

## Mental Health First Aid Training Provider & Workplace Mental Health Consultant

*Please use this list as a guide. Be sure to check numbers regularly for accuracy. Make it your own personal working document; add information and telephone numbers that are important to you.*

### Emergency / Crisis / Help Now

Emergency Medical Services Communication Centre	911
NL Service Navigation Aid & Telephone Directory	Call 211 (24/7)
<b>Toll-Free Phone:</b>	1-855-258-4126
<b>TTY/Text:</b> 1-855-405-7446 <b>Email:</b> 211nl-lb@findhelp.ca <b>Web:</b> <a href="https://nl.211.ca/">https://nl.211.ca/</a>	
NL Health Line & Mental Health Crisis Line	811
Mental Health and Addictions Systems Navigator	1-877-999-7589 or 709-752-3916
Mobile Crisis Response Team (St. John's and Area)	1-888-737-4668 709-737-4668
The Crisis Text Line (Youth and Young Adults)	Text "TALK" to 686868
(Adults)	Text "WELLNESS" to 741741
Lifewise Peer Support Warm Line (Formerly Channal)	709-753-2560 1-855-753-2560 (EN) 1-833-753-5460 (FR)
Canada Suicide Prevention Services – Crisis Services Canada Available 24/7/365	1-833-456-4566 Text 45645
Sexual Assault Crisis Line	1-800-726-2743 or 709-726-1411

Emergency / Crisis / Help Now

Alcoholics Anonymous (Help Line)	1-888-579-5215 709-579-5215
Child Protection Services Daytime: (8:30 am-4:30 pm)	709-729-4612
After Hours	709-729-4775
Kids Help Phone (Counselling Line)	1-800-668-6868
Local Text	1-709-685-0629 "Talk"
686868	
Domestic Violence Help Line	1-888-709-7090
Emergency Housing Line	709-724-2444 or 1-833-724-2444
First Nations & Inuit Hope for Wellness Help Line	1-855-242-3310
Gambling Help Line	811
Gamblers Anonymous (24/7 Problem Gambling Helpline)	1-888-899-4357
Smokers' Help Line	1-800-363-5864
2SLGBTQIA+ Warm Line	1-866-230-8041 (Call or Text) or
Chat online at	<a href="https://www.plannedparenthoodnlshc.com/warmline.html">https://www.plannedparenthoodnlshc.com/warmline.html</a>
Mobile Crisis Response – Gander	709-256-5856 / Cell 709-571-9949

Specialized Addictions Services

Adult Mental Health & Addictions Services – Eastern Health	709-752-4922
Adult Intake	709-752-8888
<b>CAST</b> (Concurrent Addictions Specialized Treatment)	709-777-5074

Specialized Addictions Services

**Inpatient**

Charles J. Andrew Youth And Family Treatment Centre Sheshatshiu	709- 497-8995 ext. 226
Hope Valley Treatment Centre (12-18) Grand Falls-Windsor	709-292-8360
Humberwood Treatment Centre (19+) Corner Brook	709-634-4506
The Grace Centre (18+) Harbour Grace	709-945-4500
The Janeway Children's Health and Rehabilitation Centre	709-777-4575
The Recovery Centre (16+) St. John's	709-752-4980
Tuckamore Treatment Centre (12-18) Paradise	709-752-3914

**Opioid Dependence Treatment (ODT) Hub**

Opioid Dependence Treatment (ODT) phone line at toll-free 1-844-752-3588 from Monday to Friday, 8:30 a.m. to 4:30 p.m.

<b>St. John's</b>	Building 532 80 Charter Avenue (Pleasantville)	709-752-4478
<b>Gander</b>	McCurdy Complex 1 Markham Place	709- 256-1356
<b>Corner Brook</b>	35 Boones Road	709-634-4506
<b>Stephenville</b>	127 Montana Drive	709-643-8740
<b>Happy Valley-Goose Bay</b>	227 Hamilton River Rd	709-897-2125

Mental Health / Addictions Counselling/ Case Management

**Doorways - In-person, telephone and/or video counselling services please call to discuss counselling options and arrange a session.**

