

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 is Newfoundland and Labrador's "go-to" website for mental health, substance use and addictions information and resources.

Learn, find services and supports, sign up for free online programs, and share personal stories and messages of support.

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



24/7 Support



811 is a provincial HealthLine that provides information about physical and mental health, answers health-related questions and refers individuals to services to meet their needs.

811 also offers 24/7 mental health and addictions crisis support and can connect individuals to emergency and crisis response services.

Call 811

Access to Counselling



Doorways provides fast access to mental health and addictions counselling services, one session at a time. Most locations offer drop-in services, or can arrange same day, next day or a scheduled appointment in-person, by phone, or video call. Individuals can work with Doorways counsellors to connect with services that meet their needs.

To find your closest Doorways:



Help Lines

Service Navigation



Provincial Mental Health & Addictions System Navigation

Helps individuals understand and connect with mental health and addictions services.

Hours: Monday-Friday, 8:30 a.m. - 4:30 p.m. Island time

Toll-Free: 1-877-999-7589

Email:
MHAnavigation@nlhealthservices.ca

Peer Support



Provincial Lifewise Warmline

Non-crisis peer support for people who are experiencing mental health, substance use, or addictions issues.

Hours: 10 a.m. to midnight Island time, daily. Call **1-855-753-2560**

Learn more about programming at Lifewise, including perinatal and first responder peer support.



For Children and Youth



Kids Help Phone

Kids, teens, and young adults can connect with a professional counsellor if they're struggling, have questions, or need support. Available 24/7.

Call **1-800-668-6868**



Emergency and Crisis Interventions

Mobile Crisis Response

Mobile Crisis Response Teams

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

Call 811 or 911

Local Emergency Department

Local Emergency Departments

Provide care during urgent, life-threatening situations that need immediate help, 24/7.

Go to your local emergency department or call 911

Provincial Crisis Line

811 offers 24/7 mental health and addictions crisis support and can connect individuals to emergency and crisis response services, including 911 and mobile crisis response teams.

Call 811

National Crisis Lines

Crisis Text Line, by Kids Help Phone (Children and Youth)

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

Text CONNECT to 686868

Suicide Crisis Helpline

Available 24/7.

Call or text 988

Free Online Programs



Therapy Assistance Online

Tools designed to help individuals learn about and change how they think and feel and bounce back from setbacks.

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 looking for help to improve mental health and well-being.

Visit: <https://strongestfamilies.com/>



MindWell

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

Visit:

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



For more information on mental health and addictions services in your area, visit <https://nl.bridgethegapp.ca> and click on the Service Directory.

