

Provincial Mental Health & Addictions Systems Navigator

E-MENTAL HEALTH HIGHLIGHT

16 September 2024



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

THE NAVIGATOR

- is a central point of contact with knowledge of all mental health and addictions services provided by NL Health Services 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.



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

NEED HELP NAVIGATING THE SYSTEM OR CONNECTING WITH A SERVICE?

To Learn More

Visit nl.bridgethegapp.ca

Bridge **the gapp**

or scan the code

