**Crisis Help Lines**

****

**Chimo is a provincial crisis phone line, accessible 24 hours a day, 365 days a year to all residents of New Brunswick.  
  
Our mission is to serve our community by providing a competent level of crisis intervention, referrals and vital information in a caring, confidential manner.  
​  
We can help you by providing a listening ear, helpful information, crisis intervention and referrals to resources in the province of N.B.**

|  |  |
| --- | --- |
| **Did you know? Chimo is an Inuit word that means friendship.​ ​ ​We are:**   * **Toll Free Telephone Number** * **Confidential** * **Non-Judgmental** * **Supportive** * **Bilingual** | **We are committed to helping with any issue:**   * **Thoughts of Suicide** * **Emotional Distress** * **Anxiety** * **General Information/resources** * **Loneliness** * **Relationships** * **Depression** * **Mental Health** |

**Contact Information** – **1-800-667-5005** (toll free)

**1-506-450-4357** (crisis line)

Live Chat from 5pm – 12am at **chimohelpline.ca**



Kids Help Phone is Canada’s only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

Whether by phone, text, mobile app or through our website, you can connect with us whenever you want, however you want.

Our service is completely confidential — you don’t even have to tell us your name if you don’t want to.

**Need help now?**

**Call Us** - **You can reach a Kids Help Phone counsellor 24/7 at** [**1-800-668-6868**](about:blank)**.**

**Text Us - Text CONNECT to**[**686868**](about:blank)

**Regional Child and Youth Teams**

|  |  |  |
| --- | --- | --- |
| **Campbellton - 789-2440**  **Bathurst – 547-2038**  **Miramichi - 778-6111**  **Rexton – 876-3570**   |  | | --- | |  | |  |

**Regional Mobile Crisis Units**

**Campbellton**

**789-8088**

**Monday – Friday 8am- 8pm**

**Saturday, Sunday & Holidays 12pm-8pm**

**Bathurst  
547-2110  
Monday-Friday: 4:30pm-8pm  
Saturday, Sunday & Holidays: 12pm-8pm**

**Miramichi**

**623-3333**

**Monday – Friday 12pm- 8pm**

**Saturday, Sunday & Holidays 12pm-8pm**

**Social Development:**

**Intake line in your area if you have safety concerns about a student.**

**Moncton - 1-866-426-5191**

**Restigouche - 1-866-441-4245**

**Chaleur - 1-866-441-4341**

**Miramichi - 1-866-441-4246**