

# Community Supports

## Urgent Mental Health Supports

### **24-hour Mental Health Crisis Line**

(709) 737-4668 or 1 (888) 737-4668 (Toll Free)

### **Mobile Crisis Response Team**

1 (888) 737-4668 (St. John's Region)

### **Crisis Text Line**

Text 'Talk' to 686868

### **Psychiatric Assessment Unit (Eastern Health)**

(709) 777-3021 or (709) 777-3022 - 24-hour walk-on crisis service at the Waterford Hospital Site at 306 Waterford Bridge Road, St. John's

## Other Supports

### **Bridge the gApp**

[BridgethegApp.ca](http://BridgethegApp.ca) is your 'go-to' website for mental health information and connection to local supports and services. You can sign up for online programming, use tools, learn about services in your region and share your personal story of recovery with others. You can get started today.

### **BreathingRoom™**

BreathingRoom™ is an online, self-management program for people, aged 13-24, looking to find ways to manage stress, anxiety and depression. The 8-unit program offers videos, stories and activities to build coping skills. No referral needed. Sign-up by visiting [BridgethegApp.ca](http://BridgethegApp.ca).

### **30-Day Mindfulness Challenge**

The 30-Day Mindfulness Challenge is for everyone! It only takes 5-10 minutes

a day to improve mood, performance, and reduce stress. A new challenge starts every Monday. Sign-up by visiting [BridgethegApp.ca](http://BridgethegApp.ca).

### **Therapy Assistance Online (TAO)**

TAO is an online program that combines education materials with brief contact by phone, chat or video conferencing with a counsellor to improve your health and wellness. TAO is for anyone aged 16 and over, and is available in English and French. TAO is also available as a self-help option. For more information, visit [BridgethegApp.ca](http://BridgethegApp.ca).

### **Strongest Families**

Strongest Families offers free telephone and online coaching for children, youth and their families experiencing mental health or behavioural issues. Programs are 12 weeks and require a referral from a health care provider or teacher/principal. Referral forms are available on [BridgethegApp.ca](http://BridgethegApp.ca). Strongest Families makes contact within 48 business hours of receipt of referral.

Programs include:

Behavioural concerns (for ages 3-12)

Anxiety Program (6-11 years of age)

Bedwetting (for ages 5-12)

Defeat Anxiety (12-17 years of age)

### **I CAN**

I CAN (Conquer Anxiety and Nervousness) is a free program that supports young adults, aged 18-30, in learning skills to overcome anxiety and cope with major life stressors. The program offers distance telephone and online coaching. Sign up by visiting [BridgethegApp.ca](http://BridgethegApp.ca) or calling Strongest Families Institute 1-866-470-7111.

### **Mental Health Crisis Line**

The Provincial Mental Health Crisis Line offers free, confidential telephone support, 24/7 for people experiencing a mental health crisis. Call 1-888-737-4668 and TTY: 1-888-709-3555.

### **Provincial HealthLine - 811**

Dial 811 anytime from anywhere in Newfoundland and Labrador. The HealthLine is staffed by experienced, local registered nurses who provide information about physical and mental health services in your area, and can answer any questions you may have about health-related topics.

### **CHANNAL Warm Line**

The Warm Line offers non-emergency, non-crisis telephone support from 11:00 a.m. to 11:00p.m., daily for people living with mental health issues and their loved ones. Call 1-855-753 2560 to speak to a trained peer supporter.

### **Doorways** (walk-in counselling services)

To find a Doorways clinic near you call 811 or visit [www.bridgehtegapp.ca/adult/service-directory/doorways-walk-in-clinic-counselling/](http://www.bridgehtegapp.ca/adult/service-directory/doorways-walk-in-clinic-counselling/)

### **Provincial Mental Health and Addictions Systems Navigator**

The Navigator is available 8:30 a.m. to 4:30 p.m., Monday to Friday, to help people navigate the mental health and addictions system, problem solve, review options and connect to services. Video relay service (VRS) calls are welcome. Call 1-877-999-7589, or email [barry.hewitt@easternhealth.ca](mailto:barry.hewitt@easternhealth.ca).

### **Kids Help Phone**

Kids Help Phone offers free telephone, live chat and texting support to children and youth, 24/7 in French and English. Youth can be anonymous and will receive professional counselling, information and referrals. Call 1-800-668-6868, visit KidsHelpPhone.ca or download the [Always There App](#).

### **Crisis Text Line**

Children, youth and young adults can text ‘Talk’ to 686868 to a trained volunteer crisis responder who will help with any issues – big or small. The service is free, confidential, and available 24/7.

### **Hope for Wellness Help Line**

The Hope for Wellness Help Line offers 24/7 mental health counselling and

crisis intervention to all Indigenous people across Canada. You can call 1-855-242-3310, or visit [hopeforwellness.ca](http://hopeforwellness.ca) to chat with a counsellor by phone or online. This service is available in English and French, and Cree, Ojibway, and Inuktitut, upon request.

### **Gambling Help Line**

The Gambling Help Line is available 24/7 to anyone experiencing a problem or negatively impacted by gambling, including family or friends. It is free and confidential and offers information, resources and crisis intervention. Call 1-888-899-HELP (4357).

### **Smokers' Help Line**

Smokers' Helpline is a free, confidential service that provides information, tools, advice and support while you are working toward being smoke free. Connect by phone 1-800-363-5864, or text 1-709-700-7002, email or live chat. Available 9:00 a.m. to 9:00 p.m., Monday to Thursday, and 9:00 a.m. to 5:00 p.m. on Friday. You can also leave a message afterhours or visit [www.smokershelp.net](http://www.smokershelp.net).