

ASDN Mental Health and Wellness Supports

Students	Families	Staff
<p style="text-align: center;">Tele-Guidance Counselling</p> <ul style="list-style-type: none"> • Campbellton/Dalhousie/Bathurst Areas: 506-522-8167 • Miramichi/Rexton Areas: <ol style="list-style-type: none"> 1. Grades K-8 506-626-3257 2. Grades 9-12 506-626-0120 	<p style="text-align: center;">Tele-Guidance Counselling</p> <ul style="list-style-type: none"> • Campbellton/Dalhousie/Bathurst Areas: 506-522-8167 • Miramichi/Rexton Areas: <ol style="list-style-type: none"> 1. Grades K-8 506-626-3257 2. Grades 9-12 506-626-0120 	
<p style="text-align: center;">Kids Help Phone</p> <p style="text-align: center;">Confidential Telephone, Texting and Online Counselling Services (Available 24 / 7)</p> <ul style="list-style-type: none"> • 1-800-668-6868 • text CONNECT to 686868 • kidshelpphone.ca <p style="text-align: center;">Chimo Helpline</p> <ul style="list-style-type: none"> • 1-800-667-500 • Live Chat from 5pm – 12am at chimohelpline.ca 	<p style="text-align: center;">Child and Youth Team</p> <p>Self-Referrals – Contact the team in your area:</p> <ul style="list-style-type: none"> • Campbellton: 789-2440 • Bathurst: 547-2038 • Miramichi: 778-6111 • Rexton: 876-3570 	<p style="text-align: center;">Child and Youth Team</p> <p>School Referrals - As per regular process</p>
<p style="text-align: center;">Mobile Crisis Unit</p> <p>Campbellton 789-8088 Monday – Friday 8am- 8pm Saturday, Sunday & Holidays 12pm-8pm</p> <p>Bathurst 547-2110 Monday-Friday: 4:30pm-8pm Saturday, Sunday & Holidays: 12pm-8pm</p> <p>Miramichi 623-3333 Monday – Friday 12pm- 8pm Saturday, Sunday & Holidays 12pm-8pm</p>	<p style="text-align: center;">Mobile Crisis Unit</p> <p>Campbellton 789-8088 Monday – Friday 8am- 8pm Saturday, Sunday & Holidays 12pm-8pm</p> <p>Bathurst 547-2110 Monday-Friday: 4:30pm-8pm Saturday, Sunday & Holidays: 12pm-8pm</p> <p>Miramichi 623-3333 Monday – Friday 12pm- 8pm Saturday, Sunday & Holidays 12pm-8pm</p>	<p style="text-align: center;">NBTA Wellness & Counselling Program</p> <p>NBTA Counsellor Lisa Calhoun Phone: 855-5243 Toll Free: 1-888-763-5050 Lisa.calhoun@teacherwellness.ca</p> <p>Support Staff ASDN Mental Health Mentor John Fletcher john.fletcher@nbed.nb.ca</p> <p>inConfidence (Employee Family Assistance Program) www.myinconfidence.ca 1-866-721-1738</p>

