



MENTAL HEALTH RESOURCES LIST

STU RESOURCES

<https://www.stu.ca/mentalhealth/>

STUDENT WELLNESS

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

FREDERICTON MENTAL HEALTH SERVICES

65 Brunswick Street

506-453-2132

FREDERICTON ADDICTION SERVICES

65 Brunswick Street

506-453-2132

CAPITAL REGION MENTAL HEALTH AND ADDICTIONS

65 Brunswick Street

506-458-1803

FREDERICTON SEXUAL ASSAULT CENTRE

506-454-0437

www.fsacc.ca

SUICIDE PREVENTION COMMITTEE

403 Regent Street

Office Line: 506-455-5231

Crisis Line: 1-800-667-5005

cmhanb@nb.aibn.com

UNB COUNSELLING SERVICES

(Shared service STU/UNB: 26 Bailey Drive, CC Jones, counsel@unb.ca)

Student Services, 2nd floor, 506-453-4820.