**St. John's Area** 709-752-4903

**Rural**

St. Mary's, Holyrood, Whitbourne, Placentia, Bay Roberts 709-945-6513  
Harbour Grace and Old Perlican

Witless Bay 709-945-6513

Ferryland and Trepassey 709-945-6513

**Clareville and Bonavista**

Clareville 709-466-5700

Bonavista 709-468-5318

**Burin Peninsula**

Marystown 709-279-7900

Grand Bank 709- 832-1640 or 709-832-1602

St. Lawrence 709- 873-4283 or 709-873-2330

Placentia West 709-443-2100

## Mental Health First Aid Training Provider & Workplace Mental Health Consultant

### Mental Health / Addictions Counselling/ Case Management

#### **Specialized Services**

ACT Team	709-752-3511
Ambulatory Care	709-777-3332
CONNECT – Intensive Support and Resource Coordination for Youth Program – Eastern Health	709-752-3914
Lifewise Peer Support Warm Line (Formerly Channal)	709-753-2560 1-855-753-2560 (EN) 1-833-753-5460 (FR)
Day Treatment Program (St. Clare's)	709-777-5252
Pier Program (Waterford Hospital)	709-777-3614
HOPE Eating Disorders Program	709-777-2041
Forensic Services	709-726-8966
Occupational Therapy	709-777-3828
Outreach	709-777-5074
Sexology Program	709-777-3786
Traumatic Stress Services	709-752-4919

#### **Specialized Youth Services**

Children and Adolescent Mental Health & Addictions Services (St. John's)	
Central Intake Janeway	709-777-2200
<b>Youth</b> Treatment for Complex Mental Health Needs (Age 12-18)	709-752-4950
Paradise	
<b>Youth</b> Treatment Centre for Youth with Addictions (Age 12-18)	709- 489 - 8195
Grand Falls	

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### Health and Community Groups

AIDS Committee of NL (ACNL)	709-579-8656
Al-Anon / Alateen Family Groups	709-722-2666
Alzheimer Society	1-877-776-0608
Autism Society of NL	1-888-722-2803 709-722-4926
Bridge the gApp – Eastern Health (youth 13-18, adults 18+)	709-729-3658 <a href="http://www.bridgethegapp.ca">www.bridgethegapp.ca</a>
Bridges to Hope (Food assistance support)	709-722-9225
Canada Atlantic Region of <b>Narcotics Anonymous</b> (CARNA)	709-728-9084
Canadian Cancer Society NL	1-888-939-3333
Canadian Centre on Substance Use and Addiction	1-833-235-4048
Canadian National Institute for the Blind (CNIB)	709-754-1180
Canadian Psychological Association	1-888-472-0657
Canadian Red Cross	709-758-8400
Ches Penney Centre of Hope - Salvation Army	709-739-0290
Child Protection Services	709-729-4612
After Hours	709-729-4775
Choices for Youth	709-754-0446
Coalition of Persons with Disabilities	709-722-7011
Diabetes Canada – NL Region	1-800-226-8464
Easter Seals NL Programs and Services For Persons with Disabilities	1-888-601-6767 709-754-1399

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### Health and Community Groups

Eating Disorders Foundation of NL (EDFNL)	709-722-0500
EGALE Canada (LGTBQI2S)	1-888-204-7777
Empower, The Disability Resource Centre	1-866-722-4031 709-722-4031
Epilepsy NL	709-722-0502
Fetal Alcohol Spectrum Disorder of NL Network (FASDNL)	709-704-4244
First Light St. John's Friendship Centre	709-726-5902
George Street United – (Jimmy Pratt Memorial Outreach) Meals, Conversation and Fellowship	709-726-8775
Heart and Stroke Foundation NL	1-888-473-4636 709-753-8521
HOPE Eating Disorders Program	709-777-2041
Learning Disabilities Association of NL	709-753-1445
Lung Association of NL	1-888-566-5864 709-726-4664
Miles for Smiles Foundation	709-746-9627
Memorial Minds (MUN Minds)	<a href="https://munminds.wordpress.com/">https://munminds.wordpress.com/</a>
MUN Counselling Centre	709-864-8500
Murphy Centre Prince Philip Drive Torbay Road	709-579-6606 709-753-2830
Nar-Anon (for families of people struggling with addiction or drug problems. Similar to Al-Anon)	709-770-5213
National Eating Disorder Information Centre	1-866-633-4220

