

Mental Health Programs

Addiction & Mental Health Services

81 Albert St, Moncton, NB

856-2444

Crisis Worker Mon-Fri 8:15 am - 4:30 pm 856-2444

Services – Individual Therapy, Case Management, Psychoeducational Programs, Group Therapy, Psychiatric Treatment, Early Psychosis Program, Injectable long-acting medication, Occupational Therapy Services, Human Services Counsellor, Concurrent Disorders Program, Addiction Counsellors

Mental Health Programs - Recovery Group Programs:

Taking Charge (1/3) 8 sessions Weekly
Taking Action (2/3) 12 sessions Weekly
Taking Care (3/3) 6 sessions Bi-weekly or monthly

Addiction Programs - Recovery Group Program

10 sessions 2 hours Weekly or bi-weekly Co-facilitated

Intensive Day Treatment Program 869-6875

6 week program for substance abuse and gambling.

For **(age 19 & up)**.

Mon – Fri 9:00 – 3:00 pm

1600 West Main St, Suite 290, Moncton, NB

Opiate Replacement Treatment Program 869-6655

125 Mapleton Rd, Moncton, NB

Centre de Santé Mentale Communautaire

Réseau de Santé Vitalité, 81 Albert St, Moncton 862-4144

Canadian Mental Health Association

Peace Center, 1st Floor Suite T120,

859-8114

22 Church St, **Moncton**, NB E-mail: Moncton@cmhanb.ca

Programs for Peers:

Sessions **Start Date**

Your Recovery Journey Program

8

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Program is open to anyone in the community with mental health and/or addiction issues.

Other Peer Programs: Anxiety & Depression Program (12); Bipolar Program (12); Trauma / PTSD Program (8); Grief and Loss Recovery Program (10), Art Therapy; Mindfulness Program (8); Anger Management Program (6); Postpartum Support Group (10); Living Life to the Full 55+ (8); Kids Have Stress Too (3)

Programs for Families & Friends: **Sessions** **Start Date**

Engaging Families in Recovery

10

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A ten-week education and support program designed for individuals who are caring for a loved one with mental illness.

Misc.

Social Development 1-866-426-5191

Help for: Medication coverage, Dental, Living Expenses, etc

Our Voice / Notre Voix Publication Moncton, NB

Details: <https://www.ourvoice-notrevoix.com/>

Crisis Help Services

Major Crisis

EMERGENCY Police, Fire, Ambulance 911

RCMP Emergency 1-800-665-6663

Hospital Emergency Moncton Hospital 857-5353

135 MacBeath Ave, Moncton, NB

Hospital Emergency Dr Georges Dumont 862-4114

330 University Ave, Moncton, NB

Psychiatric Nurse 8 am to 8 pm, 7 days/week

Major Mental Health Problems

Addiction & Mental Health Services

81 Albert St, Moncton, NB

Crisis Worker 856-2444

Hours: 8:15 am - 4:30 pm Mon - Fri

Psychiatric Treatment, Addiction Counselors, FACT Team

Mobile Mental Health Crisis Team 1-866-771-7760

Moncton, NB

Hours: 12:00 pm – 10:00 pm 7 days/week

Beausejour Family Crisis Resource Center

Crisis Team 24 hrs/7 days/week 506-533-9100

Provides counselling services for: mental illness problems, suicidal thoughts, depression, emotional support, domestic violence/abuse and anger management. Service area includes greater Moncton.

Hours: 8:30 am - 4:30 pm Mon - Fri

Location: 66 Calder St, **Shediac**, NB

Crisis Help Phone Lines

Chimo Help Line for New Brunswick 1-800-667-5005

Toll Free 24 hr/365 days/yr <http://www.chimohelpline.ca/>

Help for: Thoughts of Suicide. Emotional Distress, Anxiety, General Information, Loneliness, Divorce/Separation, Senior Resources, Frustration & Anger

Canada Suicide Prevention Service 1-833-456-4566

Toll Free 24/7 <http://www.crisisservicescanada.ca/>

Text with us 5 pm - 1 am ET 45645

Chat with us 5 pm - 1 am ET (see website above)

Kids Help Phone For ages 19 & under 1-800-668-6868

Toll Free 24/7 <http://kidshelpphone.ca/>

Tele-Care 24/7 811

Family Violence/Sexual Assault Crisis Center

Toll Free 24/7 Moncton 853-0811 1-844-853-0811

First Nations and Inuit Hope for Wellness Help Line

Toll Free 24 hr/365 days/yr 1-855-242-3310

<https://www.hopeforwellness.ca/>

Elsipogtog Health Centre Crisis Phone 506-523-8222

8:30 am – 4:00 pm Mon – Fri

Elsipogtog Crisis Centre Crisis Phone 506-523-5999

3:30 pm – 11:30 pm Mon – Fri

Canadian Forces Member Assistance Program

Toll Free 24 hr/365 days/yr 1-800-268-7708

Youth Help Services

Atlantic Wellness Community Center 382-0298

Offers free counseling for **youth age 12-21** who have mental health *concerns. It's staffed with certified counselling therapists and counselling interns. Sessions offered in-person, through phone call, video chat, or text message. <http://atlanticwellness.org/>

