

# ChatterHigh

New Brunswick Mental

Health Resources

Question Booklet

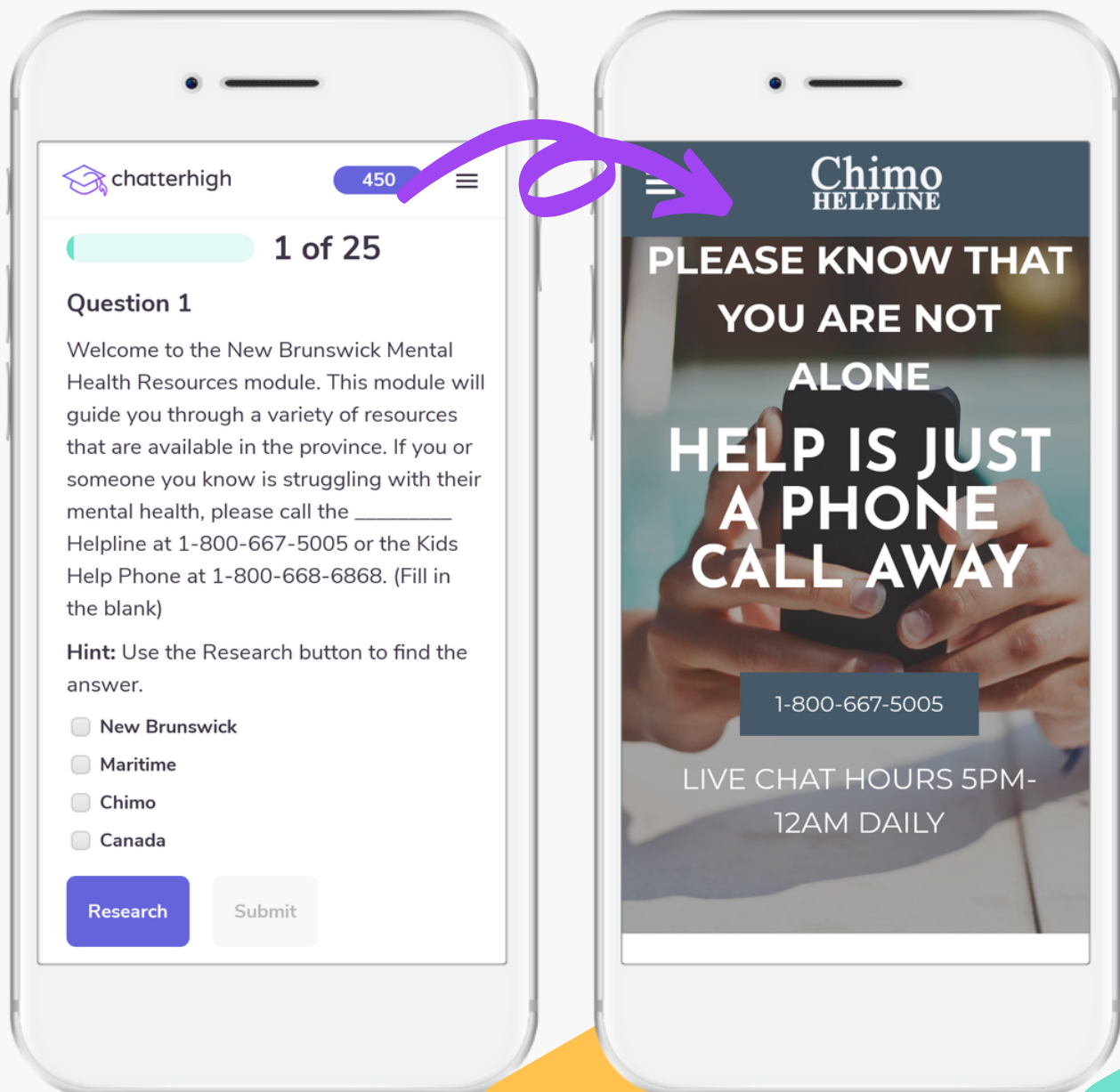


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# How It Works

In this module, students receive a series of questions and corresponding research links. Each link leads students into the website of a leading national or provincial mental health organization, like Kids Help Phone or Bridge the gap. As they search for the answer to our question, students build their knowledge and familiarity with mental health topics, and discover valuable tools like help lines, counselling options, apps and activities, and more.



# We're here to help!

Have questions? Want a demo?  
Book a call, or send us an email.



