

# Community Resources

TANTRAMAR REGION

SUMMER 2020



(506) 536-7475 | [daybreaksackville@gmail.com](mailto:daybreaksackville@gmail.com)

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## GUIDE TO MENTAL HEALTH SERVICES FOR ADULTS IN TANTRAMAR

### **You can use this booklet to map your personal journey to better mental health.**

At Daybreak, we believe that you cannot have good mental health without meeting basic needs like food, clothing and shelter. That is why this booklet includes not only services on the mental health continuum, but also other community and social services that help people meet their basic needs.

This booklet was funded by the New Brunswick Mental Health Consumer Network- Sackville Branch in partnership with the Daybreak Activity Centre. We work to educate about mental health issues and reduce stigma. If you have a topic you are interested in related to mental health, let us know and we can arrange a talk or workshop.

Volunteers are always welcome!

*Good mental health feels good and helps you make better decisions.*

Services listed are those known in or near the Tantramar Region. A listing in this booklet is not an endorsement, but a guide to enable you to make the best possible decisions for you.



## Are you in crisis?

Any event can be a crisis if it affects our ability to make sense out of what is happening.  
A crisis is a turning point.

### Emergency

911

### Mobile Mental Health Crisis Team (12 PM – 10 PM) 1-866-771-7760

A group of mental health social workers who provide timely response to people experiencing mental health crises. They provide assessment and intervention.

### CHIMO HelpLine (24/7)

1-800-667-5005

CHIMO is a provincial toll-free crisis line that is available 24/7 every day of the year. They have information, crisis intervention, resources, and help with issues including: suicidal thoughts, emotional distress, employment, accommodations, general information, loneliness, separation/divorce, senior resource.

### Kids Help Line (For Parents Too!) (24/7) Ages 5-25

1-800-668-6868

Kids Help Phone is a Canadian toll-free, 24-hour, bilingual, and anonymous phone counselling, web counselling, and referral service for children and youth. They serve individuals age 20 and under.

### First Nation and Inuit Hope for Wellness Helpline

1 (855) 242-3310 (toll-free and open 24 hours a day, 7 days a week.

If you're experiencing emotional distress and want to talk.

### Crisis Services Canada (Suicide Prevention & Support)

1-883-456-4566 (24/7) OR TEXT 45645 (4pm-12am)

**Telecare – 811** Call Telecare if you aren't sure whether you are in crisis.

## You should seek help when...

- patterns of behaviors that disrupt usual activities of daily living such as extreme trouble with eating, sleeping, hygiene, and general self-care
- acute symptoms like hallucinations or delusions.
- fear of dying or losing control.
- ideas or thoughts are becoming a plan for suicide or for harming someone else.
- using drugs or alcohol to get through something.
- missing important appointments (doctor, counsellor, psychologist, etc.)
- missing school, work, church, other regular things you “always” do

This year, at least 1 in 4 people in Tantramar will experience a mental health problem serious enough to need professional help.



## Medical

### **Sackville Memorial Hospital**

(506)-364-4100

### **Cumberland Regional (Amherst Hospital)**

(902)-667-3361

### **George L. Dumont Hospital**

(506)-862-4114

### **Moncton City Hospital**

(506)-857-5111

You have the right to have someone with you at the hospital at all times.  
You have to give permission for any treatment or care.

Horizon NB: [HTTP://HORIZONNB.CA](http://HORIZONNB.CA)

Your family doctor or general practitioner can help, including by giving you a referral to a qualified mental health care professional.

### Walk-In Clinics

#### **After Hours Clinic - Amherst, NS**

158 Robert Angus Dr.

(Pharmasave Building)

Call: (902)-667-1923 after 9 a.m.

These conditions cannot be seen at this after hours clinic: dizziness, vomiting, diarrhea, or abdominal pain. No prescriptions or refills for narcotics, ativan, clonazepam, or valium.

#### **After Hours Medical Clinic - Moncton, NB**

1633 Mountain Rd. (Lounsbury Centre)

Monday to Friday, 12 pm-3 pm; 6 pm-9 pm

Weekends and holidays, 12 pm-3 pm; 6 pm-9 pm

Call (506) 854-2273 up to one hour before opening to book a same-day appointment.

