



# Mental Health during COVID-19

**It is natural to feel stress, anxiety, grief, and worry during and after a stressful situation.**

Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Self-care during a stressful situation will help your long-term healing. Taking care of your emotional health will help you think clearly and protect yourself and your loved ones.

## Community Mental Health Centres by Region

Bathurst	(506) 547-2110
Campbellton	(506) 789-2440
Caraquet	(506) 726-2030
Edmundston	(506) 735-2070
Fredericton	(506) 453-2132
Grand Falls	(506) 475-2440
Grand Manan	(506) 662-7023
Kedgwick	(506) 284-3431
Miramichi	(506) 778-6111
Moncton	(506) 856-2444
Perth-Andover	(506) 273-4701
Richibucto	(506) 523-7620
Sackville	(506) 856-2444
Saint John	(506) 658-3737
Shediac	(506) 533-3354
Shippagan	(506) 336-3367
St. Stephen	(506) 466-7380
St. George	(506) 755-4044
Sussex	(506) 432-2090
Woodstock	(506) 325-4419
Tracadie Sheila	(506) 394-3760

## Addictions Services by Region

Bathurst	(506) 547-2086
Campbellton	(506) 789-7055
Edmundston	(506) 735-2092
Fredericton	(506) 453-2132
Miramichi	(506) 778-6111
Moncton	(506) 856-2333
Saint John	(506) 674-4300
Tracadie Sheila	(506) 394-3615

**Reaching out for help is not a sign of weakness; it is a sign of strength.**

**CHIMO Helpline - Help is just a phone call away: 1-800-667-5005**

**Hope for Wellness Helpline – The Hope for Wellness Helpline offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada: 1-855-242-3310**

**Kids Help Phone - Text TALK to 686868 or call 1-800-668-6868 to chat with a volunteer Crisis Responder 24/7.**