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# New Brunswick Mental Health Resources Module

## Topics and Resources

### Topics:

- Provincial Resources and Services
- Apps and activities
- Counselling
- Mental Health Toolbox

### Resources:

- Chimo Helpline
- The Government of New Brunswick
- The CMHA - New Brunswick
- Bridge the gapp - New Brunswick
- Capital Region Mental Health and Addictions
- Family Enrichment and Counselling Service Inc. (FECS)
- Horizon Health Network
- ementalhealth.ca
- MindWell-U
- Atlantic Wellness
- AlwaysThere
- 211

# NB Mental Health Resources Module

## List of Questions

Welcome to the New Brunswick Mental Health Resources module. This module will guide you through a variety of resources that are available in the province. If you or someone you know is struggling with their mental health, please call the \_\_\_\_\_ Helpline at 1-800-667-5005 or the Kids Help Phone at 1-800-668-6868. (Fill in the blank)

New Brunswick

Maritime

Chimo

Canda

<http://www.chimohelpline.ca/>

Please remember that you are never alone. There are resources available to support you, your friends, and your family. The Chimo Helpline is one of these resources. It is a provincial crisis phone line accessible \_\_\_\_ hours a day to all residents of New Brunswick. (Fill in the blank)

12

18

22

24

<http://www.chimohelpline.ca/>

The Chimo Helpline can help you by providing a listening ear, helpful information, crisis intervention and referrals to resources in the province of New Brunswick. They are non-judgmental, supportive, and \_\_\_\_\_. (Fill in the blank)

Confidential

Toll-free telephone number

Bilingual

All of the above

<http://www.chimohelpline.ca/>

You now know a lot about Chimo Helpline. But if you are still hesitant to call, remember that they are there to help you with any issue; from anxiety to loneliness, to depression, and more. True or False: 'Chimo' is an Inuit word that means friendship.

True

False

<http://www.chimohelpline.ca/>

The CMHA - New Brunswick offers a full listing of local community mental health centres and their contact information. There are currently 14 community mental health centres in

the province. Which city/town has two mental health centres?

Fredericton

**Moncton**

Richibucto

All of the above

<https://cmhanb.ca/programs-services/community-health-centre-contact-information/>

If you want to find a mental health service in your community, a good website to remember is ementalhealth.ca. This site can help you locate help and support in your community within New Brunswick. Which of the following is a category of Mental Health Help that they can help you find?

Counselling and Therapy

Support Groups

Crisis and Emergency

**All of the above**

<https://www.ementalhealth.ca/>

If you are a youth experiencing emotional, behavioural, mental health or addiction issues, there is help available. The \_\_\_\_\_ has Child and Youth teams (C&Y) throughout the province who offer services to children and youth with emotional, behavioural, mental health or addiction issues. (Fill in the blank)

Government of Canada

municipal governments

**Government of New Brunswick**

All of the above

<https://www2.snb.ca/content/gnb/en/corporate/promo/isd.html>

The Child and Youth team in your region can be contacted by telephone. Requests for services can be made by youth, families, schools and service-providers from the community. True or False: This is a voluntary service but it is not free.

True

**False. It is voluntary and free.**

<https://www2.snb.ca/content/gnb/en/corporate/promo/isd.html>

The New Brunswick Division of the Canadian Mental Health Association (CMHA) is part of a nation-wide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. Their Wellness Hub has Mental Health Brochures, Wellness Webinars, an educational mental well-being video series called \_\_\_\_\_. (Fill in the blank)

Mind Well Today

Mental Health NB Videos

**Mind Yourself Matters**

NB Get Well

<https://cmhanb.ca/wellness-hub/>

The Healing Books Project was created to bring resources in the form of self-help and therapeutic books to residents of New Brunswick struggling with mental illness, addiction, and/or other life challenges. To borrow a book from the Healing Books Project, visit any New Brunswick public library or look for titles in the catalogue marked with a \_\_\_\_\_. (Fill in the blank)

yellow Healing Books label

purple caterpillar

purple butterfly

rainbow sticker

<https://www.horizonnb.ca/healingbooks>

The Healing Books Project is not a substitute for proper diagnosis, treatment, or the provision of services by licensed health care professionals. However, it can help in other ways. According to the program founder, what did reading these books do?

comforted, encouraged, and gave them strength

gave them the words to explain what they were feeling

offered them a message of healing and recovery

all of the above

<https://www.horizonnb.ca/healingbooks>

It is important to be aware of mental health services in and outside of your community. Perhaps you know someone who lives in a different community who could use help, or perhaps you will someday live in a different community. You can explore local resources on the Horizon Health Network website. P.E.E.R. SJ is one of these resources. What does P.E.E.R. SJ (Saint John) stand for?

Practicing Education Engagement in Recovery

People Engaged in Education and Recovery

Peers Engaged in Education and Recovery

Practicing Education Enthusiastic Recovery

<https://en.horizonnb.ca/home/facilities-and-services/services/addictions-and-mental-health/peer-sj.aspx>

211 connects people with appropriate information and services. It is confidential. You will not have to give your name or personal details. Which of the following is not an available part of the 211 service for residents of New Brunswick? (Hint: Click "New Brunswick" from the drop-down menu under "Find Help")

Live Answer

24/7

Text

150+ languages

<https://211.ca/>

211 is Canada's primary source of information for government and community-based, non-clinical health and social services. If you need help, you can dial 2-1-1 to be

connected to community services. What percentage of users would call again or recommend 211 to a friend or family member?

