

Mental Health Programs

Addiction & Mental Health Services

81 Albert St, Moncton, NB **506-856-2444**
Crisis Worker Mon-Fri 8:30 am- 4:30 pm **506-856-2444**
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

After-Hours Psychiatry Clinic **NEW** 2023

Provides psychiatry services for children/youth and adults. Patients referred to the clinic receive comprehensive psychiatric assessments, diagnoses, treatment plans, medication management and more. It is an appointment-only clinic. Patients must be referred through their family physician or primary care provider.
Hours: 6:00 pm to 9:00 pm Tuesdays and Thursdays
10:00 am to 4:00 pm Every second Saturday
Location: 234 Reade St, Moncton, NB

Canadian Mental Health Association

235 Lutz St, Moncton, NB **506-859-8114**
E-mail: 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.

Other Programs:

Anxiety & Depression Program (12); Bipolar Program (12); Trauma / PTSD Program (8); From Dependency to Recovery (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)

Mental Health - Programs for Families & Friends

Empowering Families Affected by Psychosis

On-Line Canada
This course is for people who have a friend, relative or loved one with psychosis.
By: **camh** - Centre for Addiction and Mental Health
Link: <https://moodle8.camhx.ca/moodle/course/view.php?id=16>

Crisis Help Services

Major Crisis

EMERGENCY Police, Fire, Ambulance 911
RCMP Emergency 1-800-665-6663
Hospital Emergency Moncton Hospital 506-857-5353
135 MacBeath Ave, Moncton, NB
Hospital Emergency Dr Georges Dumont 506-862-4114
330 University Ave, Moncton, NB
Psychiatric Nurse 8 am to 8 pm, 7 days/week

Major Addiction & Mental Health Problems

Addiction & Mental Health Services

Crisis Worker 81 Albert St, Moncton, NB **506-856-2444**
Mon - Fri 8:30 am - 4:30 pm
Psychiatric Treatment, Addiction Counselors, FACT Team

New Brunswick Addiction & Mental Health

Helpline: Toll Free 24/7 **1-866-355-5550**
Includes referral to all Mobile Crisis Units
Mobile Crisis Unit: Moncton 7 days/week 12:00pm-10:00pm

Beausejour Family Crisis Resource Centre

Crisis Team 506-533-9100
Mon – Fri 8:30 am – 4:30 pm
Service area includes greater Moncton

Provides counselling services for: mental illness problems, suicidal thoughts, depression, emotional support, domestic violence/abuse and anger management. <https://healingstartshere.ca/>

Hours: Mon - Fri 8:30 am - 4:30 pm
Location: **Centre Courage Centre**, 66 Calder St, **Shediac**, NB

Crisis Help Phone Lines

Chimo Help Line for New Brunswick

Helpline: Toll Free 24/7 **1-800-667-5005**
Chat: Go to Website: <https://johnhowardfredericton.ca/chimo/>
Daily from 5:00 pm to Midnight AT
Help for: Thoughts of Suicide, Emotional Distress, Anxiety, General Information, Loneliness, Divorce/Separation, Senior Resources, Frustration & Anger

Talk Suicide Canada <https://talksuicide.ca/>

Chat with us Toll Free 24/7 **1-833-456-4566**
Text with us **45645** 4 pm – Midnight 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>
Immediate Crisis Support: Text 'WELLNESS' to **741741**

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

Hours: 4:00 pm – 12:00 am (ET) 7 days/week
Adults (aged 18+) Mental health and substance use support.
Talk with a counselor. By: Wellness Together Canada

Cont'd on next page

Youth Help Services

Atlantic Wellness 506-382-0298

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 - Fri 9:00 am – 5:00 pm
Location: 225 Lutz St, Moncton, NB

Youth Mental Health Clinic 506-382-0298

Free clinic for **youth age 12-21**. Staffed by a counseling therapist, counseling interns and a Human Services Support intern. The sessions are 60 minutes long. Appointments for the week are made by **Call-in only** on **Monday** between 9:00 am-12:00 pm. Sessions offered in-person, through phone call, video chat, or text message. **Sessions:** Mon 3:00 -6:30 pm; Thu 12:00 pm - 4:00 pm
Location: **Atlantic Wellness/Mieux-être Atlantique**
225 Lutz St, Moncton, NB

