



#MH2G

MENTAL HEALTH TO GO



What is Mental Health To Go – MH2G?

- A resource for grade 12 students
- Providing information on some of the mental health services that are available in our community following high school

Helping Tree

- In the following list of mental health service providers, you may not find one that suits your needs or that is close enough to where you live.
- The Link Program provides an interactive [Helping Tree](#) that can narrow down information for you that is more relevant to your situation.
- Please click on the link above for more information.



the link
PROGRAM

- There is always a direct line to someone, even after high school.

- Calling the Kids Help Line can connect you directly to a counsellor.

- Call 24/7: 1-800-668-6868

- Text 24/7: 686868

- [Get Support - Kids Help Phone](#)



Kids Help Phone

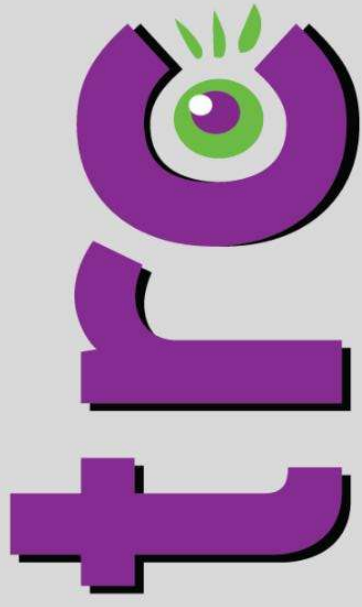


Mental Health Service Providers

(click on any of the below links to access information about these organizations)

- [Teen Resource Center](#)
- [New Brunswick Community College](#)
- [Saint John Domestic Violence Outreach](#)
- [Family Plus Life Solutions](#)
- [CHROMA](#)
- [Canadian Mental Health Association \(CMHA\)](#)
- [KV Domestic Violence Outreach](#)
- [Port City Counselling](#)
- [KV Oasis](#)
- [Gentle Path](#)
- [Laura Gatien and Associates](#)
- [ASDS Counselling Lead](#)





TEEN RESOURCE CENTRE

[Click here for an overview of Services at the Teen Resource Centre - YouTube](#)

[TRC web site](#)



OASIS ROOM

ACCESSABLE BY OUR HOMELESS AND COUCHSURFING POPULATION

Open to youth ages 16 to 24 to come take a shower and do their laundry. There is a computer for resume writing/ job searching, or getting in contact with friends or family.

Personal hygiene items are also supplied!

A COMPLETE CLOTHES CLOSET

Youth are able to grab some-new-to-them clothing from our closet. Open to drop in youth during the evenings as needed.



CASE MANAGEMENT

REFERRALS CAN BE MADE BY YOUTH THEMSELVES OR BY OTHER AGENCIES

Case Managers work with youth who are homeless, under-housed, in conflict with the law, experiencing mental health issues and substance use.

WE ARE THERE TO HELP

We provide consistent encouragement and support to help youth with their educational and employment goals, develop life plans, and also work with other agencies to ensure all needs of the youth are being met.





RESOURCES IN OUR BUILDING FOR YOUTH

GENTLE PATH
Counselling Services for
anyone regardless of
financial means



**SEXUAL HEALTH
CENTRE**
Provides services for all ages and
genders



PEER SJ
Community based addiction
and mental health service for
youth 16-25



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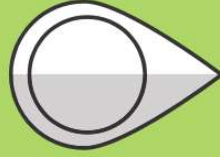
WHERE TO FIND US!

28 RICHMOND STREET

OFFICE # (506) 638-2372

FACEBOOK @ TRC4YOUTH

WWW.TRC4YOUTH.CA





- NBCC recognizes that graduating high school students are managing many types of challenges amid the current global situation
- Our Counselling staff are nationally and provincially registered Counsellors and Social Workers
- We offer individual counselling sessions in person, by phone or by video chat to help you navigate your next steps for school and career success 😊
- We'd love to connect with you this spring and summer! *How can we support your transition from high school to NBCC?*
- *Not sure what you're doing after high school? We help with that too!*
- To reach us: <https://nbcc.ca/student-services/counselling-career-services>
- Best wishes, graduates!!

