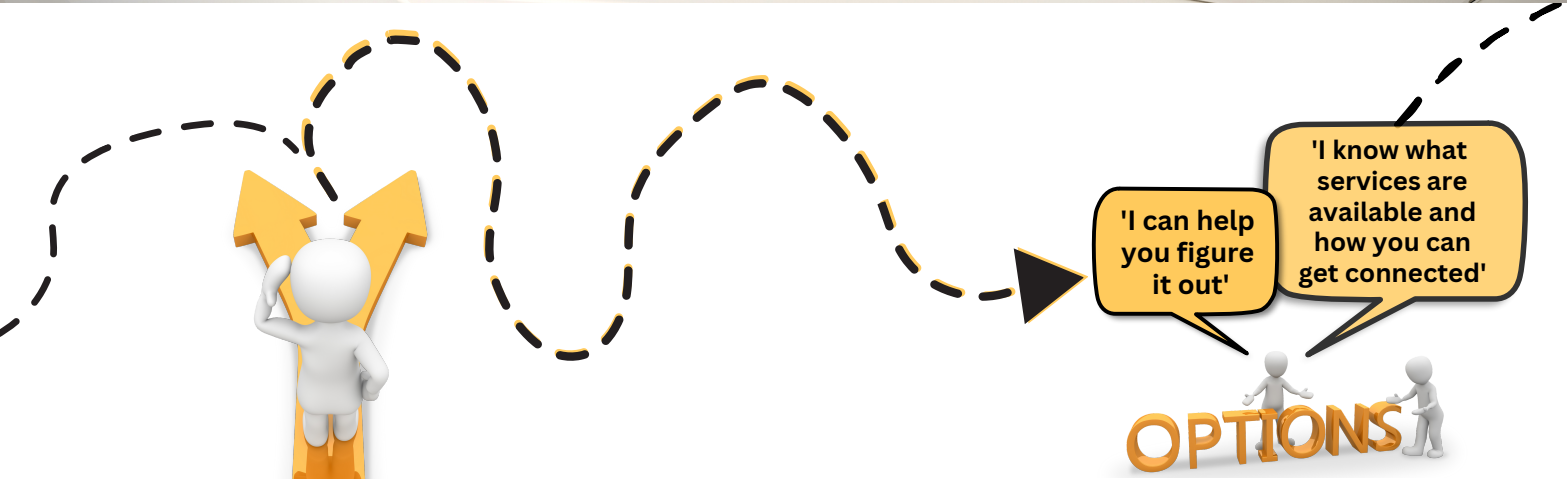


Provincial Mental Health & Addictions Systems Navigator




When an individual is experiencing a mental health or addictions issue, they may not know how or where to get the help they need. The **Provincial Mental Health and Addictions Systems Navigator** can help.

The Navigator:

- is a central point of contact with knowledge of all mental health and addictions services provided by the health authorities and the community.
- will help individuals consider the options available and find the mental health and addictions service that is right for them and their family.
- can connect the person to services and programs that can help them in their mental health journey.

The Provincial Mental Health and Addictions Systems Navigator is available to individuals, families and professionals of any age in Newfoundland and Labrador.

TO ACCESS SERVICE

 Call toll-free 1-877-999-7589 or (709) 752-3916, Monday-Friday, 8:30 a.m. - 4:30 p.m. Video Relay Service (VRS) calls are welcome. If the Navigator is not available, individuals can leave a voicemail.

 Email barry.hewitt@easternhealth.ca