



**IMvisible NB**  
**JeSuisVisible NB**



CONSEIL  
MULTICULTUREL DU  
NOUVEAU-BRUNSWICK



### Mental Health Helplines



### Phone Number









### Working hours



### Operating languages and availability of interpretation



### Website

<p><b>The Assaulted women's helpline</b> provides free of charge crisis counselling and support for women impacted by any type of abuse in Canada. Interpretation for more than 200 languages are available upon your call. (Based in Ontario, but the helpline team are trying their best to support women in all areas)</p>	<p><b>1-866-863-0511</b></p>	<p><b>24/7</b></p>	<p>English. (Interpretation is available upon request).</p>	
<p><b>Fem'aide</b> is a helpline for French-speaking women who are dealing with any type of violence. (Based in Ontario, but the helpline team is trying their best to support french speaking women in all areas in Canada)</p>	<p><b>1-877-3362-433</b></p>	<p><b>24/7</b></p>	<p>For French-speaking women.</p>	
<p><b>Talk Suicide Canada</b> is a free support line for people who need to connect with crisis responders to understand their suicidal thoughts. This helpline offers support based on an individual's specific needs.</p>	<p><b>1-833-4564-566</b></p>	<p><b>24/7</b></p>	<p>English and French (Interpretation is available upon request). You would first need to select English or French and then ask the counsellor for interpreter</p>	
<p><b>Kids Help Phone</b> is 24/7 helpline that offers free of charge virtual mental health services for adults and kids from (5 years to 30 years old). You are welcome to speak to a professional counsellor about any issues or crisis.</p>	<p><b>1-800 668-6868</b></p>	<p><b>24/7</b></p>	<p>English and French (Interpretation is available upon request). You would need first to select English or French and then ask the counsellor for interpreter</p>	
<p><b>Nisa Helpline</b> offers free and confidential one-on-one peer counselling to Muslim women across North America. Any Muslim woman in Canada is welcome to call and consult the Nisa Helpline team. The Nisa Helpline can guide Muslim women who are experiencing domestic violence, mental health problems, islamophobia, depression, eating disorder and other related problems.</p>	<p><b>1-888-315-6472</b></p>	<p>The line operates from <b>10:00 am until 10:00 pm EST.</b> If you're in NB you can contact from <b>11:00 am until 11:00 pm ADT.</b></p>	<p>In English only.</p>	
<p><b>Wellness Together Canada</b> offers a free-of-charge one-to-one counseling service. If you would like to speak to a Counselor or Grief Coach, kindly contact Wellness Together Canada.</p>	<p><b>1-866-585-0445</b></p>	<p><b>24/7</b></p>	<p>English, and French (Interpretation is available upon request). Sometimes a counselor who speaks your language will be available, other times an interpreter will be provided.</p>	



Women and Gender  
Equality Canada

Femmes et Égalité  
des genres Canada