50%

86%

95%

97%

<https://211.ca/about-211/>

The Capital Region Mental Health and Addictions team offers a Suicide Bereavement Group. If you or someone you know has suffered a loss due to suicide, there is no need to go through it alone. To request a spot, please contact 458-1803 or email [office@crmhaa.ca](mailto:office@crmhaa.ca). Meetings are held virtually. What time are meetings?

5:30-6:30 PM

6:30-7:30 PM

6:30-8:00 PM

8:00-9:00 PM

[https://169c08f0-06ca-4186-b270-a173bf7c8a8c.filesusr.com/ugd/565198\\_2d74e3229b634d5bbb7d5e9132809bea.pdf](https://169c08f0-06ca-4186-b270-a173bf7c8a8c.filesusr.com/ugd/565198_2d74e3229b634d5bbb7d5e9132809bea.pdf)

FECS (Family Enrichment and Counselling Service Inc.) is a service that provides counselling for children, youth, and adults in a safe, supportive, and confident manner. Service is offered for all ages in both English and French across New Brunswick. There are fees involved. True or False: You need a doctor's referral to receive these services.

True

False. Clients/families may self-refer.

<https://www.ementalhealth.ca/index.php?m=record&ID=60291>

The Department of Health has partnered with Regional Health Authorities to introduce you to the New Brunswick version of Bridge the gapp. This site is a new way to connect with guidance and supports for mental health and addictions. Bridge the gapp offers self-help resources, links to local services, and allows the user to \_\_\_\_\_. (Fill in the blank)

get diagnosed

talk to a doctor via text

share their own personal stories

all of the above

<https://nb.bridgethegapp.ca/youth/about-bridge-the-gapp/>

The Wall of Hope is a space on the Bridge the gapp website for you to read messages of support and hope from other people in New Brunswick. You can share your own messages too. Only \_\_\_\_\_ posts will be accepted. (Fill in the blank)

grammatically correct

Non-identifying

Identifying

Short

<https://nb.bridgethegapp.ca/youth/your-space/categories/wall-of-hope/>

The Mood Meter on the Bridge the gapp website is tool to help you think about how you are feeling and what actions you can take to improve your mental wellness. All the suggested coping tips were provided by individuals with \_\_\_\_\_. (Fill in the blank)

medical degrees

10 years of experience in mental health care

**personal experience of mental illness**

all of the above

<https://nb.bridgethegapp.ca/youth/toolbox/mood-meter/>

Every Tuesday, 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. How long does the challenge take each day? Hint: Scroll to "Mindfulness Challenge"

**5-10 minutes**

10-15 minutes

15-20 minutes

20-25 minutes

<https://nb.bridgethegapp.ca/youth/online-programs/>

The Government of New Brunswick has partnered with MindWell-U to offer a suite of mindfulness programs to the people of New Brunswick. One of these programs is the 30-Day Mindfulness Challenge, which you have already learned about. They also offer a shorter, slimmed down version of the Full Challenge. The Mini is a great way for those who \_\_\_\_\_. (Fill in the blank)

are on the fence to get started

feel they are just too busy to commit to 30 days of training

have already taken the full Challenge and want a refresher

**All of the above**

<https://app.mindwellu.com/newbrunswick>

Studio BE is another mindfulness program offered by MindWell-U and funded by the Government of New Brunswick. It provides a variety of live, engaging, and informative content that supports learners on their mindfulness journeys. Studio BE's Virtual Mindfulness Studio has weekly drop-in classes that run for \_\_\_\_ minutes at midday. Recordings of past classes are also available on demand. (Fill in the blank)

10

**20**

30

40

<https://app.mindwellu.com/newbrunswick>

Atlantic Wellness provides access to free and timely mental healthcare to youth and young adults ages 12 to 21 in Southeastern New Brunswick. They offer one-on-one and group therapy, service navigation, a mental health clinic, and more. True or False: Their services are provided at no cost to the client.

True

False

<http://atlanticwellness.org/our-services/>

The Always There app makes connecting with a counsellor easier than ever. You'll stay connected even if you need to \_\_\_\_\_. (Fill in the blank)

Turn off your device

Answer your phone

Do something else on your device

Both B and C

<https://nb.bridgethegapp.ca/youth/online-programs/>

Thank you for completing this module. By learning about the mental health resources in New Brunswick, you are better able to help yourself and your loved ones to find the care that they need. Remember that you are not alone. If you need help, please call the Chimo helpline. What is their phone number?

1-800-665-7878

1-800-667-4000

1-800-667-3433

1-800-667-5005

<http://www.chimohelpline.ca/>

## Next Steps?

1. Visit ChatterHigh.com, create an account & have your students do the same.
2. You create a class; your students join.
3. Check out your "Mindful Modules."
4. Start quizzing!

Remember to send us your feedback at  
[info@chatterhigh.com](mailto:info@chatterhigh.com)