

Bedford/Sackville Area Helping Tree

This tool was designed by the Bedford/Sackville Community Mental Health team to assist service providers and inform residents of the many helping resources available. If you or someone you care about is experiencing a problem in any of the areas listed, follow the arrows on the flow chart to find resources that may help.

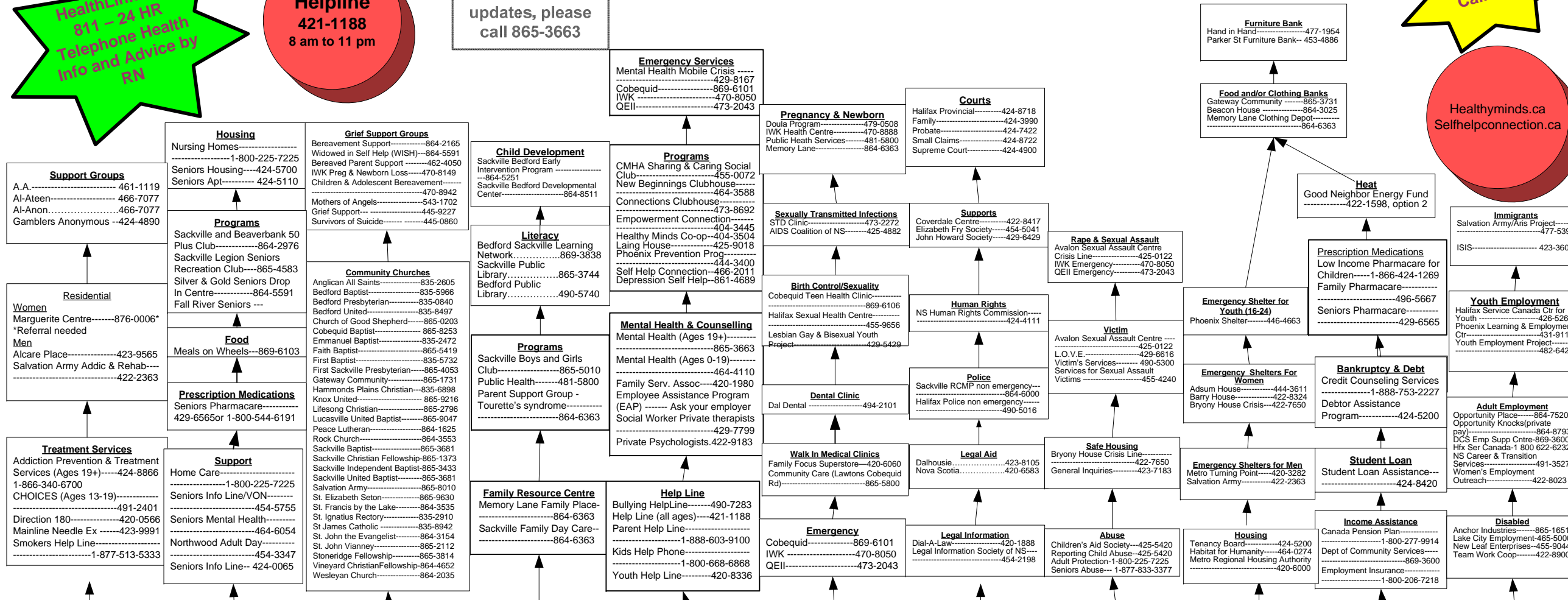
HealthLink Call
811 - 24 HR
Telephone Health
Info and Advice by
RN

Helpline
421-1188
8 am to 11 pm

For revisions and
updates, please
call 865-3663

**Emergency
Call 911**

Healthyminds.ca
Selfhelpconnection.ca



- ADDICTION TO ALCOHOL, OTHER DRUGS, TOBACCO, GAMBLING**
- SENIORS**
- GRIEF**
- HELP FOR FAMILIES**
- MENTAL HEALTH, SUICIDE, COUNSELLING**
- SEXUAL AND PHYSICAL HEALTH**
- LEGAL PROBLEMS**
- VIOLENCE & SEXUAL ASSAULT**
- HOMELESSNESS / HOUSING**
- FINANCIAL**
- EMPLOYMENT AND/OR CAREER**

The Sackville Area Helping Tree was adapted from the Spryfield Area Helping Tree. It is for
revised November 2012

Legend
DCS-Dept. of Community Services
Supp. - Support

YOU START HERE