-7887 egale.ca
- Canadian Mental Health Association — Resources and referral information, 506-300-9290 cmha.ca
- Hospice of Charlotte — Grief Counselling, 506-465-0800
- Community Addictions and Mental Health Services — 506-466-7380
- Refer to Helplines box (see separate box)
- mindyourmind.ca
- mentalhealthliteracy.org

Addictions

- Tobacco Free NB - Quitting Support — 1-866-366-3667 Tobaccofreenb-nbsanstabac.ca
- Community Additions and Mental Health Services — 506-466-7380
- Sophia Recovery Centre — 506-469-1058 sophiarecovery.com
- Quash app (Quit Tobacco app) — quashapp.com
- Pharmacist
- Portage Atlantic — 1-888-735-9800 portage.ca
- Ridgewood Addiction Services — 506-674-4300
- Narcotics Anonymous — 1-888-436-2929 carna.ca
- Gambling Information Line — 1-800-461-1234
- Smokers Helpline — 1-877-513-5333 smokershelpline.ca
- Alcoholics Anonymous — 506-650-3114; Al-Anon 1-888-425-2666; Alateen al-anon.org/newcomers/teen-corner-alateen
- Tele-Care dial 811

Bullying / Violence / Neglect / Abuse

- Refer to Local Health Centres box (see separate box)
- Kit's Place — 506-634-8295 ext. 201 familyplus.ca
- The Willow Centre — 506-467-7722 thewillowcentre.ca
- Sexual Assault and Nurse Examiner (SANE) — Mon-Fri 8am-4pm: 506-653-2926; After hours call SJRH 506-648-8100 horizonnb.ca
- Healthy Relationships Information: kidshelpphone.ca; Click Learn About Mental Health > Safety
- Dept. of Social Development — 1-833-733-7835
- NB Human Rights Commission — 1-888-471-2233 gnb.ca
- Refer to Helplines box (see separate box)
- Sexual Assault Support Line — Fredericton, collect call 506-454-0437; Chat Option: svnb.ca
- Victim Services — 506-466-7414
- Fundy Region Transition House 24/7 506-466-4485; Charlotte County Outreach 506-469-5544
- RCMP — St. George / St. Andrews 506-755-1130; St. Stephen 506-466-7030; Grand Manan 506-662-1210

Physical Health

- (Moncton) 1-844-806-9205 horizonnb.ca sexandu.ca
- Family Physician / Nurse Practitioner
- NB Health Care Options — sowhywait.ca
- Healthy Smiles, Clear Vision — 1-855-839-9229
- Tele-Care 811
- See a Nurse Practitioner or doctor online evisitnb.ca
- Pharmacist — sowhysait.ca/pharmacy
- Refer to Local Health Centres box (see separate box)
- Local Hospitals — Charlotte County Hospital 506-465-4444; Grand Manan Hospital 506-662-4060
- After Hours / Walk-In Medical Clinics (Fredericton & Saint John) — sowhywait.ca/clinics
- Public Health – Immunizations for Children & Youth — St. Stephen 506-466-7504; St. George 506-755-4022; Grand Manan 506-662-7024
- My Health NB - Access personal health records — myhealth.gnb.ca

Sexual Health / Support for Young Parents

- Prenatal Benefit Program — 1-888-987-6789
- Family Resource Centre — 506-465-8181 familyresourcecentreofcc.ca
- Public Health — St. Stephen 506-466-7504; St. George 506-755-4022; Grand Manan 506-662-7024
- AIDSNB Confidential HIV Testing — 1-833-561-4009 aidsnb.com
- Social Development — 1-833-733-7835
- Saint John Sexual Health Clinic — 506-658-3998
- Refer to Local Health Centres box (see separate box)
- Avenue B — 506-652-2437 Avenueb.ca
- Pharmacist $ - Pregnancy Test, Plan B, Birth Control
- Pregnancy Resource Centre of Saint John — Call or text 506-634-1867
- Tele-Care 811
- See a Nurse Practitioner or doctor online evisitnb.ca
- Local Hospitals — Charlotte County Hospital 506-465-4444; Grand Manan Hospital 506-662-4060
- Family Physician / Nurse Practitioner
- School Based Nurse Practitioner

Sexual Diversity and Gender Pluralism

- ElderPride — 506-49-QUEER (78337) elderpride.com
- Wayves Magazine — Wayves.ca; facebook.com/WayvesMagazine
- LGBTQ Youth Line — Text: 506-694-4275; Chat Youthline.ca
- Egale Canada — 1-416-964-7887 egale.ca
- Two-Spirit, Queer and Trans Pathways New Brunswick — 2sqtp-nb.com
- Wabanaki Two Spirit Alliance — w2sa.ca
- Trans Lifeline — 1-877-330-6366 translifeline.org
- 2SLGBTQIA+ Legal Information — justicetrans.org
- UBU Atlantic Transgender Support and Action Group — ubuatlantic@gmail.com
- NB Transgender Health Network — transgendercarenb@gmail.com
- PFLAG Canada — 1-888-530-6777 pflagcanada.ca; saintjohnnb@pflagcanada.ca
- CHROMA NB — chromanb.ca
- Action Canada for Sexual Health and Rights — Call 1-888-642-2725 or Text: 1-613-800-6757; actioncanadashr.org

