



Mental Health Supports: Students, Families and Staff

Students	Families	Staff
<p style="text-align: center;">LINK Program</p> <p>https://programmelemaillon.com/en/home/welcome</p> <p>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.</p>	<p style="text-align: center;">LINK Program</p> <p>https://programmelemaillon.com/en/home/welcome</p> <p>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.</p>	<p style="text-align: center;">NBTA Wellness & Counselling Program</p> <p>https://www.teacherwellness.ca/</p>
<p style="text-align: center;">Confidential Telephone, Texting and Online Counselling Services (Available 24 / 7)</p> <p>Kids Help Phone</p> <ul style="list-style-type: none"> • 1-800-668-6868 • text HELLO to 686868 • kidshelpphone.ca <p>Chimo Helpline</p> <p>1-800-667-5005</p>	<p style="text-align: center;">Child and Youth</p> <p><u>Self-Referrals</u></p> <ul style="list-style-type: none"> • Fredericton & Surrounding areas: 506-453-2132 • Woodstock: 506-325-4419 • Perth-Andover: 506-273-4701 • Edmundston: 506-735-2070 • Grand Falls: 506-473-4848. <p><u>School Referrals</u></p> <ul style="list-style-type: none"> • As per regular process 	<p style="text-align: center;">inConfidence (Employee Family Assistance Program)</p> <p>1-866-721-1738</p> <p>www.myinconfidence.ca</p>
<p style="text-align: center;">Mobile Crisis (after 4:30 pm)</p> <ul style="list-style-type: none"> • Fredericton: 453-2132 • Upper River Valley (Woodstock and Perth Andover): 888-667-0444 (after 2:00 pm) • Grand Falls and Edmundston: 844-398-4718 (after 12:00 pm) 	<p style="text-align: center;">Mobile Crisis (after 4:30 pm)</p> <ul style="list-style-type: none"> • Fredericton: 453-2132 • Upper River Valley (Woodstock and Perth Andover): 888-667-0444 (after 2:00 pm) • Grand Falls and Edmundston: 844-398-4718 (after 12:00 pm) 	