#### **After Hours Clinic - Sackville, NB**

2 Main St. (Next to Sackville Memorial Hospital)

Dr. Veilleux

Wednesdays from 1-3 PM by appointment,

You must call on Wednesday mornings after 11:00 AM @ (506) 536-0210

One issue ONLY per appointment will be addressed.

#### **CMHA Walk-In Mental Health Services, Moncton, NB 18+**

You must call on Tuesdays between 2:30-4pm to schedule an appointment.

(506) 859-8114

<https://cmhanb.ca/walk-in-mental-health-clinic-in-moncton/>



## Counselling

Counselling is not just an opportunity to vent  
-- it's a process where the client needs to be a full participant in their recovery.

### **Horizon Community Mental Health Centre-SACKVILLE**

(Call here to be referred to the public Mental  
Health clinic at the Sackville Memorial Hospital)  
(506) 856-2444

### **Addiction Services (Detox)-MONCTON**

125 Mapleton Road, Moncton  
(506) 856-2333

### **Addiction Services-AMHERST**

30 Prince Arthur Street, Amherst  
(902) 667-7094

### **Maritime Psychology Clinic-MONCTON**

353 George Street Suite 200, Moncton  
(506) 855-5515

### **Coverdale Counselling & Consulting**

Kerri Gaskin (from Riverview, NB)  
(506) 906-8216  
Video/Skype Online Counselling

### **Carolyn Westin-SACKVILLE**

Hopewell Centre, 102 Crossman Road, Sackville  
(506) 333-0036

### **SAGE Solutions Inc.- MONCTON**

70 Rue King Street, Moncton  
<http://www.sageforyou.com/>  
(506) 857-3258  
Child, Youth, Adult and Family Counselling  
Psychological Services & Assessments  
Family Mediation  
Alternative Health Services  
Group Programs

### **Touchstone Counselling-SACKVILLE**

1 West Avenue, entrance on York St.  
Jeff: Tuesdays and every other Friday 8:00 am –  
3:00 pm  
Kim: every other Thursday 9:30 am – 4:15 pm  
Phone: (506) 857-3007

### **CMHA Mental Health Walk-In Clinic- MONCTON**

22 Church St. Suite T370 (Moncton)  
You must call on Tuesdays between 2:30-4pm to  
schedule an appointment.  
(506) 859-8114

\*we should see what counselling is available in  
Amherst

**Mental Health is not a destination. Mental health is an ongoing journey.**





## Psychological Assessments

Do you need a diagnosis?

### Maritime Psychology Clinic- MONCTON

353 St. George Street Suite 200

<https://www.maritimepsychologyclinic.ca/services>

506-855-5515

### Clinique de psychologie/Clinic of Applied Psychology

661 Mountain Road

<https://www.cpamoncton.ca/en/>

(506) 858-9180

### SAGE Solutions Inc.- MONCTON

70 Rue King Street, Moncton

<http://www.sageforyou.com/>

(506) 857-3258

## Support Groups

### Alcoholics Anonymous Sackville, NB

Sackville New Beginnings Group

(Mondays & Thursdays @ 7pm)

United Church (old town hall)

(506) 381-0583

### Narcotics Anonymous (New Brunswick)

407 Westmorland Road, Saint John

1-888-436-2929

### WCA Eating Disorders Program (Moncton)

135 Kendra Street, Moncton

(506) 855-4349

### Dementia Caregiver Support Group

Monthly Meetings

Contact Odette Gould [ogould@mta.ca](mailto:ogould@mta.ca)

### Tantramar Hospice Palliative Care Organization

<http://www.thpco.ca>

[info@thpco.ca](mailto:info@thpco.ca)

### Canadian Mental Health Association

Advocacy, resources and education about mental health.