[Click here for a short video about NBCC services](#)



SIX CAMPUSES



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Saint John Domestic Violence Outreach

- A FREE, CONFIDENTIAL SERVICE
- AVAILABLE MONDAY-FRIDAY 8:30AM-4:30PM
- WE PROVIDE INDIVIDUAL SUPPORT TO SOMEONE
- WHO HAS/IS EXPERIENCING INTIMATE PARTNER VIOLENCE.

THIS INCLUDES:

- RISK ASSESSMENTS,
- SAFETY PLANNING,
- EMOTIONAL SUPPORT,
- REFERRALS,
- ACCOMPANIMENT (WHEN POSSIBLE)
- AND EDUCATIONAL SESSIONS.
- SUPPORT TO THOSE SUPPORTING A FRIEND OR FAMILY MEMBER ALSO AVAILABLE
- To book an appointment call: 506-566-5960



Saint John Domestic Outreach

Facebook Site: <https://www.facebook.com/pg/SJLearningExchange/posts/>

Additional Information:

https://www2.gnb.ca/content/gnb/en/departments/public-safety/community_safety/content/intimate_partner_violence.html

Domestic Violence, Sexual Violence and other related services across NB:

<https://www2.gnb.ca/content/dam/gnb/Departments/eco-bce/WEB-EDF/Violence/PDF/en/E-Support%20Services%20for%20Victims%20of%20Abuse%20April2021.pdf>

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- Family Plus/Life Solutions is a not-for-profit organization serving the Saint John area since 1929.
- Family Plus/Life Solutions provides professional counselling and education for individuals and families. Our counsellors have a wide range of specialties, including anxiety, depression, relationship issues, trauma and many more.
- We strive to provide affordable mental health care. We are covered by many private insurance plans, and we work with various Employee and Family Assistance Plans. We also offer a sliding scale for those who cannot afford the counselling fee.

<https://familyplus.ca/>



<https://familyplus.ca/>

- Family Plus/Life Solutions also offers programs for survivors of sexual abuse.
- Kit's Place is a Child and Youth Advocacy Centre opening in fall 2021. Kit's Place is a **child-and-youth-focused, safe location** where children, youth and their supporters start their healing process following an experience of sexual abuse. Multiple services are provided at the CYAC, including:
 - Child Protective Services
 - Police Investigation
 - Medical Assessment
 - Clinical Counselling and Treatment
 - Victim Services
 - Advocacy Services
- The Sexual Assault Response Team is a team of dedicated professionals who support survivors of sexual assault. We provide counselling, advocacy and resources, and have a team of volunteers who support survivors at the Saint John Regional Hospital.

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<http://www.ChromaNB.ca>



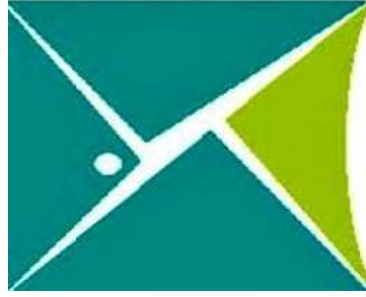
Chroma: Pride, Inclusion, Equality Inc. is a community organization focusing on advocating for and supporting 2SLGBTQIA+ people in the Saint John Region

Reach out to us on Facebook **Chroma NB** or on Instagram **Chroma_NB** to find out about events and resources



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[CMHA New Brunswick – Mental Health for All \(cmhanb.ca\)](http://cmhanb.ca)



**Canadian Mental
Health Association**
New Brunswick
Mental health for all

**Association canadienne
pour la santé mentale**
Nouveau-Brunswick
La santé mentale pour tous

[Click here for a short video about CMHANB services](#)

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KV Domestic Violence Outreach works with women ages 16+ experiencing intimate partner violence. We offer support with safety planning, risk assessments, exit strategies, emergency intervention orders, system navigation, referrals to other agencies, healthy relationship education, and more. Whatever barriers may be preventing a client from safely leaving an abusive relationship, we will do our best to help her to overcome them.