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### Health and Community Groups

Neuropsychiatric Patients Association of NL	709-740-4794
New Hope Community Centre	709-739-0290
NL Association for the Deaf	709-726-6672
NL Sexual Assault Crisis and Prevention Centre	709-747-7757
North Star Child and Youth Advocacy Centre	709-552-9195
Overeaters Anonymous	709-738-1742
PFLAG (Sexual Orientation, Gender Identity and Gender Expression support)	1-888-530-6777 ext. 575
Planned Parenthood – NL Sexual Health Centre	709-579-1009
Ruah Counselling Centre	709-579-0168
Schizophrenia Society of NL	709-777-3335
Single Parents Association	709-738-3401
Smokers' Helpline	1-800-363-5864
Spirit Horse NL- Stable Life	709-699-2704
Spinal Cord Injury NL	709-753-5901
St. John's Military Family Resource Centre (MFRC)	709- 570-4636
St. John's Women's Centre (SJWC)	709-753-0220
Street Reach	709-743-2536
Survivors of Suicide (S.O.S)	709-726-4223
SWAP (Needle Exchange)	(709) 757-SWAP (7927)
The Gathering Place	709-753-3234
The Pottle Centre	709-753-2143



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### Health and Community Groups

The Janeway Children's Health and Rehabilitation Centre	709-777-4575
The Janeway Family Resource Centre	709-777-2946
The Vera Perlin Society (18+)	709-739-6017
Thrive (Youth and Young Adults)	709-754-0536
Turnings	709-754-1010
U-Turn Recovery    Carbonear	709-595-3223
Youth Mental Health	1-647-752-9642

### Food

#### **Food Banks**

##### Centre City

- |                            |  |
|----------------------------|--|
| • Bridges to Hope          | 709-722-9225                                     |
| • Teresa's Parish          | 709-579-5467                                     |
| • Emmaus House             | 709-753-6380                                     |
| • Campus Food Bank         | 709-864-3467                                     |
| • Pius X Parish            | 709-739-1329                                     |
| • Salvation Army           |  |
| Ches Penney Centre of Hope | 709-739-0290 or<br>709- 237-0270 or 709-237-0095 |

##### East End

- |                       |              |
|-----------------------|--------------|
| • Mary Queen of Peace | 709-726-9924 |
| • Single Parents      | 709-739-0709 |
| • Paul's Parish       | 709-754-1980 |

##### West End

- |                  |              |
|------------------|--------------|
| • Corpus Christi | 709-364-4116 |
|------------------|--------------|

##### Mount Pearl

- |                              |              |
|------------------------------|--------------|
| • Mary Queen of the World    | 709-364-7140 |
| • Peter's Parish             | 709-747-3320 |
| • Salvation Army Mount Pearl | 709-364-6465 |

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### Food

Canada Without Poverty	Toll free: 1-800-810-1076
Community Food Sharing Association	709-722-0130
Food First NL	709-237-4026
George Street United	709-726-8775
Kids Eat Smart	709-722-1996
Saint Vincent De Paul Society (SSVP)	709- 685-8657
School Lunch Association	709-454-5323
The Gathering Place	709-753-3234

### Housing

Emergency Housing Line	(709) 724-2444 or 1-833-724-2444
Tommy Sexton Centre (AIDS Committee of NL)	709-579-8656
Shelter	709-579-8348
Association for New Canadians	709-722-9680
Adult Protection Act Reports	1-888-376-4957
Adult Disabilities/Adults who may need protection	709-752-4717
Autism Services	709-752-4319
Canadian Cancer Society Travel and Accommodations	1-888-939-3333
Choices for Youth (Youth 16-29) Main Shelter Line	709- 757-3050
City of St. John's (Non-Profit Housing)	709-576-8196
Community Supports Program (CPS) Eastern Health Intake	709-752-4835

