



Mental Health Resources

Canadian Mental Health- Offering online information and Webinars
<https://www.facebook.com/CMHANB/>

CHIMO Helpline-1-800-667-5005

Suicide Prevention Helpline- 1-855-456-4566

CMHA Community Education Coordinator-Martha Chown 506-433-2101

Kids Help phone- 1-800-668-6868

ASD-S- School Guidance 506-349-6241
8:15am-4:30pm Mon-Fri

Child and Youth Team 506-432-2217
8:30am-4pm Mon-Fri

Mobile Crisis 1-888-811-3664
Any mental health emergency outside of daytime hours
listed

Domestic Violence Resources

Sussex Vale Transition House- Call 506-432-6999 or Text 506-435-1689

Domestic Violence Outreach-Sue Pitman- 506-433-6579

For more information or if you need
help accessing services please call
433-4453 and press 1