Food Needs / Housing / Financial Support / Employment

- Neighbourhood Works — 506-813-5959 neighbourhoodworks.org
- The Work Room — 1-855-412-3330 workroom.homestead.com
- Food Banks — St. Stephen 506-466-4995; St. George 506-755-2603; Deer Island 506-467-5255; Grand Manan 506-800-1284; Campobello campobellofoodbank@gmail.com
- Department of Social Development YES (Youth Engagement Services) — 1-833-733-7835
- Post Secondary Education Training and Labour — 506-466-7627
- Inclusion NB — 1-866-622-2548 inclusionnb.ca
- Career Assistance, Grand Manan — 506-662-8495 careerassistance.ca

Academic Needs / Support for Students

- Inclusion NB — 1-866-622-2548 inclusionnb.ca
- Dragonfly Centre for Autism — 506-529-8002 dragonflyforautism.ca
- Learning Disabilities Association of NB — 506-459-7852 ldanb-taanb.ca
- Sylvan Learning — 506-300-2820 sylvanlearning.com
- Boys and Girls Club Summer Learning — 506-466-4300
- PETL (Post-Secondary Education Training and Labour) — 506-466-7627
- General Education Development (GED) — 506-755-7713 ccalp.ca
- The Work Room — St. Stephen High School 506-466-7691; Fundy High School 506-755-4331
- Anglophone South School District — 506-658-5300
- St. Stephen Education Centre — 506-466-7300
- School Counsellor, Guidance Teacher, or Resource Teacher

Social Connections / Newcomers

- Charlotte County Multicultural Association — St. Stephen and St. George 506-755-9295; info@ccmanb.com; Grand Manan yana@ccmanb.com; ccmanb.com
- Contact local municipality for calendar of events
- YMCA, Eastern Charlotte — 506-754-5654 swnb.ymca.ca
- BGC Charlotte County – The Youth Centre — 506-813-4300 bgccc.ca
- Saint Andrews Community Youth Activity Centre — 506-529-4663 townofsaintandrews.ca
- Live Music Coffee House, St. Stephen — facebook.com/loyaltidesmusic; loyaltidescollective@gmail.com
- The Hub, St. George — 506-755-3029 facebook.com/p/The-Hub-100083212994478
- Neighbourhood Works — 506-813-5959 neighbourhoodworks.org
- Dragonfly Centre for Autism — 506-529-8002 dragonflyforautism.ca
- Big Brothers, Big Sisters — St. Stephen 506-465-9771; St. George 506-755-2002
- Local Public Libraries — Campobello 506-752-7082; Grand Manan 506-662-7099; St. Andrews 506-529-5125; St. Croix 506-466-7529

Justice and Public Safety

- PLEIS — 506-453-5369
- CBSA (Canadian Border Servies Agency) — St. Stephen Ferry Point 506-465-2100; Milltown Crossing 506-465-2110; 3rd Bridge 506-465-2244
- NB Human Rights Commission — 1-888-471-2233 gnb.ca
- NB Child & Youth Advocate — 506-453-2789 cyanb.ca
- Youth Justice NB — 506-453-5369 youthjusticenb.ca
- Crime Stoppers — 1-800-222-8477
- Victim Services — 506-466-7414 gnb.ca
- Elizabeth Fry Society (Women) 506-635-8851
- John Howard Society of New Brunswick — 506-657-5547 jhsnb.ca
- RCMP — St. George / St. Andrews 506-755-1130; St. Stephen 506-466-7030; Grand Manan 506-662-1210; Community Policing Officer 506-755-1130
- Probation Officer — 506-466-7510 gnb.ca
- Legal Aid — 506-633-6030 legalaid-aidejuridique-nb.ca

Indigenous Communities

- Hope for Wellness Helpline — 1-855-242-3310 hopeforwellness.ca
- Gignoo Transition House First Nations — Crisis Line answered 24/7; 506-458-1224 or 1-800-565-6878; gignoohouse.ca
- First Nations Education Initiative — 506-455-7230 fneii.ca
- Jordan's Principle Call Centre — 1-855-572-4453
- Kingsclear Band Office — 506-363-3028; Health Centre 506-363-4001; kingsclear.ca
- Oromocto Band Office — 506-357-2083; Health Centre 506-357-1027; ofnb.com
- Saint Mary's Band Office — 506-458-9511; Health Centre 506-452-2750; stmarysfirstnation.com
- Wolastoqiyik Family Services — 506-206-9577 wfsnb.ca
- Under One Sky — 506-458-9269 uosfc.ca
- Peskotomuhkati Nation at Skutik — 506-466-2221 qonaskamkuk.com

IF URGENT, CALL 911 OR GO TO THE HOSPITAL.

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.*

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

Revised – Feb 2025

the link PROGRAM *here for you*

THELINKPROGRAM.COM

START HERE

Charlotte County

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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