How to Find a New Brunswick Psychologist. by KATHERIN Lopez

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If you are struggling with suicidal thoughts it might be time to seek professional help. Sure you can research your problem yourself using the internet or library or even talk to a counsellor but if you continue to suffer, it is probably time to find the help of a licensed psychologist in New Brunswick.

But where can you find a good licensed psychologist in New Brunswick?

Ten years ago, the quickest way to find a licensed psychologist in NB would be to question your general physician, read the phone book, or seek guidance from your family. Any of those methods might still work today in 2012 but they are slow and intrusive. I mean, who wants their friends and family to know they are struggling from anxiety? Not me!

In 2012 we now have a few more ideas at our disposal:

1. Use Google, Yahoo or Bing - Thankfully we can now go to the computer as our first resource of finding a great psychologist in New Brunswick. Simply go to Google, Yahoo or Bing and search New Brunswick Psychologists or licensed psychologists nb or even psychologists in your city name and prepare to find a list of some of the best psychologists in NB, Canada. The older psychologists usually do not have websites so you are likely to find a young and fresh psychologist by using Google, Yahoo or Bing as your primary locator of a psychologist.

2. Get a referral from your doctor - The most common way of acquiring a psychologist in New Brunswick, Canada is by going to your family doctor and asking. Not a high tech method but very practical.

3. Go to Mental Health in NB - Google Mental Health Services New Brunswick to find information about the free services offered by Mental Health Services in the province of New Brunswick. You can also call any of the following offices below:

Community Mental Health Centres

Location Telephone Fax

Bathurst 547-2110 547-2978

Campbellton 789-2440 753-6969

Caraquet 726-2030 726-2090

Edmundston 735-2070 737-4448

Fredericton 453-2132 453-8766

Grand Falls 475-2440 475-2452

Grand Manan 662-7023 662-7029

Kedgwick 284-3431 284-3426

Miramichi 778-6111 778-5296

Moncton 856-2444 856-2995

Moncton 862-4144 869-6735

Perth-Andover 273-4701 273-4728

Richibucto 523-7620 523-7678

Sackville 856-2444 856-2995

Saint John 658-3737 658-3739

Shediac 533-2816 533-3376

Shippagan 336-3367 336-3366

St. Stephen 466-7380 466-7501

St.-George 755-4044 755-1807

Sussex 432-2090 432-2046

Tracadie-Sheila 394-3760 394-3770

Woodstock 325-4419 325-4610

4. Check out the website of the College of Psychologists of New Brunswick - The College is in charge of the licensing of all New Brunswick Psychologists. They keep an accurate list of all licensed psychologists. Go to their website and find a list of all the licensed psychologists in New Brunswick, Canada.

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