

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

HOPE for Wellness Helpline
1-855-242-3310 (24/7)

Chat online
hopeforwellness.ca

For Indigenous People

Wellness Together Canada
1-888-417-2074

Youth - Text WELLNESS
to 686868

Adults -Text WELLNESS
to 741741

WEBSITES

nb.bridgethegapp.ca

kidshelpphone.ca

anxietycanada.com

wellnesstogether.ca

mindyourmind.ca

drugfreekidscanada.org

sexandu.ca

youthjusticenb.ca

HELPING TREE

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	Clinic 554 1-855-978-5434 clinic554.ca
KV Psychology & Wellness Clinic (\$) 506-847-7792	Laura Gatien & 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
Wellness Together Canada 1-866-585-0445 text WELLNESS to 686868	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 506-455-5231	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
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
Sexual Diversity and Gender Pluralism	Sexual Health Support for Young Parents	Bullying, violence, neglect and abuse	Physical Health
Sexual Health Support for Young Parents	Bullying, violence, neglect and abuse	Physical Health	Financial Employment
Bullying, violence, neglect and abuse	Physical Health	Financial Employment	Family Support
Physical Health	Financial Employment	Family Support	Addictions
Financial Employment	Family Support	Addictions	Social Connections Newcomer Immigrant
Family Support	Addictions	Social Connections Newcomer Immigrant	Justice and Public Safety
Addictions	Social Connections Newcomer Immigrant	Justice and Public Safety	Academis Needs Support for Students
Social Connections Newcomer Immigrant	Justice and Public Safety	Academis Needs Support for Students	
Justice and Public Safety	Academis Needs Support for Students		
Academis Needs Support for Students			

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.



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).