

 Funded in part by United Way Central NB

## General

### Canadian Red Cross

Providing general information to those affected by COVID-19  
1 (800) 863-6582

### Seniors Info Line

Information about provincial programs and services  
1 (855) 550-0552

### Restigouche County Volunteer Action Association Inc.

Helping individuals obtain items that they may be in need of  
(506) 753-2252



## Food



### • Le Service de bienfaisance

Respond to urgent needs. 32 Sister Greene Rd, Campbellton  
(506) 753-5628

### • Jacquet River Food Bank

3974 Main Street, Belledune  
(506) 237-5544

### • Restigouche County Volunteer Action Association Inc.

Food bank and community kitchen.  
3 Aberdeen Street, Campbellton  
(506) 753-2252

### • St-Jean Baptiste Food Bank

9869 route 17 St-Jean Baptiste  
(506) 284-2874

### • Dalhousie Food Bank

434 William St., Dalhousie  
(506) 684-5829 or (506) 760-1099

### • Grocery Stores and Delivery Services

Many grocery stores are providing delivery or curbside pick up. Many are opening their doors early for seniors and those with other health concerns to give them an opportunity to shop with fewer customers around. Hours may have changed. Contact your local store.

### • Kedgwick Food Bank

84C Notre-Dame St, Kedgwick  
(506) 284-2970



## Mental & Physical Health



### • Chimo Help Line (NB)

Feeling lonely? Looking for help? CHIMO offers a 24/7 confidential and caring crisis phone line. They are ready to listen and help. 1 (800) 667-5005

### • Friendly Calls (run by the Red Cross)

Feeling isolated or lonely due to COVID-19? Register to receive a friendly weekly phone call. Monday to Friday 8:30 a.m. to 4:30 p.m. / Contact 1-833-729-0144



### • Ability NB

Support for individuals with a mobility disability / 1 (866) 462-9555



### • Canadian National Institute for the Blind (CNIB)

Assistance for those with visual impairments / 1 (800) 563-2642

### • Addictions & Mental Health Services

A general phone line for mental health concerns / (506) 453-2132



## Financial

- **Government of Canada Information on Benefits**

Information on benefits/pensions during COVID-19/  
Online at 1 (800) 277-9914

- **Service Canada Outreach Support Centre**

If you are facing any barriers to accessing benefits and services, the Service Canada Outreach Support Centre can help. Outreach workers are available Monday to Friday from 8:30 a.m. to 4:00 p.m. at 1-(877)-464-2657.

- **Low-income Seniors' Benefit NB**

Offering a one-time \$400 benefit to low-income seniors/ Online at <https://www2.gnb.ca/content/gnb/en/departments/finance/promo/seniors.html>  
1-800-669-7070

- **Home Energy Assistance Program**

Offering a one-time payment of \$100 to help cope with high energy costs/  
<https://www2.gnb.ca/content/gnb/en/departments/finance/promo/heap.html> /  
1 (800) 669-7070

- **Emergency Fuel Benefit**

Designed to provide assistance to eligible households to assist with the costs of winter heating / 1 (866) 441-4245  
[https://www2.gnb.ca/content/gnb/en/services/services\\_renderer.200993.Emergency\\_Fuel\\_Benefit.html](https://www2.gnb.ca/content/gnb/en/services/services_renderer.200993.Emergency_Fuel_Benefit.html)

- **NB Drug Plans for Seniors**

Plans to cover prescription drugs for seniors/ 1 (800) 332-3692  
[www.gnb.ca/drugplan](http://www.gnb.ca/drugplan)



## Other Services

- **Social Development**

Social Assistance / email: [sd-ds@gnb.ca](mailto:sd-ds@gnb.ca) / 1 (506) 453-2001

- **Emergency Social Services**

Phone line to provide crisis counselling and/or arrange for financial assistance  
1 (866) 441-4245 (Mon-Fri) or after hours 1-800-442-9799