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

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 506-869-6333

Programs: for **youth age 16-20**
Transitional Housing – For youth ages 16 to 22 who are homeless or potentially homeless access this program to stabilize and change their lives. <https://youthimpact.org/>
Location: 536 Mountain Rd, Moncton, NB

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.
Contact: **Contact by leaving a phone message**
Drop-in Services: Thu 1:30 pm – 3:30 pm
Location: St Georges Anglican Church, 51 Church St,
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

Crisis Help Phone Lines cont'd

Tele-Care NB 24/7 811
Provides access to bilingual intake navigators and registered nurses, who will help you find health information and services, discuss symptoms and recommend whether you should be seen by a provider.

211 New Brunswick 24/7 211
Information on social, community, health and government services
<https://nb.211.ca/search/>

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 24/7 1-855-242-3310
Chat Online 24/7 <https://www.hopeforwellness.ca/>

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

Elsipogtog Crisis Centre **Helpline** 1-855-523-8260
Mon–Fri 9:00 am–11:00 pm; Sat–Sun 4:00 pm–11:00 pm
Elsipogtog, NB www.facebook.com/elsipogtog.crisiscenter

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

LGBT Youth Line 1-800-268-9688

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

Gambling Information Line for NB
Toll Free 24/7 1-800-461-1234

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.

Time: 6:30 – 8:30 pm Meetings 1st Thursday of month

Location: Moncton, NB

Contact: Louise lobou@nb.sympatico.ca or 506-388-5922

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!

Details: Provide in-person meetings upon request.

<https://tcfcanada.net/chapters/new-brunswick/>

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

Drop-in Grief Support Group

By: Hospice Southeast New Brunswick

Details: <https://hospicesenb.ca/> Community Calendar

Time: 6:30 pm – 8:00 pm Meetings 1st Thursday of month

Location: Lions Club, 156 Pleasant St, Moncton, NB

Contact: 506-797-0011 E-Mail: info@hospicesenb.ca

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, 3rd Floor, Room 300A, Moncton, NB

Contact: 506-857-1340

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/>

Hours: 12:30 pm – 2:30 pm Mon – Thu

Location: 295 High St, Moncton, NB

Contact: 506-859-6975 E-mail: ourplace@bellaliant.com

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

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: Tue 3–4 pm English; Thu 10:30–11:30 am French

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

Ergon Inc Life Centre 506-857-0014

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

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

Employment Support Peer-Helpers Program Inc 506-387-7706

Help with employment needs, resume, job search assistance and preparation for workplace integration.

Hours: 9:00 am – 5:00 pm Monday – Thursday

Location: 316-236 St George St, Moncton, NB

EmployAbility NOW 506-854-3499

Help with employment needs, resume, job search assistance and preparation for workplace integration.

Alternative Residences Alternatives (ARA) 506-854-7229

Provides housing and support options for people living with mental illness in the area. <http://www.alternativeresidences.org/>

Location: 1144 Amirault Street, Dieppe, NB

Other Listings

Assessment Unit/Forensic Psychiatry 506-760-4000

Youth Psychiatric Unit (separate unit) Ages 12-18 12 beds

(8 for treatment, 4 for forensic assessments for the courts)

Restigouche Hospital Center, 63 Gallant Drive, **Campbellton**, NB

Centre de Santé Mentale Communautaire

Réseau de Santé Vitalité, 81 Albert St, Moncton 506-862-4144

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.ourvoix-notrevoix.com/>

MENTAL HEALTH HELP SERVICES PROGRAMS SUPPORT

Information for Greater Moncton, NB

Updated: October 2023

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>

Addiction Resource Pamphlet

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Directory of Help Resources Greater Moncton, NB

Updated regularly on the **Website link** below:

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

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>

Note

For any errors, omissions, events, new programs, suggestions, electronic updates, etc, please contact:

Robert Boulter E-mail: rboulter@nb.sympatico.ca

Updated: Yearly or as necessary

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