(506) 859-8114

### Grief Bereavement Peer Support Group, Sackville, NB

(506) 536-1064 or (506) 536-0824

Email: [awhicks@bellaliant.net](mailto:awhicks@bellaliant.net) or

[lread@eastlink.ca](mailto:lread@eastlink.ca)

### Gamblers Anonymous

(506) 387-4067



**Salvus Clinic Moncton, NB (great trans\* support) PFLAG Sackville, NB**

(506) 384-7283

sackvillenb@pflagcanada.ca

Peer to peer support for those struggling with their sexual orientation, gender identity and gender expression

**UBU Atlantic- Transgender Action Community  
Amherst, NS**<http://ubuatlantic.com>  
michelle@ubuatlantic.comMeetings held on 1st Thurs. of every month,  
starting Sept. 5th 2019**Daybreak Activity Centre**62 Main Street, Sackville  
(506)-536-7475

The goal of activity centres in New Brunswick is to help people become more independent of formal mental health services through peer support and education. Trained self-care group facilitators can help start new groups.

**Open-Sky Cooperative**12 Folkins Drive, Sackville  
(506)-536-4565Offers residential care and farm-based programs.  
Mental Health First Aid courses available.



## New Brunswick Mental Health Consumer Network -Sackville Branch



The NB Mental Health Consumer Network is the voice of people with lived experience of mental illness in New Brunswick.

- Educates and develops public awareness and understanding of mental illness, mental health issues and stigma.
- Works with other organizations to improve mental health care and services.
- Promotes self-help and empowerment.
- Provides a communication network among people living with mental illness
- Annual speaker and workshop series (see posters and advertising at – [daybreaksackvillenb.com](http://daybreaksackvillenb.com) under Events & Education.)

NBMHCN Website: <http://nbmhcnc.ca/>

Local Committee Contact: (506) 536-7475

“I have had dreams and I have had nightmares.  
I overcame the nightmares because of my dreams.” - Jonas Salk

“We are here for you!” -NBMHCN motto



## Online Resources

### **Anxiety Disorders Association of Canada**

<http://www.anxietycanada.ca/>

### **Canadian Mental Health Association**

[www.cmha.ca](http://www.cmha.ca)

### **Centre for Addiction and Mental Health**

(includes an A-Z listing of information about mental health and addictions)

<http://www.camh.ca/en/education/about/camhpublications>

### **Daybreak Activity Centre**

[www.daybreakcentre.ca](http://www.daybreakcentre.ca)

### **Healthy Place**

Learn more about mental health disorders and treatments, and find support in an online community of forums and blogs.

[www.healthyplace.com](http://www.healthyplace.com)

### **Mental Health Commission of Canada**

[www.mentalhealthcommission.ca/](http://www.mentalhealthcommission.ca/)

### **Mental Health Helpline Online**

<http://www.mentalhealthhelpline.ca>

### **Mood Disorders Society of Canada**

[www.mooddisorderscanada.ca/](http://www.mooddisorderscanada.ca/)

### **Programs and Services for Seniors**

<https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>

### **Recovery Library**

[www.recoverylibrary.com](http://www.recoverylibrary.com)

### **Schizophrenia Society of Canada**

[www.schizophrenia.ca/](http://www.schizophrenia.ca/)



## Nutrition

Access to the basic needs of life is necessary to the development of mental health.

### **Sackville Food Bank**

9-B Willow Lane  
Sackville, NB E4L 4P4  
Wed: 9:30am-11:30am

susanbour@eastlink.ca  
(506)-536-4164

When you visit a food bank, you will be asked for information about your income, your address and your expenditures. It is important to bring the following:

Identification for all family members  
Proof of your current address

This information is asked the first time you visit the food bank. You will not be required to bring it at each visit but we recommend that you bring a piece of identification each time

### **Meals & More**

62 Main St.  
Sackville, NB  
meals@mealsandmore.ca  
(506)-536-8102

*Meals and More* makes mealtime easy. If you live alone, are tired of cooking, or have challenges preparing meals, we can help. *Meals and More* offers a wide variety of tasty, nutritious meals, soups, and desserts.

Susan (Registered Dietitian & Certified Food Executive) and her team provide a unique service, delivering meals to homes in Moncton, Riverview, Dieppe, Memramcook (St. Joseph), Dorchester, Sackville, Shediac, Lakeville, and Amherst, Nova Scotia. Customers order according to their needs. Some customers order weekly, while others order occasionally.

