

Are you or someone you know experiencing a Mental Health Crisis?

VISIT

Your Local Emergency
Department
OR
Call 911

CALL

Mental Health
Crisis Line
1-888-737-4668

TEXT

Text Crisis Line
Available to ALL Ages

Text the word "TALK"
to 686868

Are you or someone you know looking for Mental Health & Addictions Services?

VISIT

Eastern Health's Mental
Health & Addictions
Website
mha.easternhealth.ca
Doorways
mha.easternhealth.ca/DoorWays

CALL

Provincial Mental Health
& Addictions Systems
Navigator
1-877-999-7589
OR
Healthline - 811

BROWSE

Visit Newfoundland and
Labrador's Online Service
Resource Guide

www.bridgethegap.ca