HELPING TREE

Kids Help Phone
1-800-668-6868

Chimo Crisis Line
1-800-667-5005

For more information about these ressources

Human Development Council
636-1673

www.sjhdc.ca

Sulcidal ideas, anger, grief, and mental health problems

- Gentle Path Counselling 652-7284 ext 0
- Family Plus Life Solutions 634-8295
- Family Matters Counselling Service 849-2777
- P.E.E.R. Saint John - 16-24 years old 126 Duke street SJ 658-5374 (Drop-in)
- St. Joseph's Community Health Center 632-5537
- Canadian Mental Health Association 633-1705
- Spiritual / Faith leader
- Refer to a person the child will trust (Parent or other)
- Call Addictions & Mental Health Services between 8:15am & 4:30pm - 658-3737
  1) Mobile Mental Health Crisis Service line 24hrs - 7 day/week - 1-888-811-3664
  2) Mobile on-site visit only 8:15am-Midnight for immediate assistance 1-888-811-3664
  3) Call / go to SJRH Emergency Dept 648-6000
- Family Doctor/Nurse Practitioner
- If in school, refer to School Guidance Counselor or Psychologist ISD Child and Youth Team 658-3737

Heart broken, peer pressure, bullying, family problems, relationship with parents, friends, sick parent, separation, divorce.

LGBTQ - Lesbian, Gay, Bisexual, Transgender & Questionning

- Sexually Transmitted Infection Help Desk 1-877-784-1010
- HIV Anonymous testing 643-7404
- Action Canada for Sexual Health & Rights (ACCESS) 1-888-642-2725
- Transgender / Gender Identity
  www.TransLifeline.org 1-877-330-6366
  UBU Atlantic Support & Action Group
  info@ubuatlantic.com
- PFLAG Canada 1-888-530-6777 ext.555 Local : 648-9227
- AIDS NB/SIDA NB Info. 1-800-561-4009 AIDS Saint John 652-2437
- *www.sexualityandu.ca*
- Egale Canada 1-888-204-7777 *www.egale.ca*
- LGBT Youthline Canada 1-800-268-9688 or text 647-694-4275
- LGBTQ Resource *www.mygsa.ca*

Birth control, Pregnant or possible pregnancy, Sexually Transmitted Infections (STI)

- Clinic 554 (Fully inclusive clinic) 1-855-978-5434 / *www.clinic554.ca*
- Afterhours Medical Clinics KV Medical clinic 849-2273
- Motherisk 1-877-439-2744
- Pharmacy *(if Medication Related)*
- Parental Benefit Program 1-888-987-6789
- Telecare 811
- Ask for Birth Parent Services 1-866-441-4340
- St. Joseph's Urgent Care *(9am-8pm)* 632-5555
- SJ Family Resource Ctr. 633-2182 Kings Co. FRC 433-2349 1-800-573-8800
- The Pregnancy Resource Centre crisis 647-4412 / day 634-1867
- First Steps Transitional House 693-2229
- Family Doctor / Nurse Practitioner
- Sexual Health Centre Saint John 658-3998
- Public Health - 658-2454 Sussex 432-2003 / 1-800-545-8008 Comm. Disease line - 658-5188

Physical, emotional, and sexual abuse, negligence, dating and family violence, harassment, threats, bullying

- Fredericton Sexual Assault Crisis Centre 1-506-454-0437 www.fsacc.ca
- Saint John Law Courts Family Division 658-2400
- Hestia House 634-7570
- John Howard Society 657-5547
- KV Outreach 847-6277 *(KV, Hampton & Kingston)*
- Saint John Victim Services 648-3269
- Domestic Violence Outreach Crisis line 632-5616
- Refer to: Kennebecasis Reg.Police 847-6300 or Hampton R.C.M.P. 832-5566
- 911 emergency
- If youth is witness to family violence, there is legal obligation to report.
  If under 16, legal obligation to report IMMEDIATELY to Social Development Services 1-866-441-4340
  After Hours Emergency Services 1-800-442-9799

Legal problems

- NB Human Rights 1-888-471-2233
- Probation Services 658-3029
- Legal Aid Services NB 633-6030
- School Guidance Counselor / Principal
  ISD Child and Youth Team 658-3737
- Saint John Law Courts Family Division 658-2400
- For information contact Youth Justice NB @ *www.legal-info-legale.nb.ca*

Physical health

- St. Joseph's Urgent Care *(9am-8pm)* 632-5555
- Afterhours Medical Clinics
  Crown Street 635-2273
  Westside Clinic 693-2273
  Millidgeville 642-3627
- Telecare 811
- Family Doctor/ Nurse Practitioner
- St. Joseph's Community Health Centre 632-5537

Eating disorders

- National Eating Disorder Helpline
  1-866-633-4220

Youth & family support, Housing

- Call Addictions & Mental Health Services between 8:15am & 4:30pm - 658-3737
  1) Mobile Mental Health Crisis Service line 24hrs - 7 day/week - 1-888-811-3664
  2) Mobile on-site visit only 8:15am-Midnight for immediate assistance 1-888-811-3664
  3) Call / go to SJRH Emergency Dept 648-6000
- Food Banks KV 847-5854 Hampton 832-4340 East 633-8298
- Homeless Youth 16-19 years old Family Enhancement Child Protection 1-866-441-4340
- RiverCross Church Outreach 642-8060
- Fresh Start Services 638-1409
- PRUDE 634-3088
- Quispamsis Rec. 849-5750 Rothesay Rec. 847-6363 Hampton Leisure Services 832-6102
- Association for Community Living 1-866-622-2548
- Big Brothers/Big Sisters 635-1145 *(Serves Sussex to Charlotte Co.)*
- Saint John Multicultural & Newcomers Resource Centre 642-4242
- 18 and over Outflow Men's shelter 609-2346 Coverdale Centre for Women 672-6285
- Saint John Ability Advisory Committee *cathy@optionsoutreach.com*
- Saint John Law Courts Family Division 658-2400
- Teen Resource Centre 12-24yrs Oasis Rm Laundry&Shower 632-5531
- School Guidance Counselor ISD Child and Youth Team 658-3737

Community Centres/ Youth Activities

- The Work Room 1-855-412-3330
- Community Health Centres (CHC)
  • St. Joseph's 632-5537
  • Market Place Wellness 674-4335
  • Hope Centre 632-5695
  • North End Wellness 649-2704
  • Médisanté Saint-Jean 648-8020
- KV Oasis Youth Centre 12-25yrs 847-2383
- Saint John Regional YMCA 693-9622
- Saint John P.R.O. Kids 642-7529
- City of Saint John Growth & Community Development 658-2908

Drugs, Alcohol, Gambling, Smoking

- Smokers Helpline 1-877-513-5333 *smokershelpline.ca*
- Narcotics Anonymous 1-800-564-0228
  Alcoholics Anonymous *(AA)* 650-3114
- Sophia Recovery Centre for females 633-8783
- Al-Anon 634-8779
- Ridgewood Addiction/ Detox Services 19yrs and up 674-4300 or 674-4333
- Portage Atlantic 14-21yrs 1-506-839-1200 1-888-735-9800
- Gambling Help/info line 1-800-461-1234
- Family Doctor/ Nurse Practitioner
- School Guidance Counselor & ISD Child and Youth Team 658-3737

1. Take a look at the yellow boxes at the bottom of the Helping Tree and identify the need.
2. Once you've identified the need, look at the support services listed for each (white boxes) and find the one that feels right for you.

Identify the need, then the resource.

Scan the code to access the info anywere on your smartphone!

START HERE

KV - Feb. 2017

Kennebecasis Valley/Hampton

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