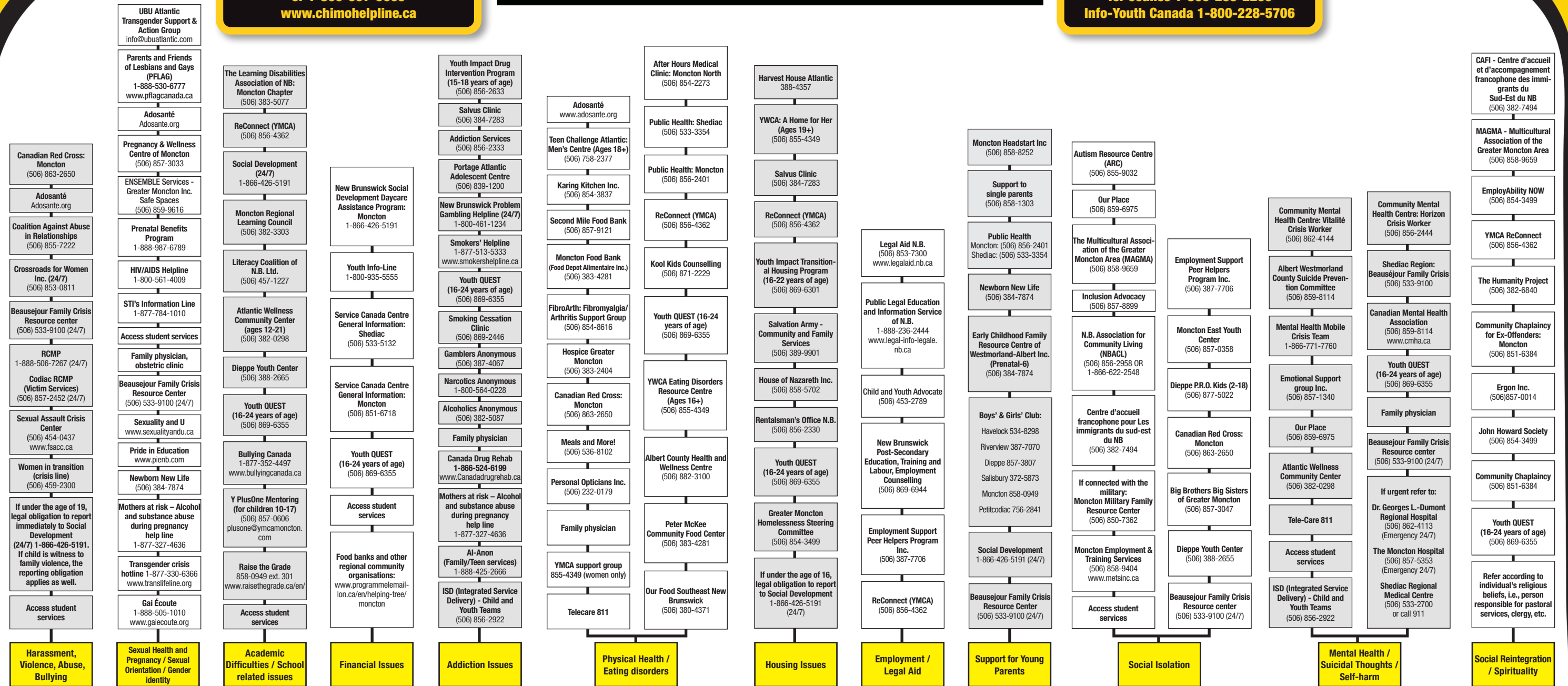


HELPING TREE

If you are in crisis and need to talk, call
CHIMO at 450-HELP (4357)
or **1-800-667-5005**
www.chimohelpline.ca

HELP LINES
Kids' Help Phone 1-800-668-6868
Tel-Jeunes 1-800-263-2266
Info-Youth Canada 1-800-228-5706



Identify the issue, then the resource.

In your school, information and support are available from a guidance counsellor, teacher, principal, social worker, or a member of the Child and Youth Development Team.

START HERE

1 Take a look at the yellow boxes at the bottom of the Helping Tree and identify the issue that concerns you.

2 Once you've identified the issue, look at the support services listed for each (white boxes) and find the one that feels right for you.



Moncton