Hours: Mon - Thu 9 am – 8 pm; Fri 9 am – 5 pm

Location: 225 Lutz St, Moncton, NB

Youth Mental Health Clinic 506-501-5504

Free clinic for **youth age 12-21**. Staffed by a counselling therapist and counselling interns. The sessions are 60 minutes long. The sessions are made by calling the clinic line on Monday between 8:30 am - 2:00 pm. Sessions offered on Mondays and Thursdays. Sessions offered in-person, through phone call, video chat, or text message.

Hours: Mon 3:00 - 6:30 pm; Thu 12 pm - 4 pm

Location: **Atlantic Wellness Community Center**

225 Lutz St, Moncton, NB

Youth Q.U.E.S.T Central 869-6355

This drop-in centre is for youth **ages 16 to 24** who are either homeless or at-risk of becoming homeless. Services include: such as information sessions, counselling, employment options, meal preparation, artistic programs, mental health support group and recreational programming. On-site access to laundry, showers, food, clothing, phone and internet are provided free of charge.

Programs:

QUEST Case Management – includes Skill Training for several aspects including: Anger Management, Stress Management, Social Skills, Problem Solving, Decision Making

Drug Intervention Program – includes one on one addiction counseling

<https://www.facebook.com/YouthQuestCentral>

Mon, Tue, Fri 12–5pm; Wed, Thu 12–7pm; Sun 12–4pm

Location: 199 St George St, Moncton, NB

Youth Impact Jeunesse 869-6333

Programs: for **youth age 16-20**

Transitional Housing - Youth ages 16 to 22 who are homeless or potentially homeless access this program to stabilize and change their lives.

<http://www.youthimpact.org/need-help.php>

Other Help Services

YMCA ReConnect 856-4362

Provides outreach to youth, adults and seniors who are homeless or at risk of being homeless. Help accessing resources such as: food, clothing, shelter, education, ID help, employment help and counseling. Contact by leaving a phone message 856-4362

Salvus Clinic 384-7283

Provides access to primary health care to those within our area suffering with issues relating to poverty, mental health and addictions. Closed noon 12 pm – 1 pm

Hours: Mon, Tue, Thu 9 am - 4 pm; Wed 1 pm - 4 pm

Fri 9 am – 12 pm

Location: Salvus Clinic T190, 22 Church St, Moncton, NB

Event Calendar Mental Health & Addiction

Mental Illness Carers Support Group

2021 Note: Masks required.
This group is to support family members and friends of a person living with a mental illness. The sharing of experiences, knowledge, problems, solutions, what helps and what doesn't, will help reduce the feeling you are alone.
Time: 7 - 9 pm Meetings: 1st Thursday of the month
Location: YWCA, 135 Kendra St, Moncton, NB
Contact: Louise lobou@nb.sympatico.ca or 388-5922

Portage Atlantic Family Support Group

2021 On-Line Meetings through Zoom
Family member addiction support group.
Contact: 506-839-1200 ext. 99215 Randi Cogswell
Toll free 1-888-735-9800 rcogswell@portage.ca

Dependency to Recovery

Sep 14 – Nov 9, 2021 An eight-week education program for individuals who are living with an addiction, unhealthy behaviours, or families affected by addiction. Space is limited due to current public health protocols. Capacity - 10
Time: 6:30 p.m. - 8:30 p.m.
Place: **Canadian Mental Health Association**
22 Church Street, Suite 120, Moncton, NB
To register: 506-859-8114 moncton@cmhanb.ca

Engaging Families in Recovery

Sep 15 - Nov 17, 2021 On-Line – Via Zoom – Bilingual
Open to residents of Kent County and Shediac Region.
Program for family members, caregivers, and friends of someone living with mental illness.
Time: 2:30 pm - 4:30 pm Wednesdays
Pre-Register:
<https://qnb.zoom.us/join/7711261977>
By: **Canadian Mental Health Association**
Contact: 506-523-2065 marie-cecile.leger@qnb.ca

Holding Hope

2021 On-Line Holding Hope is a virtual support group for families & friends affected by a loved one's substance use. Meetings will take place every 2nd Wednesday from 7 pm – 8 pm.
Contact: 859-9616 **Ensemble Greater-Grand Moncton**
dwarren@ensemblegm.ca
<https://www.facebook.com/ensemblemoncton/>
<https://ensemblegm.ca/>