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Eastern Residential Support Board (Adults with developmental or physical disabilities)	709-579-8966
End Homelessness St. John's (EHSJ)	709-702-3700
End Homelessness	1-877-837-3449
Habitat for Humanity	709-753-5743
Home Again Furniture Bank	709-325-4040
John Howard Society (M, W, Y involved in criminal justice system)	709-726-5500
Marguerite's Place (W)	709-753-3817
Mental Health and Addictions Housing Services – Eastern Health	709-834-0802
Newfoundland and Labrador Association for Community Living (Persons with intellectual disabilities)	709-722-0790
NL Housing Corporation	709-724-3000
NL Foster Families Association	709-754-0213
NL Housing and Homelessness Network	709-722-1030
Pleasant Manor (Mature adults with a psychiatric illness)	709-739-7329
Residential Tenancies Section – Service NL	1-877-829-2608
Ronald McDonald House NL	709-738-0000
Seniors	709-752-4835
Shalom Inc. (12-21)	709-579-2208
Shanawdithit Shelter – First Light (E, identifying as indigenous)	709-726-5902
Special Child Welfare Allowance Intake	709-752-4368
St. John's Homestead Inc. – The Homestead Program (18+)	709-330-8986
Waypoints (Y, 8-18 involved with corrections Y, 18-30 facing barriers to education and employment)	709-368-6390

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### Housing

Youth Services (Y, 16-21) 709-729-4412

#### **Shelters:**

Iris Kirby House (Women with/without children escaping domestic violence)  
709-753-1492

Stella's Circle (M/W, 18+) 709-738-8390

- Brian Martin Housing Resource Centre (E) 709-738-0457
- Naomi Centre (W, 16-30, Emergency Shelter) 709-579-8641
- Jess's Place (W, 18+ in recovery) 709-738-0457
- Emmanuel House (M/W, 18+) 709-754-2072

Wiseman Centre (M, 25+ / W, 30+, Emergency Shelter) 709- 739-8355

### Justice

Office of the Child and Youth Advocate (C/Y under 19) 709-753-3888

Canadian Mental Health Association – NL  
1-877-753-8550  
709-753-8550

Citizens' Crime Prevention Association of NL 709-427-0879

Coalition Against the Sexual Exploitation of Youth 709-754-0536,

Crime Stoppers of NL 709-729-8246

Ext. 203

Department of Justice and Public Safety – Gov. of NL (Criminal/Youth)  
709-729-1004,  
option 1

Family Division- Supreme Court of NL 709-729-2258

Family Justice Services – Dept. of Justice and Public Safety – Gov. of NL  
709-729-1183

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### Justice

Justice Program – CMHA – NL	1-888-753-8550, Ext. 106 709-753-8550, Ext. 106
NL Youth Secure Custody – Dept. of Justice and Public Safety – Gov. NL	709-729-3880
St. John's Youth Detention Centre Pre-Trial Services Program	709-729-5041
NL Youth Centre (Whitbourne)	709-759-2471
Public Legal Information Association of NL	1-888-660-7788 709-722-2643
RCMP	709-772-5400
RNC	709-729-8000
Safe Harbour Outreach Program (S.H.O.P) (Advocate for the human rights of sex workers)	709-771-1077
Salvation Army Correctional and Justice Services	709-726-0986
NL Sexual Assault Crisis and Prevention Centre	709-747-7757
Victim Services – Dept. of Justice and Public Safety	709-729-7970
Violence Prevention Avalon East	709-757-0137
Youth Corrections – Department of Children, Seniors, and Social Development, Gov. NL	709-729-5041

Online Resources

[www.BridgethegApp.ca/adult-national](http://www.BridgethegApp.ca/adult-national)

[www.BridgethegApp.ca/youth-national](http://www.BridgethegApp.ca/youth-national)

[www.Thrivecyn.ca](http://www.Thrivecyn.ca)

[www.crisisservicescanada.ca/en](http://www.crisisservicescanada.ca/en)

<https://ccsa.ca/>

<https://cmha.ca/>

<https://cpa.ca/>

<https://egale.ca/>

<https://nedic.ca/>

<https://pflagcanada.ca/>

<https://www.westernhealth.nl.ca/doorways/?page=doorways/>

<https://www.centralhealth.nl.ca/doorways>

<https://www.mentalhealthcommission.ca/English>

<https://mindyourmind.ca/>

<https://www.mantherapy.org/>

<https://headsupguys.org/mens-depression/>