The mind and body are not separate. What affects one, affects the other.



## Housing

### **NB Housing (Regional Sub-Office)**

777 Main Street Moncton

1-866-426-5191

Rent Supplement Assistance Program. Call to Apply 1-866-426-5191

Provides assistance to households in need so that they may obtain affordable, adequate and suitable rental accommodation by subsidizing rents in eligible rental dwellings.

To be eligible for assistance a household must first be in at least one of the following situations:

- occupy a crowded or inadequate dwelling and currently pay less than 30% of their income for shelter, but basic shelter costs for an adequate and suitable dwelling available in Sackville would consume 30% or more of their income.
- pay 30% or more of their income for shelter and an adequate and suitable dwelling available in their market area would consume 30% or more of their income.
- have a need for special purpose accommodation.

In addition, where the household does not have a special purpose housing need, the total household income must be at or below the Housing Income Limit which vary by household size and area of the province.

### **Special Care Homes and Supported Living**

1-866-426-5191

Social Development establishes eligibility for Special Care Homes and Nursing Homes in New Brunswick through the Single Entry Point (S.E.P.) Program.

Are you renting? Do you want to rent? You have rights! So do your landlords!

Residential Tenancies Tribunal [http://www.snb.ca/RTT-TLL/E/RTT-TLL\\_E.asp](http://www.snb.ca/RTT-TLL/E/RTT-TLL_E.asp)

Housing is the central place from which we build our lives.

-NB Housing



## Emergency Shelter

### **Harvest House**

182 High Street, Moncton  
(506)-388-4357

Emergency shelter for women and men.

### **House of Nazareth**

14 Clark Street, Moncton  
(506)-858-5702

Emergency overnight shelter for men.

### **Autumn House (Amherst)**

[www.thans.ca/findashelter/autumnhouse](http://www.thans.ca/findashelter/autumnhouse)  
(902)-667-1200

Transition house for women and support for men who abuse

### **Crossroads for Women**

<http://www.crossroadsforwomen.ca/>  
(506)-853-0811 (available 24/7)

Sheltering women and their children living with family violence.

### **Sackville Community Association**

Main St. Baptist Church Office  
7 Union St., Sackville  
Mon-Fri 9:00am-4:30pm

Heat & Utilities Subsidy (form available at the church office).

Individuals with serious mental illness often identify housing as the most important factor in achieving and maintaining their mental health.



## Employment

### **Sackville Service Canada Centre**

East Main Plaza, 170 Main Street, Sackville NB

1-800-622-6232

<http://www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?rc=1619&lang=eng>

Job boards, information, employment, insurance, computer access

### **(EI) Employment Insurance Telephone Information Service**

1-800-206-7218

An automated telephone service that provides recorded general information on the Employment Insurance program. It is available 24 hours a day, seven days a week.

### **Employment Development Office, Sackville NB**

(506) 869-6944

A resource to help you search for permanent employment, starting with an employment action plan. Based on your interests, skills and hopes for the future, their staff will help you define career goals and assist in making a plan to achieve them.

### **Post-Secondary Education, Training and Labour**

170 Main Street, Unit C-1 Sackville, NB E4L 4B4

Telephone (506) 869-6944

Fax (506) 364-4304

The Department of Post-Secondary Education, Training and Labour (PETL) assists New Brunswick citizens with their employment goals. Our staff can help you search for permanent employment, starting with an employment action plan. Based on your interests, skills and hopes for the future, our staff will help you define career goals and assist in making a plan to achieve them.

### **Employment Support Peer-Helpers Program Inc.**

97 Cameron Street, Moncton

(506)-387-7706

<http://www.employment-support.com/>

Resume building, Job search assistance, Employment counselling, Coaching, In-house workshops, etc.

### **N.B. Association for Supported Services and Employment (NBASSE)- Ergon Inc.**

Cory Thibodeau (Executive Director)

(506) 857-0014

[ergoninc@rogers.com](mailto:ergoninc@rogers.com)



NBASSE is an association of member agencies providing activity-based day services and employment supports to persons with intellectual disabilities. All member agencies provide these services following the "ADAPT" standards outlined by the provincial Department of Social Development.

