



## Mental Health Supports: Students, Families and Staff

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