

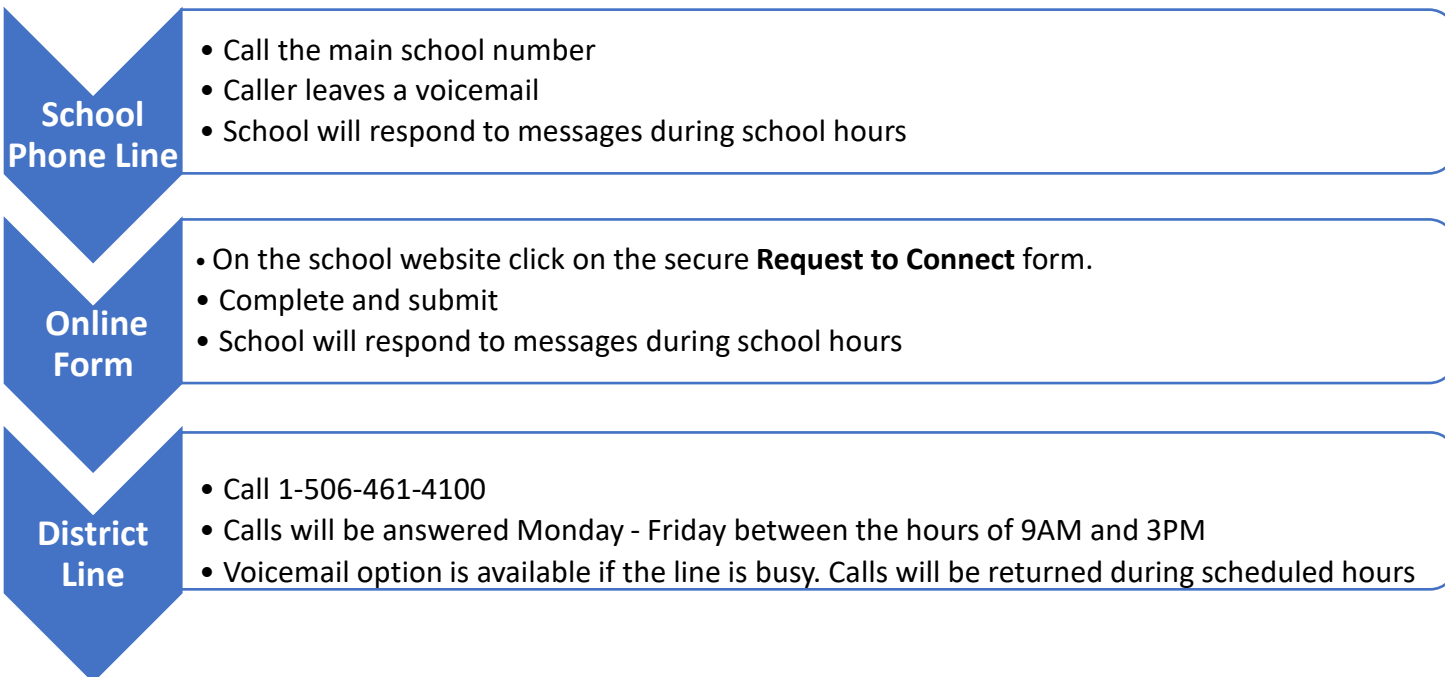


Connecting for Support in ASDW

We are thinking about you!

Students or families are welcome to connect with their school.

Choose **one** of the following options to gain support for normal stress and anxiety, personal concerns, and school or career development questions including postsecondary requests.



If this is a safety or mental health emergency, please contact 911 or:

- Kids Help phone 1-800-668-6868 or Text HELLO to 686868
 - 24/7 confidential service for children and youth
- Chimo Help Line 1-800-667-5005
 - 24/7 Confidential crisis intervention service
 - live chat from 5 PM to 12AM at chimohelpline.ca
- Mental Health and Addictions/Child and Youth Team
 - Fredericton 453-2132
 - Perth Andover 273-4701
 - Woodstock 325-4419
 - Edmundston 735-2070
- Regional Mobile Crisis Unit
 - Woodstock and Upper River Valley 1-888-667-0444 (after 4:30 PM)
 - Fredericton 453-2132 (after 4:30 PM)
 - Grand Falls and Edmundston 844-398-4718 (after 12:00 PM)
- Social Development (if you suspect a child is abused or neglected) 1-866-444-8838