

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



## Bridge the gapp

Bridge the gapp is here to help during this time of heightened stress and uncertainty.

This website can connect you to services and resources to support your mental health and wellness.

Bridge the gapp acts as an online home where users can browse mental health and substance use resources and information and select what best meets their needs.

Individuals can sign-up for online programming procured by their province or territory, connect with local clinicians and peer supports, use engaging tools, find services in their region, and share personal stories of recovery and hope with others, anytime, anywhere. It's a convenient and confidential way for individuals aged 13+ to find services and supports in their region.



## Mindwell

Take the mindfulness challenge! The Department of Health is pleased to announce a new partnership with MindWell. This free, bilingual website offers a collection of resources dedicated to teaching New Brunswickers about mindfulness in action.

Every Tuesday, beginning on April 28, 2020, New Brunswickers will have the opportunity to sign up for the 30-Day Mindfulness Challenge. The program is evidence-based and shown to lower stress, increase resilience, and improve well-being. Plus, the challenges only take 5 to 10 minutes a day!

The Mini MindWell Challenge is a shorter, slimmed down version of the full Challenge. It can be a great first step for newcomers or the perfect refresher for someone who has already taken the full Challenge.



## Bounce Back

BounceBack is a free, guided self-help program that's effective in helping people aged 19 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry. Participants receive telephone coaching, skill-building workbooks and online videos to help them overcome these symptoms and gain new skills to regain positive mental health.

To receive telephone coaching support, clients must either be referred by their primary care provider (family doctor, nurse practitioner) or psychiatrist, or they may self-refer as long as they're connected with a primary care provider. For those who are not quite ready for coaching, our online videos can provide helpful tips.

BounceBack is not a crisis service, psychotherapy or counselling, but a life-skills program that participants work with to develop coping techniques so they can overcome challenges now or in the future. Typically, participants take three to six months to complete the program.



WELLNESS TOGETHER

**Canada**

## Wellness Together Canada

Wellness Together Canada was funded by the Government of Canada in response to the unprecedented rise in mental distress due to the COVID-19 pandemic.

People are being challenged like never before due to isolation, physical health concerns, substance use concerns, financial and employment uncertainty, and the emotional dialogue around racial equality. We're all going through this together, and we believe that mental health is a journey, not a destination.

Each day, we can take a step for our own wellbeing. Wellness Together Canada is here to support everybody on that journey.

We all have different needs. Wellness Together Canada allows you to choose from a variety of resources to motivate and support your wellness journey.

