

Mental Health & Addiction Services

More options when you need them.

Mental Health and Addictions Triage

1-844-353-3330

Brookfield
536-2405

Lewisporte
535-0906

Fogo Island
266-3426

Springdale
673-4974

Gander
256-5423

St. Alban's
538-3738

Glovertown
533-2372

Twillingate
884-1370

Grand Falls-Windsor
489-8841

Face-to-face, telephone, or telehealth options available.



Rapid access to counselling services 'one session at a time' for youth & adults. Call 811 or the office in your area to discuss available options.

Opioid Dependence Treatment & Naloxone

Gander Hub: (709) 256-1356

Telehealth available throughout the region.

FREE Naloxone Kits are available. Please call 811 for local distribution sites.



Prevention & Promotion Services

Addictions Prevention: 489-4389

Mental Health Promotion: 489-4169

Bridge the gapp

Mental health information, interactive resources and connection to local supports & services at:

www.bridgethegapp.ca

CheckItOutNL.ca

Online Self-Screening Tools – Anytime, anywhere.

A full listing of specialized Mental Health & Addiction Services can be found [here](#).

Hospitals & Health Facilities

A full listing of Central Health facilities can be found [here](#).

You are not alone. We're here to help.

For immediate help, call 911 or go to your local Emergency Department.