Call or Text: (506) 847-6277

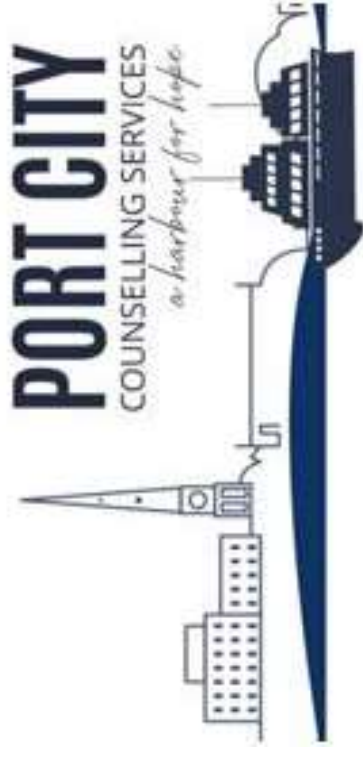
Email: outreach@kvdvo.ca

Visit us on Facebook at KV Domestic Violence Outreach

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PCCS is a local private practice made up of independent therapists with diverse backgrounds and specializing in a variety of different areas. With regards to young adults just graduating from High School, not only is PCCS skilled at dealing with the stresses associated with life transitions such as attending post-secondary education; we are also professionals when it comes to lending a listening ear to help support young adults towards addressing personal goals around family, relationships, stresses around gender identity, addiction, anxiety, depression, and grief/loss.

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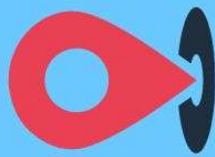


www.portcitycounselling.ca





Find Us!



26 Pettingill Road
Quispamsis, NB
506-847-2383



www.kvoasis.com



KV Oasis Youth Center



@kvoasis



Kennebecasis Valley
Oasis
Youth Centre



[Click here for a short video about KV Oasis services](#)

www.kvoasis.com

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DID YOU KNOW?
KV Oasis is so much more than just a fun place to hang out!

SINCE OUR LAUNCH,
Thousands of youth have enjoyed benefits from our medical center, tutors, programs, committees, camps, and events.

PROGRAMS
Youth have learned skills from cooking, to construction, to parenting, to fishing, and everything in between in a fun and social setting.

MEDICAL APPOINTMENTS
We have partnerships with pediatricians, counsellors, mental health professionals, and many more organizations, and have an on-site medical center.

VOLUNTEERING
Youth have been volunteering for our events, programs, fundraisers, and committees since we opened in 2016, providing many valuable skills and real-world experience.

Kennebecasis Valley
Oasis
Youth Centre

26 PETTINGILL ROAD • QUISPAMISIS • 506-847-2383 • kvoasis.com

Mission Statement:

"To provide hope and healing opportunities through professional counselling and educational group programs, regardless of financial means."

Vision:

"To create a place where all people are welcome regardless of financial means."

[Gentle Path - Home
\(gentlepathsj.com\)](http://gentlepathsj.com)

[Click here for a short video about mental health strategies](#)

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Laura Gatien & Associates



LAURA GATIEN & ASSOCIATES

—
THERAPISTS

REDEFINING
MENTAL HEALTH
TREATMENT
(506) 651-1239



Welcome to a safe place for you to feel heard and understood.

We're a clinical therapy practice, offering confidential mental health counselling and support to individuals, couples and families in the Saint John Area. No one should have to work through their challenges alone.

Our team is here to listen and provide support to people of all ages, to help navigate life's difficulties so you can get back in control and start feeling safe and empowered - start feeling like yourself again.



Low Cost Counselling Program to youth and adults without insurance

- Via Zoom, phone call, or in-person
- 6 sessions in length at \$40/session
- 307 Westmorland Rd or
- Call (506) 651-1239 to schedule an appointment

Free Friday Call-In Clinic

- Talk to us. We're here to listen
- Phone only due to Covid-19
- Call (506) 651-1239 to add your name to our list
- Sessions are 20-30 minutes in length

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If you have any questions or
would like more information,

please email the
ASDS Counselling Lead,
Heather Whittaker

heather.whittaker@nbed.nb.ca