



Mental Health Resources in Newfoundland and Labrador

There are many mental health services provided throughout Newfoundland and Labrador. The following lists some services throughout the province. You do not have to be in the St. John's region to contact the St. John's Region resources.

ST. JOHN'S REGION

Problem Gambling Helpline (24 Hour Service)

Toll Free: 1-888-8999-4357

Mobile Crisis Response Team

Toll Free: 1-888-737-4668

Recovery Centre (Methadone Treatment Centre)

Telephone: (709) 752-4980

Psychiatric Assessment Unit

Telephone: (709) 777-3021 or (709) 777-3022

Central Intake for Child and Adolescent Mental Health and Addictions Services

Telephone: (709) 777-2200

Central Intake for Adult Mental Health and Addiction Services

Telephone: (709) 752-8888

Le Marchant House (Mental Health Clinic)

192 Lemarchant Rd., St. John's, NL, A1C 2H6

Telephone: (709) 777-5622

Canadian Mental Health Association (NL)

603 Topsail Rd., St. John's, NL, A1E 2E1

Telephone: (709) 753-8550

Tuckamore Centre (for Youth)

7 Mallow Dr., Paradise, NL, A1L 3A9

Telephone (709) 752-3914



CENTRAL NEWFOUNDLAND

Mental Health and Addictions Counselling Centre (GANDER)

James Paton Memorial Regional Health Centre,
125 Trans Canada Highway, Gander, NL, A2V 1P7
Telephone: (709) 256-2813 or (709) 256-5438
Serves: Eastport - Gander Bay, Fogo.

Mental Health and Addictions Counselling Centre (GRAND FALLS-WINDSOR)

Community Health Building,
36 Queensway, Grand Falls-Windsor, NL, A2B 1J3
Telephone: (709) 489-8841
Serves: Buchans - Grand Falls- Windsor - Leading Ticks

Mental Health and Addictions Team (LEWISPORTE)

454-462 Main St., Lewisporte, NL, A0G 3A0
P.O. Box 1209
Telephone: (709) 535-0497

Serves: Twillingate - Lewisporte, Birchy Bay, Norris Arm

Mental Health and Addictions Team (ST. ALBANS)

Regional Resource Centre

Cormier Ave., St. Albans, NL, A0H 2E0

Telephone: (709) 538-3738

Serves: South Coast

WESTERN NEWFOUNDLAND

Blomidon Centre for Youth (Corner Brook - Free Sessions to Youth)

133 Riverside Dr., Corner Brook, NL, A2H 6J7

P.O. Box, 2005

Telephone: (709) 634-4171

Mental Health and Addictions Counselling (CORNER BROOK)

35 Boones Rd., Corner Brook, NL, A2H 7E5

Telephone: (709) 634-4506

Mental Health and Addictions Services (DEER LAKE)

20 Farm Rd., Deer Lake, A8A 1J3

Telephone: (709) 635-7830

Mental Health Services and Sexual Abuse Community Services (STEPHENVILLE)

127 Montana Dr., Stephenville, A2N 2T4

Telephone: (709) 643-8740

Mental Health and Addictions Services (PORT AUX BASQUES)

P.O. Box, 100, Port Aux Basques, NL, A0K 3V0

Telephone: (709) 695-6250

Mental Health and Addictions Services (NORRIS POINT)

Bonne Bay Health Centre

212 Main St., Norris Point, NL, A0K 3V0

Telephone: (709) 458-2211

Mental Health and Addictions Services (PORT SAUNDERS)

Rufus Guinchart Health Centre

Route 430-28, Port Saunders, NL, A0K 4H0

P.O. Box 40
Telephone: (709) 861-9125

Mental Health and Addictions Services (ST. ANTHONY)

Curtis Memorial Hospital
200 West St., St. Anthony, NL, A0K 4S0
Telephone: (709) 454-3333

LABRADOR

Mental Health and Addictions Counselling Office (HAPPY VALLEY-GOOSE BAY)

Labrador Health Centre
227 Hamilton River Rd., HV-GB, NL, A0P 1C0
Telephone: (709) 285-8251

Mental Health and Addictions Counselling Office (LABRADOR CITY)

Labrador West Health Centre
1700 Nichols-Adam Highway, Labrador City, NL, A2V 0B2
Telephone: (709) 897-2343

Mental Health and Addictions Counselling Office (HOPEDALE)

Hopedale Community Clinic
Hopedale, NL, A0P 1G0
Telephone: (709) 933-3857 (ext: 221)

Mental Health and Addictions Counselling Office (CHURCHILL FALLS)

Churchill Falls Community Clinic
Telephone: (709) 925-3377

Mental Health and Addictions Counselling Office (NAIN)

Nain Community Clinic
Telephone: (709) 922-2912

More Services

For a complete listing of mental health services offered through Central, Western, and Labrador-Grenfell Health, you can visit the following website:

<http://www.yourhealthline.ca/documents/Mental-Health-and-Addictions-Services-Central-Western-Lab-Grenfell-Health.pdf>