

Helping Tree is designed to inform the public of resources within Fredericton and surrounding areas. If you or someone you care about is experiencing a problem in any of the areas listed follow the

flow chart to find out which resources can be of help. The helping tree highlights some of the resources available in your community- this is not an exhaustive list.

If you are uncertain where to turn, or would like more information on any of these services, call the CHIMO Helpline at 450-4357 or 1-800-667-5005, 24 hrs/day.

Kids Help Phone 1-800-668-6868	Family Enrichment 458-8211	CAGH 458-1803	If abuse under the 16 years of age there is a legal obligation to report to Social Development 453- 3953 After hours 1-888-992-2873		Jobs Unlimited 458-9380
Big Cove Crisis Line 1-506-523-5999	CRMHAA 458-1803	Salvation Army 453-1706			Neil Squire - disability support 450-7999
CHIMO 450-4357 1-800-667-5005	Portage Atlantic - Youth 14 – 21 472-4847	Community Kitchen 457-1788	FCP - Victim Witness 460-2363		YMCA - Extended Absences 462-3036
MFRC 422-3352	Smokers Helpline 1-877-513-5333	Oromocto Food Bank - 357-3461	FCP - Youth at Risk/Mental Health Coordinator Advice & advocacy - 460-2622		Family Enrichment 458-8211
CMHA 455-5231	Gambling Hotline 1-800-461-1234	Fredericton Food Bank - 459-7461	RCMP 1-800-665-6663 Fredericton Police 460-2300		FDCHC 452-5900
Family Enrichment 458-8211	AI-Anon 455-3094 1-888-425-2666	FDCHC 452-6383	Gignoo First Nations Transition House 458-1236 1-800-565-6878		Women's Care Centre 459-5901
Social Development 1-866-444-8838	AA - Alcoholics Anonymous 470-8262	Fredericton Outreach 450-2750	Legal Aid Commission 444-2776	McAdam Funeral Home Group 458-9170	The Access Line -Sexual Health & pregnancy referral 1-888-642-2725
CRMHAA 458-1803	NA - Narcotics Anonymous 1-888-436-2929	Ages 16 – 19 Youth in Transition 451-4767	Family Law NB 1-888-236-2444	Women In Transition 459-2300	Hospital 452-5400
FAMHS 453-2132	Salvation Army 453-1706	GA - Gamblers Anonymous 453-7071	Emergency Shelter Men - 450-1102	Legal Information PLEIS NB 453-5379	AIDS NB 1-800-561-4009
Hospital 452-5400	Credit Counseling of Canada 1-888-753-2227	FAMHS 453-2132	Grace House Women - 450-3001	Liberty Lane 451-2120	Clinic 554 - 1-855-978-5434
Family Doctor				Fredericton legal advice Clinic - 455-1301	Sexual Health Program 453-5379
				FSACC 454-0437	Telecare 811
					Family Doctor Campus Health Centre After Hours Clinics
					PETL 453-2377
					MCAAF 454-8292
					CMHA - "At Work" 455-5231 ext 104
					MCAAF 454-8292
					Early Childhood Initiatives Birth – 5 yrs 453-5200
					MFRC 422-3352
					FRC 474-0252

Mental Health and Suicide	Financial	Addiction: Drugs, Gambling, Smoking, Alcohol	Homelessness	Legal Problems	Violence and Sexual Assault	Grief	Physical	Birth Control, STI, HIV, Pregnancy	Employment	Parental Supports
----------------------------------	------------------	---	---------------------	-----------------------	------------------------------------	--------------	-----------------	---	-------------------	--------------------------

Agency Names	
CHIMO	24 hour provincial helpline
CRMHAA	Capital Region Mental Health & Addictions Assoc.
FAMHS	Fredericton Addictions & Mental Health Services
PLEIS-NB	Public Legal Education & Information Service
MCAF	Multicultural Association of Fredericton
FSACC	Fredericton Sexual Assault Crisis Centre

START HERE

Fredericton Suicide Prevention Committee

Updated: May 2018

Agency Names	
CAGH	Community Action Group on Homelessness
FDCHC	Fredericton Downtown Community Health Centre
CMHA	Canadian Mental Health Association
MFRC	Military Family Resource Centre
FRC	Family Resource Centre
FCP	Fredericton City Police