

# 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.

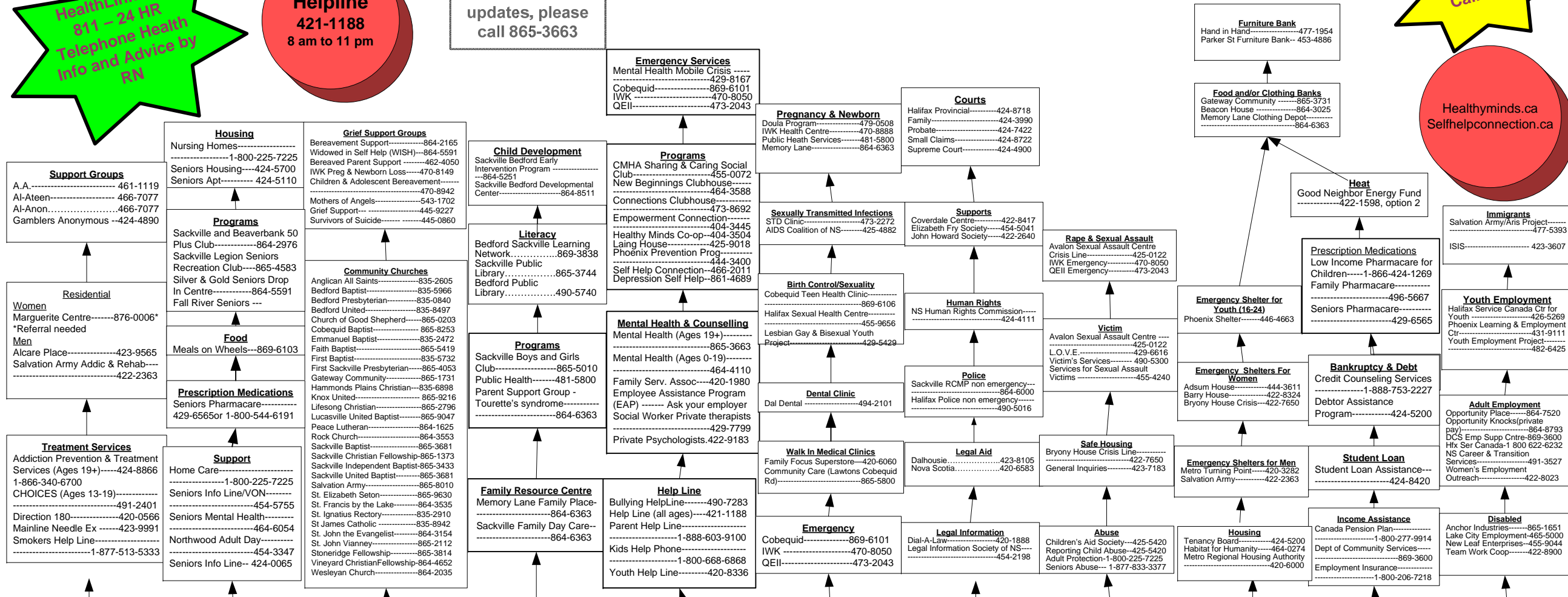
**HealthLink Call**  
811 - 24 HR  
Telephone Health  
Info and Advice by  
RN

**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 informational use only.

**YOU START HERE**

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