

Addiction Help

Addiction & Mental Health Services

Crisis Worker 506-856-2444

Mon – Fri 8:30 am - 4:30 pm

Addiction Counsellors, Psychiatric Treatment, FACT Team
81 Albert St, Moncton, NB

New Brunswick Addiction & Mental Health

Helpline: 24/7 1-866-355-5550

Service includes referral to all Mobile Crisis Units.

Mobile Crisis Unit: Moncton 7 days/wk 12 pm – 10 pm
A team of trained clinicians called Care Coaches are now available to offer information, support and guidance to people. The care coaches include licensed clinical therapists, social workers, registered nurses and other professionals who have education and experience in social services, mental health and/or addictions.

Intensive Day Treatment Program 506-869-6875

This is a 6 week program for substance abuse and gambling. For **(age 19 & up)**

Mon – Fri 9:00 am – 3:00 pm

Addiction & Mental Health Services

1600 West Main St, Suite 290, Moncton, NB

Opiate Replacement Treatment Program

Mon – Fri 8:30 am - 4:30 pm

5 06-869-6655

Addiction & Mental Health Services

125 Mapleton Rd, Moncton, NB

Elsipogtog Health & Wellness Centre 506-523-8227

Mental Health and Addictions Treatment

Hours: Mon–Thu 8:30 am–12:00 pm; 1:00 pm–4:00 pm

Fri 8:30 am–12:00 pm; 1:00 pm–3:30 pm

Location: 205 Big Cove Rd, Elsipogtog, NB

Peer Support Warmline 1-888-768-2488

Adults (aged 18+) Mental health and substance use support. Talk with a counselor

Hours: 4:00 pm – 12:00 am (ET) 7 days/week

By: Wellness Together Canada

<https://wellnesstogether.ca/en-CA>

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

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

Talk with a counselor <https://wellnesstogether.ca/en-CA>

Immediate Crisis Support: Text 'WELLNESS' to 741741

Gambling Information Line for New Brunswick

Toll Free 24 hr/365 days/yr

1-800-461-1234

Addiction Counselors

Addiction & Mental Health Services 506-856-2444

81 Albert St, Moncton, NB

Youth Q.U.E.S.T. Central 506-869-6341

Provides free one on one addiction counseling for youth **(age 16-24)** as long as the person is willing to attend.

199 St George St, Moncton, NB

Addiction Recovery Programs/Groups

Recovery Group Program 506-856-2444

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

Topics: Understanding problematic Substance Use/Gambling, Decisional balance, Goal setting, Handling the urges, Having fun in your journey, Support Systems, Coping Skills, Relapse/ Set-Back prevention, Coping with Anxiety, Relaxation, Unpleasant Feelings and Assertiveness.

Location: **Addiction & Mental Health Services**

81 Albert St, Moncton, NB

Drug Intervention Program 506-869-6341

Program for youth **(age 15-18)**

Provides youth with information, support and strategies that will assist them in alleviating drug usage and alter criminal behavior

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

Location: **Youth Q.U.E.S.T. Central**

199 St George St, Moncton, NB

Teen Addiction Support Group “The Chase”

Provides services and life skills to youth **(age 12-18)** who have been directly or indirectly impacted by alcohol, tobacco, drug use, abuse, and addiction. Cost: Free

Time: 5:30 – 7:30 pm Meetings weekly on Mondays

Location: **YMCA Moncton North**, 70 Twin Oakes Dr, Moncton

Contact: 434-4533 Tim Durling timdurling@gmail.com

Celebrate Recovery 506-857-2293

This is a 12 Step Program for Drug & Alcohol Addiction, etc

Time: 6:30 pm Meetings weekly on Tuesdays

Location: **Moncton Wesleyan Church**

945 St. George Blvd, Moncton, NB

Alcoholics Anonymous 506-382-5087

Greater Moncton Area meeting information

<http://www.area81aa.ca/meetinglists/District11.pdf>

Narcotics Anonymous 1-800-564-0228

Canada Atlantic Region of Narcotics Anonymous

NB meeting information: <https://carna.ca/meetings/>

On-Line Sobriety Support Groups

LifeRing Secular Recovery <http://lifering.org/>

SMART Recovery <https://www.smartrecovery.org/>

Women for Sobriety <https://womenforsobriety.org/>

Moderation Management <http://www.moderation.org/>

Secular Organizations for Sobriety (SOS)

<http://www.sossobriety.org/>

Other Help Services

YMCA ReConnect 506-856-4362

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.

Drop-in Services: Thu 1:30 pm – 3:30 pm

Location: St Georges Anglican Church

51 Church St, Moncton, NB

Contact: **Contact by leaving a phone message.**

Salvus Clinic 506-384-7283

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

Youth Q.U.E.S.T. Central 506-869-6355

Programs, activities and a drop-in centre for at-risk and homeless youth **(age 16-24)**

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

Hours: Mon, Tue, Fri 12 pm – 5 pm;

Wed, Thu 12 pm – 7 pm; Sun 12 pm – 4 pm

Location: 199 St George St, Moncton, NB

Ensemble Greater-Grand Moncton 506-859-9616

Mission: Alleviating complex social challenges. Vision:

Through empowerment and hope, build a community that fosters diversity, inclusion and health. We work to:

Reduce harm; a nonjudgmental approach that recognizes drug use exists and so attempts to minimize the harms and risks associated with drug use. Promote and support the development of 'safe' environments throughout the region for lesbian, gay, bi-sexual, transgender, two-spirit, and questioning (LGBTQ) citizens. Help improve the quality of life for persons infected and affected by HIV/AIDS and help reduce the spread of HIV and other STIs, through education and prevention programs.

