

HELPING TREE

Addiction Services/Hotlines
 Alcoholics Anonymous (AA): 470-8262
 Al-Anon: 1-888-425-2666
 Narcotics Anonymous: 1-877-254-3348
 Canada Drug Rehab: 1-866-524-6199
 Gambling Hotline: 1-800-461-1234
 Smokers Helpline: 1-877-513-5333

Community Health Centers
 575-6600 (Nackawic)
 356-6600 (Tobique Valley)

First Nations' Health Centers
 328-3303 (Woodstock)
 273-5430 (Neqotkuk)

Clergy

Family Doctor

PORTAGE Youth 14-21
 1-888-735-9800
 839-1200

Help Lines:
 CHIMO
 1-800-667-5005
 Kids Help Phone
 1-800-668-6868
 Gambling Hotline
 1-800-461-1234

Community Mobile Crisis
 After Hours Service
 1-888-667-0444
 (2-10pm daily)

Community Addictions & Mental Health Center
 325-4419 (Wdstk)
 273-4701 (Perth)
 475-2440 (Grand Falls)
 453-2132 (F'ton)
 8:15-4:30pm

Mental Health Problems:
 •Depression
 •Anxiety
 •Grief
 •Relationship Issues
 •Addictions (Drugs, Alcohol, Gambling)

Sexually Transmitted Illnesses Info Line
 1-877-784-1010

Prenatal Benefit Program
 1-888-987-6789

Sexuality and U
www.sexualityandu.ca

Gai Ecoute 1-888-505-1010

Telecare 811

Family Doctor

Local Hospital
 1-844-255-0200 (URVH)
 273-7100 (Hotel Dieu)
 452-5400 (DECH)
 473-7555 (Grand Falls)

PFLAG Fredericton
 1-888-530-6777 ext. 224

Fredericton Gender Minorities Group
 1-506-260-8658

Birth Parent Services (SD)
 1-866-444-8838

AIDS NB
 1-800-561-4009

First Nations' Health Centers
 328-3303 (Woodstock)
 273-5430 (Neqotkuk)

Community Health Centers
 575-6600 (Nackawic)
 356-6600 (Tobique Valley)

Public Health/Sexual Health
 1-888-829-6444

Birthright
 1-800-550-4900

Sexual Health

First Nations' Health Centers
 328-3303 (Woodstock)
 273-5430 (Neqotkuk)

Telecare 811

Local Hospital
 1-844-255-0200 (URVH)
 273-7100 (Hotel Dieu)
 452-5400 (DECH)
 473-7555 (Grand Falls)

Family Doctor

Community Health Centers
 575-6600 (Nackawic)
 356-6600 (Tobique Valley)

Physical Health

Local Churches

First Nations' Health Centers
 328-3303 (Woodstock)
 273-5430 (Neqotkuk)

Spiritual Health

Women in Transition
 459-2300

Gignoo Transition House (FN)
 458-1224
 1-800-565-6878

Community Mobile Crisis
 After Hours Service
 1-888-667-0444
 (2-10pm daily)

Public Health/Sexual Health
 1-888-829-6444

Help Lines:
 CHIMO
 1-800-667-5005
 Kids Help Phone
 1-800-668-6868

Fredericton Sexual Assault Crisis
 Center Crisis Line 24-7
 454-0437

Valley Outreach Services
 328-9680

Sanctuary House
 325-9452

If under 19, legal obligation to report to Social Development:
 1-866-444-8838
 After hours:
 1-800-442-9799

Abuse

Multicultural Association of Carleton County (MACC)
 328-4690

Youth Engagement (SD)
 1-866-444-8838

Chrysalis House
 325-9452

Harvest House
 594-5000

Local Churches

Volunteer Family Services (Food Bank)
 328-4417
Good Samaritan Food Bank
 273-6201
Care to Share Community Center Furniture
 273-6172

Basic Needs
 •Food
 •Shelter
 •Clothing

NB Family Law Information Center
 1-888-236-2444

CHIMO
 1-800-667-5005

Public Legal Education and Information Service NB (PLEIS-NB)
 453-5369

Public Safety-Probation
 325-4423 (Wdstk)
 473-7705 (Grand Falls)
 453-2367 (F'ton)

Victim Services
 325-4422 (Wdstk)
 473-7706 (Grand Falls)
 453-2768 (F'ton)

Legal Aid NB
 328-8127 (Canterbury-Plstr Rk)
 444-2777 (Nackawic)

Woodstock Town Police
 325-4605
 RCMP
 325-3000 (Wdstk Det.)
 575-6200 (Nackawic Det.)
 273-5003 (Tobique FN)
 273-5000 (Perth Det.)
 1-888-506-7267 (Non-Emergency)

Legal Problems

Pride in Education
www.pienb.com

Bullying Canada
 1-877-352-4497

Post-secondary Education, Training & Labour (PETL)
 1-506-453-2597

NB Association for Community Living
 1-866-622-2548

Learning Disabilities Association of NB
 1-506-459-7852

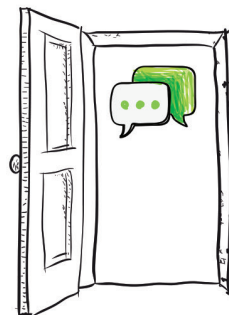
Sylvan Learning Center
 1-888-459-7323

Academic Upgrading (NBCC)
 325-4400

School Based Academic Support: Teachers, Resource, Tutors, Guidance, Peer Helpers

Upper Valley Autism Resource Center
 273-6721

Academic Needs



1 Take a look at the yellow boxes at the bottom of the Helping Tree and identify the issue that concerns you.

Identify the issue, then the resource.

2 Once you've identified the issue, look at the support services listed for each (white boxes) and find the one that feels right for you.



START HERE