

KEY MENTAL HEALTH & ADDICTIONS SERVICES

Services for you.
When you need them.
Where you need them.

Three Key Access Points

Mental Health Information and Resources

Bridge the gapp

Bridge the gapp is Newfoundland and Labrador's "go-to" site for mental health and addictions information and resources.

Connect with local supports and services, sign up for online programming, learn about mental health topics, access e-mental tools, identify services in your region, and share personal stories of recovery.

Visit: <https://nl.bridgethegapp.ca>

24/7 Support Including Crisis and Emergencies



811 is a provincial healthline that provides information about physical and mental health services, answers health-related questions and refers individuals to appropriate services.

811 offers mental health and addictions crisis support and can connect individuals to emergency and crisis response services in their community, including 911 and mobile crisis response teams.

Call: **811**

Rapid Access to Counselling



Doorways provides rapid access to mental health and addictions counselling services, one session at a time. Most locations offer walk-in services, or can arrange same day, next day or a scheduled appointment by phone or video-conference. Return as often as needed, and work with their professionals to connect to services that best meet your needs.

St. John's and surrounding areas
call: **709-752-4903**

To find your nearest Doorways location visit: <https://nl.bridgethegapp.ca/adult/service-directory/doorways-walk-in-clinic-counselling/>

Help Lines

Get Connected to Services and Supports



Provincial Mental Health & Addictions Navigator

Helping individuals navigate mental health and addictions services in NL.

Hours: 8:30 a.m. to 4:30 p.m.,
Monday to Friday

Call: 709-752-3916
Toll-Free: 1-877-999-7589

Email:
barry.hewitt@easternhealth.ca

Peer Support Help Line



Provincial Lifewise Warmline

Peer support for people who have or are experiencing mental health difficulties.

Hours: 10 a.m. to Midnight, 7
days a week.

English: 1-855-753-2560
French: 1-833-753-5460

For Children and Youth



Kids Help Phone

Telephone and texting support for children and youth, available 24/7. Includes professional counselling, information and referrals.

Call 1-800-668-6868

Crisis Text Line

Supported by trained volunteer crisis responders, available 24/7.

Text CONNECT to 686868

Emergency and Crisis Interventions

Crisis Response

Mobile Crisis Response Teams

These teams are comprised of mental health and addictions clinicians and trained police officers who respond together to crises in the community.

Two mobile crisis response teams available in St. John's and surrounding area, 7 days a week, from 9:00 a.m. to 11:00 p.m.

To access service, call 811

Local Emergency Department

Local Emergency Department

Nurses and physicians are there to support you during urgent situations, 24 hours a day.

St. Clare's Mercy Hospital

Call: 709-777-5501

154 LeMarchant Road, St. John's, NL

Health Sciences Centre

Call: 709-777-6300

300 Prince Philip Drive, St. John's, NL

Crisis Lines

Mental Health Crisis Line

Telephone support for people in crisis, available 24/7, and provided by trained mental health clinicians.

Call: 811

Sexual Assault Crisis Line

Call province-wide for 24/7 support and information if you have been impacted by sexual violence.

Call: 1-800-726-2743 or 726-1411

A listing of health care facilities in the province is available on the Government of NL website at <https://www.gov.nl.ca/hcs/findhealthservices/in-your-community/>

Online Programs



Therapy Assistance Online

Tools designed to help individuals learn about and change how they think and feel and bounce back from setbacks. Create your own self-help account or access with a counsellor.

To access, visit

https://www.taoconnect.org/what_is_tao/nl/



Strongest Families Institute

Online and telephone-based services that offer education and skill-development support for children, youth, adults, and families seeking help to improve mental health and wellbeing.

To access, visit:

<https://strongestfamilies.com/>



MindWell

Mindfulness-based e-mental health tools shown to increase resilience, lower stress, and improve performance.

To access, visit

<https://nl.bridgethegapp.ca/adult/online-programs/mindwell-u/>

To find more online programs, visit <https://nl.bridgethegapp.ca/adult/online-programs/>

For more information on Mental Health and Addictions services in your area, visit <https://nl.bridgethegapp.ca> and click on the "Service Directory"