

SAINT JOHN COMMUNITY RESOURCES

Addiction/Mental Wellness

- Area 81 A.A. (506) 650-3114
- Avenue B Harm Reduction (506) 652-2437
- CHIMO (Crisis Line) 1 (800) 667-5005
- Gignoo Transition House Crisis Line (First Nations women) 1 (800) 565-6878
- PEER SJ (Ages 16-25) (506) 658-5374
- Portage (Ages 14-21) (506) 839-1200
- Sophia Recovery Centre (506) 633-8783

Community Social Connection

- Alzheimer's Society Saint John (506) 634-8722
- Autism Intervention Services Saint John (506) 642-6045
- CNIB Saint John (Vision loss) (506) 634-7277
- Code Red (Feminine Products) coderedsj@gmail.com
- Heart and Stroke Foundation Saint John (506) 634-1620
- MADD Saint John & Area (506) 672-6188
- Maddy Murphy Memorial Fund maddymurphymemorialfund@gmail.com
- NB COPES Child and Family Grief Centre (506) 653-8996
- PFLAG Canada Saint John 1-888-530-6777 (ext. 576)
- Saint John Newcomers Centre (506) 642-4242
- Saint John Pride (506)-333-2224
- Saint John Suicide Prevention sjsuicideprevention@gmail.com
- Saint John Women's Empowerment Network (506) 642-9033
- Sweet Caroline Foundation sweetcarolinefoundation@gmail.com
- Transgender Support & Action Group info@ubuatlantic.com

Addressing community mental health needs requires a multidimensional approach.

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Food

- East Food Bank (506) 633-8298
- Hope Cafe (Salvation Army) (506) 634-1633
- North End Food Association (506) 634-7403
- Romero House (Soup Kitchen) (506) 642-7447
- Saint John Community Food Basket (506) 652-2707
- West Side Food Bank (506) 635-1060

Shelter/Transitional Housing/Support

- Coverdale Centre for Women (506) 634-1649
- Elizabeth Fry Society Saint John (506) 635-8851
- First Steps (Pregnant women/mothers ages 16-29) (506) 693-2229
- Fresh Start Services for Women (506) 638-1409
- Hestia House (Domestic violence) (506) 634-7571
 - 24-hour Distress Line (506) 634-7570
 - Text Only Option (506) 566-6667
- Housing Alternatives (506) 632-9393
- Human Development Council (506) 634-1673
- John Howard Society Saint John (506) 657-5547
- Outflow Men's Shelter (506) 658-1344
- Pregnancy Resource Centre (506) 634-1867
- Saint John Learning Exchange (506) 648-0202
- Sexual Assault Response Team 506-634-8235 ext (ext 214)
- Teen Resource Centre (TRC) (506) 638-2372
- Youth Unbound House (Ages 16-19) (506) 642-6647
- YWCA Saint John (506) 642-2113

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