Empowering Families Affected by Psychosis

2021 On-Line This course is for people who have a friend, relative or loved one with psychosis.
By: **camh - Centre for Addiction and Mental Health**
Link: Course: Empowering families affected by psychosis (camhx.ca)

Empowering Families Affected by Substance Use Problems

2021 On-Line This course is for people who have a friend, relative or loved one with a substance use problem.
By: **camh - Centre for Addiction and Mental Health**
Link: Course: Empowering families affected by substance use (camhx.ca)

Activity Centers for Peers/PWLE

Groupe de support émotionnel 857-1340
Drop in center and activities (Fr)
Hours: Mon - Fri 1:00 - 4:00 pm; Wed 6:00 – 8:00 pm
Location: 96 Norwood Ave, 3rd Floor, Room 300A, Moncton, NB
Our Place/Chez Nous Activity Centre Inc. 859-6975
Offers recreational and social activities, education, and support for adults with mental health issues. Web: <http://www.opcn.ca/>
E-mail: ourplace@bellaliant.com
Location: 97 ½ Cameron Street, Moncton, NB
Daybreak: Tantramar Peer Support Activity Centre
Offers a range of daily, weekly and monthly mental health activities, education and support groups.
Web: <http://www.daybreaksackville.nb.com/>
E-mail: daybreaksackville@gmail.com
Location: 62 Main St, **Sackville**, NB 506-536-7475

Support Services for Peers/PWLE

Alternative Residences Alternatives (ARA) 854-7229
Provides housing and support options for people living with mental illness in the area. <http://www.alternativeresidences.org/>
EmployAbility NOW 854-3499
Help with employment needs, resume, job search assistance and preparation for workplace integration.
Employment Support Peer-Helpers Program Inc
Help with employment needs, resume, job search assistance and preparation for workplace integration.
Hours: 9 am - 5 pm Monday – Thursday
Location: 97 Cameron St, Moncton, NB 387-7706
Ergon Inc Life Centre 857-0014
Provides support for participants in their individual recovery journey to identify individual goals and develop action plans.
Help with employment needs, resume, job search assistance, preparation for workplace integration and employment training.
E-mail: ergoninc@rogers.com <https://www.ergoninc.ca/life-centre>
Hours: 8:30 am - 4:30 pm Monday - Friday
Location: 145 Traynor St, Riverview, NB
Community Connections Beausejour 506-533-9100
Drop-in group to help with social isolation. There are many topics covered as well as outside professionals that offer help services.
Hours: Wed 10 am – 12 pm; Fri 2 pm – 4 pm
Location: Beausejour Family Crisis Resource Center
66 Calder St, **Shediac**, NB

Support Groups for Family/Friends

Mental Illness Carers Support Group
Note: Masks required. This group is to support family members and friends of a person living with a mental illness. The sharing of experiences, knowledge, problems, solutions, what helps and what doesn't, will help reduce the feeling you are alone.
Time: 7 - 9 pm Meetings: 1st Thursday of the month
Location: YWCA, 135 Kendra St, Moncton, NB
Contact: Louise lobou@nb.sympatico.ca or 388-5922
The Compassionate Friends of Southeastern New Brunswick
Self-help group for bereaved parents of all ages who have experienced the death of a child. We Need Not Walk Alone!
Web: <https://tcfcanada.net/chapters/new-brunswick/>
Time: 6 - 8 pm 2nd Sunday of each month
Location: 55 Biggs Road, Riverview, NB Moncton@TCFCanada.net
Contact: Janice 506-232-1950 or Paulette 506-204-8919

MENTAL HEALTH HELP SERVICES PROGRAMS SUPPORT EVENT CALENDAR

Information for the area of Moncton, NB

Updated: September 2021

Mental Health Resource Pamphlet

Updates for the printed version can be directly downloaded using the Word Document (symbol/icon) on the **Website link** below:
<http://lobou4.wixsite.com/yourmindyourhealth/mental-health-resource-pamphlet>

Addiction Resource Pamphlet

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Educational Links **Mental Health & Addiction**
Mental Health, Addiction, Suicidal Thoughts/Depression
Updated regularly on the **Website link** below:
<https://lobou4.wixsite.com/yourmindyourhealth/links>

Event Calendar **Mental Health & Addiction**
Updated regularly on the **Website link** below:
<http://lobou4.wixsite.com/yourmindyourhealth/events>

Directory of Help Resources Greater Moncton, NB
Updated regularly on the **Website link** below:
<http://lobou4.wixsite.com/yourmindyourhealth/mental-health-resource-pamphlet>

Notes re Mental Health Resource Pamphlet

Produced free by: Robert Boulter – a parent
For any errors, omissions, events, new programs, suggestions, electronic updates, etc, please contact:
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