**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**1-800-667-5005 | **Child and Youth**Self-Referrals* Fredericton & Surrounding areas: 506-453-2132
* Woodstock: 506-325-4419
* Perth-Andover: 506-273-4701
* Edmundston: 506-735-2070
* Grand Falls: 506-473-4848.

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)
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