<https://ensemblegm.ca/>

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

Hours: Mon 9:00 am – 3:30 pm

Tue – Fri 8:30 am – 3:30 pm

Location: 80 Weldon St, Moncton, NB

Addiction In-House Treatment

Detox In-patient Unit **506-856-2333**
Addiction & Mental Health Services
125 Mapleton Rd, Moncton, NB

Portage Atlantic **1-888-735-9800**
Residential treatment program for **youth age 14-21**
<http://www.portage.ca>
Addiction & Mental Health Services
Cassidy Lake, Norton, NB

Oceanview Addiction Treatment & Recovery Center
141 Amos Point Road, Little Shemogue, NB **506-229-9290**
It is our mission to identify and treat underlying issues of addiction in order to help our clients live a healthy happy life without the need to use or abuse addictive substances. We offer effective programs delivered by experienced professionals. Our Addictions treatment program consists of: One on one counselling, Group Therapy, Grief & Loss Therapy, Peer Support, Rest & Reflection.
<https://www.facebook.com/oceanviewaddictiontreatment>

Naomie & Ruth **506-312-2973**
We offer a twelve month faith-based residential rehabilitation program for women ages 18 and over.
<https://www.naomianandruth.ca/>
75 Calder St, Shediac, NB

Harvest House Atlantic **506-388-3277**
Harvest House Atlantic 108 High St, Moncton
This is a faith based 12 Step addiction program for men and women. In-House for 9 months
174 High St, Moncton, NB

Teen Challenge Atlantic **506-758-2377**
This is a faith based residential alcohol and drug addiction rehabilitation program for 12 months <http://www.tcatlantic.ca/>
1187 Rue Principal Street, Memramcook, NB

Village of Hope **506-368-2600**
This is a faith based In-House recovery program for men and women for 10 months.
E-mail: info@villageofhope.ca <https://villageofhope.ca/>
1100 Back Tracy Rd, Upper Tracy, NB

Ridgewood Addiction Services **506-674-4300**
This is a Public rehab that specializes in the treatment of mental health, substance, drug and alcohol abuse. 12 Beds
Detoxification – In-patient treatment for the withdrawal from alcohol and drugs.
Rehabilitation – A 90 day residential recovery experience for individuals who are clean and sober but require a more intensive treatment to support ongoing recovery and positive lifestyle change. 416 Bay St, **Saint John**, NB

Live-in Concurrent Disorder Treatment Services
Age 19 and older **506-789-7055**
This is a highly individualized service designed for individuals who are experiencing concurrent substance use/gambling and mental health issues. The stay may last from 30 to 90 days.
Residential Treatment Program & Detox Program
Addiction Services, 53 Gallant Dr, **Campbellton**, NB

Addiction Family Support Groups

Empowering Families Affected by Substance Use Problems

On-Line Canada
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 \(camhx.ca\)](https://www.camh.ca/en/learning/course-empowering-families-affected-by-substance-use)

Love Another Way

On-Line Canada
This is a workshop that may be of help to some parents or grandparents of addicts. Why the Mom Code is the opposite of what our children need. How to actually set effective boundaries (and why most don't work). The only reason our children will ever seek change. How we should support our children with compassion and love right now.
Link to Register: <https://livewellandfully.com/3-secrets-fb64-2/>

Al-Anon Maritimes Moncton/Riverview, NB
For persons who have a family member or friend with addiction problems.
Moncton area meeting information:
<https://www.al-anonmaritimes.ca/>
Contact: 506-388-7010 Moncton, NB (District 5)
E-mail: dist5maralanon@gmail.com

Videos

How Science and Kindness Help People Change
by Dr Jeffrey Foote Webinar - 52 minutes
<http://smartrecovery.libsyn.com/how-science-and-kindness-help-people-change>

Training on Crystal Meth with Dr Bill MacEwan
This is the video of the presentation given on February 4, 2020 in Fredericton, NB, CN
Link for Part 1: https://youtu.be/qMgDJ3Jfx_4
Link for Part 2: <https://youtu.be/IHbmd-0qjZA>

ADDICTION HELP SERVICES PROGRAMS SUPPORT

Information for Greater Moncton, NB

Updated: October 2023

Addiction Resource Pamphlet

Updates for the printed version can be directly downloaded using the Word Document (symbol/icon) on the **Website link** below:
<https://lobou4.wixsite.com/yourmindyourhealth/home>

Mental Health Resource Pamphlet

Updates for the printed version can be directly downloaded using the Word Document (symbol/icon) on the **Website link** below:
<https://lobou4.wixsite.com/yourmindyourhealth/home>

Directory of Help Resources for Greater Moncton

Updated regularly on the **Website link** below:
<https://lobou4.wixsite.com/yourmindyourhealth/home>

Educational Links

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:
<https://lobou4.wixsite.com/yourmindyourhealth/events>

Note

For electronic update or for any errors, omissions, events, new programs, suggestions, etc, please contact:
Robert Boulter E-mail: rboulter@nb.sympatico.ca
File: Addiction Resource Pamphlet-e11-Oct 2023.docx