**Mental Health Supports:**

**Students, Families and Staff**

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| **Students** | **Families** | **Staff** |
| **LINK Program**  <https://programmelemaillon.com/en/home/welcome>  For a list of resources and support in your area, click on the tab, “Helping Tree” and then click on the region where you live. | **LINK Program**  <https://programmelemaillon.com/en/home/welcome>  For a list of resources and support in your area, click on the tab, “Helping Tree” and then click on the region where you live. | **NBTA Wellness & Counselling Program**  <https://www.teacherwellness.ca/> |
| **Confidential Telephone, Texting and Online Counselling Services**  (Available 24 / 7)  **Kids Help Phone**   * 1-800-668-6868 * text HELLO to 686868 * kidshelpphone.ca   **Chimo Helpline**  1-800-667-500 | **Child and Youth**  Self-Referrals   * Fredericton & Surrounding areas: 506-453-2132 * Woodstock: 506-325-4419 * Perth-Andover: 506-273-4701 * Edmundston: 506-735-2070   School Referrals   * As per regular process | **inConfidence**  (Employee Family Assistance Program)  1-866-721-1738  [www.myinconfidence.ca](http://www.myinconfidence.ca) |
| **Mobile Crisis**  (after 4:30 pm)   * Fredericton: 453-2132 * Upper River Valley (Woodstock and Perth Andover): 888-667-0444 * Grand Falls and Edmundston: 844-398-4718 (after 12:00 pm) | **Mobile Crisis**  (after 4:30 pm)   * Fredericton: 453-2132 * Upper River Valley (Woodstock and Perth Andover): 888-667-0444 * Grand Falls and Edmundston: 844-398-4718 (after 12:00 pm) |  |