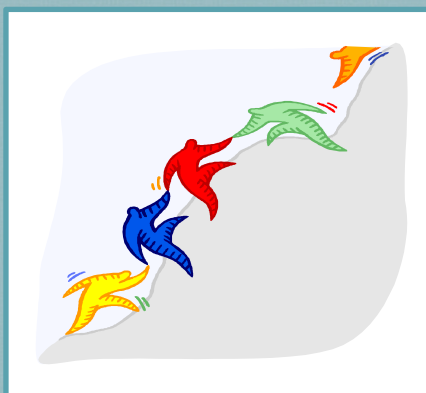


Referral Process

Referrals can be made by:

- Health care, school or other professionals
- Parents/caregivers who have personally discussed matters with the young person being referred
- Clients 16 years of age or older may refer themselves
- Any professionals wishing to make a referral **must** complete the Mental Health and Addictions referral form and fax it to Central Intake at **(709) 777-2211**.
- Any client, parent/caregiver who wishes to make a referral can call Central Intake at **(709) 777-2200**.

Please call Central Intake if you have any questions regarding the referral process.



Hours:

8:30-4:30 pm Monday to Friday

Location:

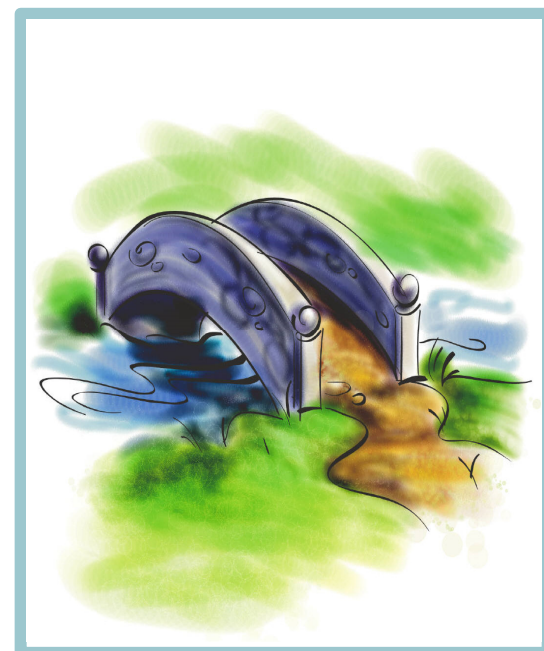
5th floor Southcott Hall
100 Forest Road
St. John's, NL
A1E 1E5

For General Inquiries:

777-7715

"I have learned so much about myself from the work I have done at Bridges. It's not easy to ask for help but it's worth it."

Bridges Client



Bridges Program

Who We Are...

We understand that adolescence is a time of change and transition. It's a bridge from childhood to adulthood marked by social, emotional, and physical changes. These years present many unique challenges and stresses which can often impact the mental wellbeing of a teen.

Our program aims to provide supportive intervention that is both focused and purposeful. With a strengths-based approach, we work collaboratively with youth and their families to assist in building the awareness, skills, and understanding needed to address mental health challenges.

Our Team...

Bridges has an interdisciplinary clinical team that is comprised of:

- Psychology
- Social Work
- Occupational Therapy



What We Do...

Primary Service:

- Focused, short-term individual psychotherapy

Additional Services:

- Mental health prevention and education
- Community consultation

Specialized Services:

- Family therapy
- Skill-building groups
- Psychiatric consultation
- Parent education session(s)

Note: Specialized services are for internal referrals only.

“Coming to Bridges and learning about how to manage my anxiety has been an amazing experience”

Bridges Client

Who We See...

A person referred to Bridges must be:

- Between 13-17 years of age, up to 18th birthday
- Able to benefit from a focused, short-term intervention
- Able to identify and articulate goals

A referral must:

- Clearly describe the mental health problem or illness
- Clearly describe the situation and why services are required

Common reasons for referrals:

- Anxiety
- Low mood
- Suicidal ideation
- Self-harm behaviour
- Poor coping skills