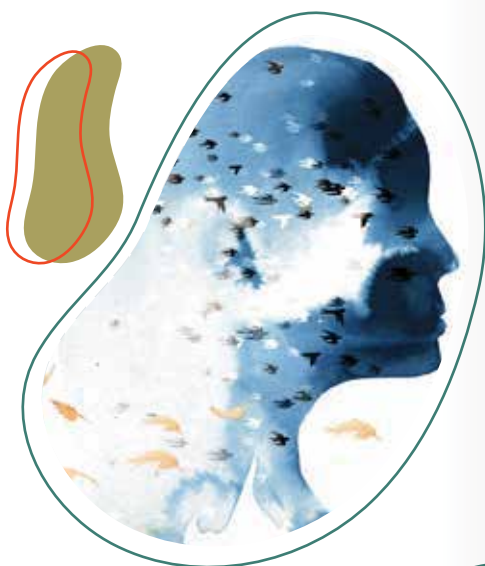




FACE UP TO SETTLEMENT STRESS

*You are a recent immigrant to Canada.
You feel stressed as everything appears
uncertain. The stress of the settlement
process has negatively impacted your
mental health.*



WE ARE IN THIS TOGETHER

Please remember that **The Saint John Newcomers Centre** is always here to give you the settlement support you need during this time of change.

Make an appointment with a **Saint John Newcomer Centre settlement advisor** today. A settlement advisor assists you in identifying where your settlement stress is coming from and can give you the tools and resources you need to overcome them.



For more information on mental health services in your new community please refer to the list of services for psychiatrist, psychologist, and counseling support on page 4.



WHERE DOES SETTLEMENT STRESS COME FROM?

As a newcomer, you may experience the following types of stress:

1 CULTURE SHOCK CAUSED BY LIVING IN A NEW CULTURE

This is a normal part of adjusting to new foods, language, customs, people and activities. You may feel excited at the beginning, but then feel frustrated, sad, angry or like an outsider in your new home.



2 NO NETWORK OR RELATIONSHIPS

When you move to a new place you have to rebuild your personal community. You need to start over with networking. Sometimes this is not easy as Canadian customs, norms, and environments can appear difficult to adjust to.

3 LANGUAGE BARRIERS

Your level of English affects the jobs you get and your ability to continue your education.

SEE NEXT PAGES FOR TIPS
ON OVERCOMING STRESSES



THINGS YOU CAN DO TO OVERCOME SETTLEMENT STRESS:

- 1 Meet with our newcomer Settlement Advisors to **access important information** about settlement in Saint John.
- 2 Attend our **English and French conversation** groups.
- 3 Attend our workshops or discussion forums about culture competency and personal wellness, including: Wellness Café, Craft and Conversation (**women only**), Useful Noon Hour, Cultural Competency training.



- 4 Participate in volunteering opportunities.
- 5 Find a good book to read at the Saint John Free Public Library. For more information, click [here](#).
- 6 Exercise or become a member of a sports team for fun and to benefit your physical health.



- 7 Celebrate holidays.
- 8 Write in a journal or write letters to friends and family.



- 9 Ask for help when things are not right or look for free education programs on mental health.
- 10 Refer to professional counseling and therapy services when you feel your stress has gotten worse or has become unmanageable.



CONTACTS FOR MENTAL HEALTH SERVICES IN SAINT JOHN

1

IMMEDIATE SUPPORT

EMERGENCY AND MOBILE MENTAL HEALTH

📍 Saint John Regional Hospital, 400 University Avenue Saint John,
NB E2L 4L2
☎ (506) 648-6479 (Emergency room)

MOBILE MENTAL HEALTH

☎ 1-888-811-3664
🏠 Crisis intervention | 8am-midnight

ADULT BODY WELLNESS

☎ Text TALK to 741741

KIDS HELP PHONE

☎ Text CONNECT to 686868 or call a Councillor 1-800-668-6868

CANADA SUICIDE PREVENTION SERVICE

☎ 1-833-456-4566
🏠 Crisis intervention | Available 24/7

CHIMO HELPLINE

☎ 1-800-667-5005
🏠 Crisis intervention | Available 24/7

2

EDUCATIONAL HUB ABOUT MENTAL HEALTH

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA), NEW BRUNSWICK (CMHA OF NB)

📍 Hilyard Place, 560 Main St a315, Saint John, NB E2K 1J5
☎ 506-633-1705
🏠 Facilitate access to the resources people require to maintain and improve
mental health



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COUNSELLING & THERAPY

RIDGEWOOD ADDICTION AND MENTAL HEALTH

📍 416 Bay Street Saint John, NB E2M 7L4
☎ 506-674-4300
🏠 Individuals and family members therapy | Substance misuse | Problematic
gambling | Mental health issues | Detoxification | Rehabilitation

FAMILY PLUS / LIFE SOLUTIONS

📍 199 Chesley Drive, Linden Place, Suite 204, Saint John, NB E2K 4S9
☎ 506-634-8295
📧 info@familyplus.ca
🌐 www.familyplus.ca
🏠 All ages | Virtual & low cost | English
Therapeutic services | personal & group therapy | positive parenting,
healthy relationships | gender identity | addictions

GENTLE PATH COUNSELING SERVICES

📍 28 Richmond Street, Suite 330, Saint John, NB E2L 3B2
☎ 506-652-7284
📧 path@nbnet.nb.ca
🌐 www.gentlepathsj.com
🏠 All ages | Virtual & low cost | French & English
Counseling & education programs | addictions, relationship, marriage,
grief, stress & anger

EMPLOYEE AND FAMILY ASSISTANCE PROGRAM

🏠 Free counseling services to employees | May vary depending on employers

LAURA GATIEN & ASSOCIATES COUNSELLING SERVICES

📍 66 Waterloo Street, Suite 230, Saint John, NB, E2L 3P4
☎ 506-651-1239
📧 info@lauragatien.com
🏠 All ages | Virtual & in-person options & low cost | French & English
Counseling & therapy | Parenting | Stress less | Play therapy

WELLNESS TOGETHER CANADA

🌐 <https://ca.portal.gs/?lang=en-ca>
🏠 Online | Mental health | Substance use support

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ADDICTIONS & SUBSTANCE SUPPORT

SAINT JOHN ADDICTION & MENTAL HEALTH SERVICES

📍 55 Union Street 3rd Floor, Mercantile Centre Saint John, NB E2L 5B7
☎ 506-658-3737
🏠 All ages | individual & group counseling | Substance abuse | gambling |
mental health