

# Get connected with child & youth addiction and mental health resources

## Call Horizon's Addiction and Mental Health team in your area:

- **Fredericton Area:** 506-453-2132
- **Saint John Area:** 506-658-3737
- **Miramichi Area:** 506-778-6111
- **Charlotte County:** 506-466-7380
- **Moncton Area:** 506-856-2922
- **Sussex:** 506-432-2217
- **Upper River Valley Area**
- **Perth-Andover:** 506-273-4701
- **Woodstock:** 506-325-4419

## Contact your local Mobile Crisis Unit

Phone numbers and details are available here: →



## Call the toll-free 24/7 helpline

1-866-355-5550 to access a “care coach”

## In an emergency situation

a child/parent can:

- Call 9-1-1 or come to the local Emergency Department for an assessment
- Call the toll-free, 24/7 national 9-8-8 Suicide Crisis Helpline

## At school

Talk with your teacher or school counsellor, or visit Horizon's website for more contact info: →



## Other child & youth-friendly resources

- ◆ Bridge the gApp Youth  
[nb.bridgethegapp.ca/youth](http://nb.bridgethegapp.ca/youth)
- ◆ Canadian Mental Health Association (CMHA) New Brunswick  
[cmhanb.ca](http://cmhanb.ca)
- ◆ The John Howard Society of Fredericton  
[johnhowardfredericton.ca](http://johnhowardfredericton.ca)
- ◆ Portage Atlantic  
[portage.ca/en/atlantic](http://portage.ca/en/atlantic)
- ◆ Social Supports NB  
[socialsupportsnb.ca/en/families-and-youth](http://socialsupportsnb.ca/en/families-and-youth)

**It's always okay to ask for help, and to accept it when it is offered to you.**