

## 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, 1<sup>st</sup> Floor Suite T120,

859-8114

22 Church St, **Moncton**, NB E-mail: [Moncton@cmhanb.ca](mailto:Moncton@cmhanb.ca)

#### Programs for Families & Friends:

**Engaging Families in Recovery** Sessions: (10)

A ten-week education and support program designed for individuals who are caring for a loved one with mental illness. The goal of the program is for caregivers / loved ones to feel better equipped with various coping skills and knowledge of how best to be a supporter and caregiver in ways which are healthy and effective for all parties.

#### Programs for Peers:

**Your Recovery Journey** Sessions: (8)

This program focuses on empowering people to manage their own treatment and recovery journey. This group consists of an educational element and support group element and is based on the peer-support model. Program is open to anyone in the community with mental health and/or addiction issues.

**On-Line Peer Support Group** via Zoom

Canadian Mental Health Association of NB

7:00 – 8:30 pm 1st Tuesday of the month

Must pre-register [lisa.cheney@qnb.ca](mailto:lisa.cheney@qnb.ca) for Zoom link

#### Other 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)

## 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** Hours: 8:15 am-4:30 pm Mon-Fri 856-2444

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

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

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

Crisis Text Line – Text 'Talk' to 686868

**Wellness Together Canada** 24/7 1-866-585-0445

Mental health and substance use support. Talk with a counselor

Adults (aged 18+) <https://wellnesstogether.ca/en-CA>

**Peer Support Warmline** 1-888-768-2488

Adults (aged 18+) Mental health and substance use support.

Talk with a counselor. By: Wellness Together Canada

Hours: 3:00 pm – 7:00 pm (EST) 7 days/week

**211 New Brunswick** 24/7 Connect to Live Help 211

Information on social, community, health and government services

<https://nb.211.ca/search/>

**Tele-Care NB** 24/7 811

#### Family Violence/Sexual Assault Crisis Center

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

Cont'd on next page

## 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

## Crisis Help Phone Lines cont'd

**First Nations and Inuit Hope for Wellness Help Line**  
Toll Free 24/7 1-855-242-3310  
<https://www.hopeforwellness.ca/>

**Canadian Indian Residential Schools Crisis Line**  
Toll Free 24/7 1-866-925-4419

**Elsipogtog Health Centre** Crisis Phone 506-523-8222  
Elsipogtog, NB 8:30 am–4:00 pm Mon–Fri

**Elsipogtog Crisis Centre** Crisis Phone 506-523-5999  
Elsipogtog, NB 3:30 pm–11:30 pm Mon–Fri

**Trans LifeLine – All Ages** 1-877-330-6366

**Canadian Forces Member Assistance Program**  
Toll Free 24/7 1-800-268-7708

## Emergency Shelters

**House of Nazareth** 75 Albert St, Moncton, NB  
24/7 8:00 am – 5:00 pm 858-5702

The House of Nazareth is a temporary emergency shelter, free of charge; for men, women and families in need. Its mission is to help people in dire need in the Greater Moncton area integrate society. Accommodates up to 105 beds including a section just for women. Includes both a "damp" portion which will allow people who have consumed alcohol or drugs, and a "dry" portion with stricter rules. It will be open 24 hours a day and will offer a drop-in centre, where food, coffee and water will be available.

Facebook: <https://www.facebook.com/maisonnazareth>

**Harvest House Atlantic** 182 High St, Moncton, NB  
24/7 388-4357

Emergency Shelter free of charge for men and women in need. <http://harvesthouseatlantic.org/>

## Support Groups for Family/Friends

### Mental Illness Carers Support Group

**On-Line** Via Zoom for local contacts (new and old).

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.

**Contact:** Louise [lobou@nb.sympatico.ca](mailto:lobou@nb.sympatico.ca) or 388-5922

### Portage Atlantic Family Support Group

**On-Line** Via Zoom Family member addiction support group. Families offering understanding through experience.

**Contact:** 506-839-1200 ext. 99215 Randi Cogswell  
Toll free 1-888-735-9800 [rcogswell@portage.ca](mailto:rcogswell@portage.ca)

### 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 2<sup>nd</sup> Sunday of each month

55 Biggs Road, Riverview, NB [Moncton@TCFCanada.net](mailto:Moncton@TCFCanada.net)

**Contact:** Janice 506-232-1950 or Paulette 506-204-8919

## Activity Centers for Peers/PWLE

### Groupe de support émotionnel

Drop in center and activities (Fr)  
Hours: Mon - Fri 1:00 - 4:00 pm; Wed 6:00 – 8:00 pm  
Location: 96 Norwood Ave, 3<sup>rd</sup> Floor, Room 300A, Moncton, NB  
**Contact:** 857-1340

### Our Place/Chez Nous Activity Centre Inc.

Offers recreational and social activities, education, and support for adults with mental health issues. Web: <http://www.opcn.ca/>  
E-mail: [ourplace@bellaliant.com](mailto:ourplace@bellaliant.com)  
Location: 97 ½ Cameron Street, Moncton, NB  
**Contact:** 859-6975

### Daybreak: Tantramar Peer Support Activity Centre

Offers a range of daily, weekly and monthly mental health activities, education and support groups.

Web: <http://www.daybreaksackvillenb.com/>

E-mail: [daybreaksackville@gmail.com](mailto:daybreaksackville@gmail.com)

Location: 62 Main St, **Sackville**, NB

**Contact:** 506-536-7475

## Support Services for Peers/PWLE

### 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

### Ergon Inc Life Centre 857-0014

Provides support for participants in their individual recovery journey to identify individual goals and develop action plans.

E-mail: [ergoninc@rogers.com](mailto:ergoninc@rogers.com) <https://www.ergoninc.ca/life-centre>

Hours: 8:30 am - 4:30 pm Monday - Friday

Location: 145 Traynor St, Riverview, NB

### 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 387-7706

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

## Misc.

### Social Development - NB Moncton, NB 1-833-733-7835

Financial help for: Medication, Dental, Living Expenses, etc

**Our Voice / Notre Voix** Publication Moncton, NB

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

### Healing Books Project

Self-help books on over 30 mental health topics Books are available to borrow at any New Brunswick public library.

Details: <http://horizonnb.ca/healingbooks>

# MENTAL HEALTH HELP SERVICES PROGRAMS SUPPORT

Information for the area of Moncton, NB

Updated: Aug 2022

### 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:  
Robert Boulter E-mail: [rboulter@nb.sympatico.ca](mailto:rboulter@nb.sympatico.ca)

**Printed Updates:** As necessary  
Mental Health Resource Pamphlet-e27-Aug 2022.docx