

Saint John and New Brunswick Support Resources

If you are experiencing distress or need support, help is available.

In Crisis Now?

Call immediately if you or someone else is in danger

Call **911** OR Call or text: **988** (Suicide Crisis Helpline)

Immediate and Short-term support

- **Addiction and Mental Health Helpline (New Brunswick)**
24/7, bilingual mental health and addictions support
Phone: 1-866-355-5550
- **Mobile Crisis Response – Saint John Area**
Crisis team of mental health professionals
Phone: 1-888-811-3664
Website: www.horizonnb.ca/services/addictions-mental-health/adult-services/mobile-crisis-unit/
- **Sexual Violence New Brunswick – Support Line**
Confidential support for anyone impacted by sexual violence
Phone: 506-454-0437 (8 p.m. – 4 a.m.)
Website: www.svnb.ca

Local and Specialized support

- **Community Mental Health Centre – Saint John**
55 Union St., 3rd Floor, Saint John, NB
Phone : 506-658-3737
Website: www.gnb.ca/en/topic/health-wellness/mental-health/mental-centres.html
- **Hope for Wellness Helpline (Indigenous and First Nations Peoples)**
24/7 Counselling
Phone: 1-855-242-3310
Website: www.hopeforwellness.ca
- **Access mental health services in New Brunswick**
through a family physician or by self-referring to a local mental health centre.
Website: www.cmhanb.ca/getting-help/

Everyone reacts differently to stress and trauma. Reaching out is a sign of strength. Support is available - please connect with the resources that feel right for you.