

## 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](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.

#### **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](http://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](mailto: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](mailto: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](mailto: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](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: 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](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

**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.ourvoice-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

Updates for the printed version can be directly downloaded using the Word Document (symbol/icon) on the **Website link** below:  
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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](mailto:rboulter@nb.sympatico.ca)

**Updated:** Yearly or as necessary  
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