## Financial

### How to get on social assistance?

Financial assistance is given to people who have no other income to meet their basic needs of food, clothing and shelter. By law social assistance is the payer of last resort. This means that all other income must be considered when determining how many dollars will be provided.

General Information (866) 426-5191

Mon. to Fri.: 8:30 am - 4:30 pm

Toll Free: 1-866-426-5191

Reception: (866) 426-5191

Mon. to Fri.: 8:30 am - 4:30 pm

### Income taxes

If you need help doing your income tax and benefit return, have a modest income and a simple tax situation you may be able to get help through NB's Get Your Piece of the #MoneyPie free tax preparation clinics offered in partnership with the Community Volunteer Income Tax Program #CVITP. Once you've filed your taxes, you may be eligible to receive benefits or credits.

Sackville Tax Preparation Clinic

Contact:

Dale Creelman (506) 536-0583

dale.creelman@gmail.com

Royal Canadian Legion Branch 26 - Sackville

15 Lorne St. Sackville NB E4L 3Z6

### DO YOU HAVE UNSOLVABLE DEBT?

Book a free, no obligation debt consultation with a Licensed Insolvency Trustee in Moncton, New Brunswick. Learn about all your options including bankruptcy, consumer proposals, debt restructuring, and other debt help options. Service available in both English & French.

Grant Thornton

Office Location:

1405 Mountain Road, Unit A1





Moncton, NB, E1C 2T9  
 Toll-Free: 1 (888) 455-6060  
 Tel: (506) 382-2655

<https://www.freshstartatlantic.com/>  
 Office Hours:  
 Monday-Friday - 8:30am-5:00pm

## DEBT, BANKRUPTCY, INSOLVENCY

### Bankruptcy Moncton

Allan Marshall & Associates Inc.  
 500 St. George Street, Suite 101  
 Moncton, NB

Telephone: 1 (506) 384-7850 1 (888) 371-8900

*Consumer Proposals and Bankruptcy in Moncton, New Brunswick*

*Solve Your Financial Problems in 3 Steps*

## How We Can Help.

**To get out of debt, take the following 3 STEPS:**



**STEP 1:**  
Call 1-888-371-8900  
to schedule a  
**FREE** confidential  
consultation.



**STEP 2:**  
Learn your options  
and have your  
questions  
answered.



**STEP 3:**  
Decide which  
option is best for  
you and become  
debt free.

**Call 1-888-371-8900 at any time to discuss your situation.**

Powell Associates Ltd 506-804-3708

3 32 Alma St, Moncton, NB E1C 4Y1

Practical Advice & Realistic Options for Personal Financial Difficulties. FREE CONSULTATION in Person or by Telephone. Debt Settlement, Bankruptcy, Consumer Proposals, Proposals, Creditor Protection.

BDO Canada Limited 1-800-337-5764

15 Princess Street, Amherst, NS B4H 1W5



Licensed Insolvency Trustees, Credit & Debt Counselling



## Education

### **Mount Allison University**

Wallace McCain Student Centre (2<sup>nd</sup> floor) 62 York Street, Sackville  
(506)-364-2269

Mount Allison University is a primarily undergraduate liberal arts and science university.

### **Tantramar Adult Learning Centre**

182 Main Street, Sackville  
(506)-536-2204

Provides literacy, upgrading, and GED

### **Tantramar Family Resource Centre**

131 Main Street, Sackville  
(506)-939-2150

Provides education programs (like Kids Have Stress Too!), literacies, and other resources to individuals and families living in Tantramar.

### **Tantramar Seniors College**

<http://tantramarseniorscollege.ca/>  
tsccordinator@gmail.com  
(506)-364-2780

The mission of the college is to further the intellectual and cultural interests of its members in an enjoyable learning atmosphere. Any senior 50 or over can take courses. Previous university or college experience is not needed.

The college works on a membership basis. The annual fee to be a member is \$120.00 and runs for three consecutive terms. This is the only fee regardless of how many courses a member takes (there may be some costs for supplies in some courses).

Learning builds a better future!

