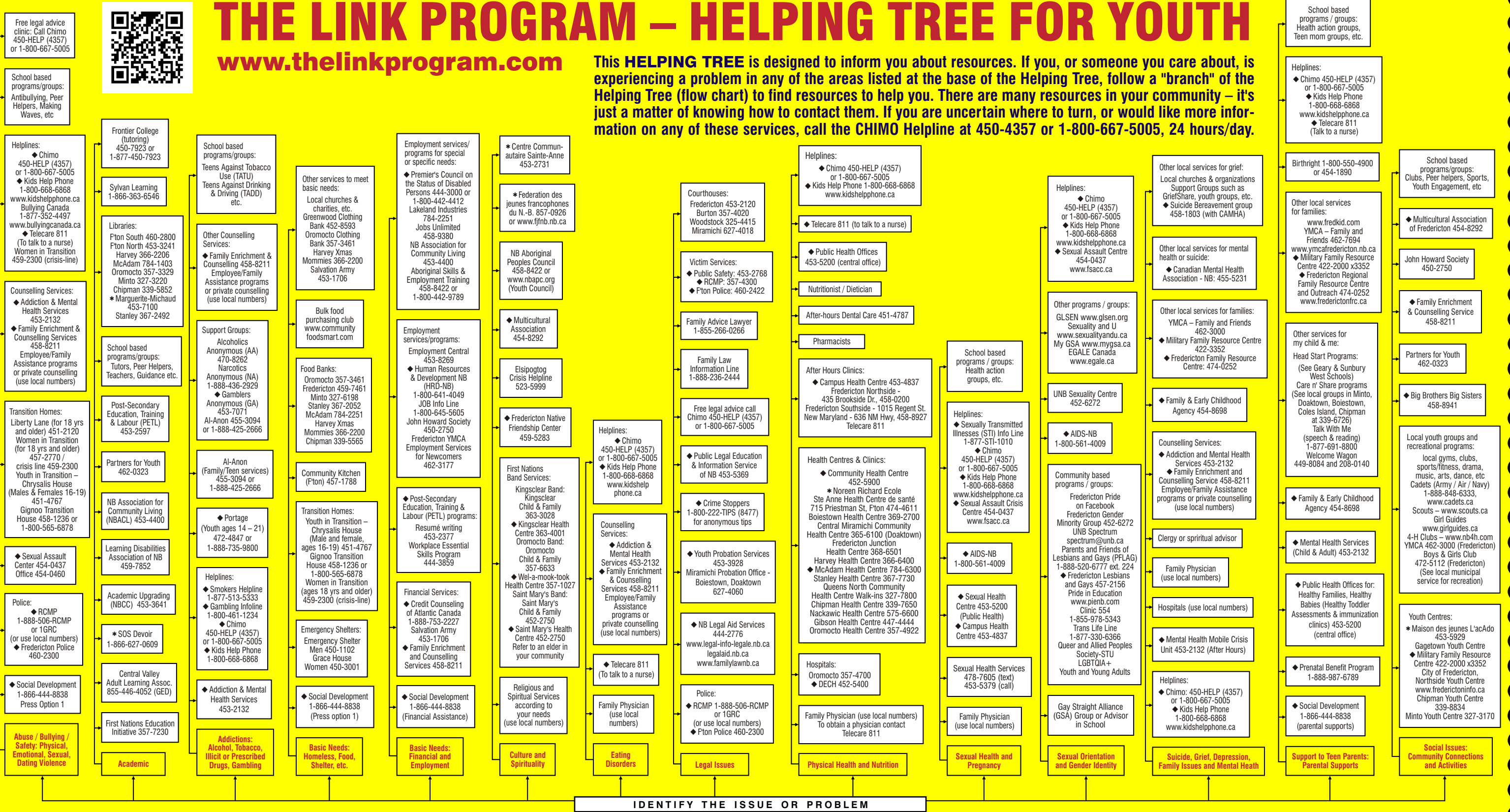


THE LINK PROGRAM – HELPING TREE FOR YOUTH

www.thelinkprogram.com

This **HELPING TREE** is designed to inform you about resources. If you, or someone you care about, is experiencing a problem in any of the areas listed at the base of the Helping Tree, follow a "branch" of the Helping Tree (flow chart) to find resources to help you. There are many resources in your community – it's just a matter of knowing how to contact them. If you are uncertain where to turn, or would like more information on any of these services, call the **CHIMO Helpline** at 450-4357 or 1-800-667-5005, 24 hours/day.



Find a LINK companion: In your school get support from a Teacher, Guidance Counsellor, School Resource Officer, Public Health Nurse, Psychologist/Social Worker, Principal, Resource Teacher or other appropriate resource or responsible adult

If you are in crisis, need to talk or need another resource, call Chimo at 450-HELP(4357), or 1-800-667-5005

IF THIS IS AN EMERGENCY, CALL 911

* = Specializes in services for the Francophone community
 ◆ = Offers bilingual services

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 Updated August 2016

YOU START HERE