

# Mental Health & Addictions

*More options when you need them.*



Black Tickle  
(709) 938-7523

Mary's Harbour  
(709) 960-0234

Cartwright  
(709) 938-7523

Nain  
(709) 922-2912  
ext. 212

Charlottetown  
(709) 960-0234

Natuashish  
(709) 478-8834

Churchill Falls  
(709) 925-3377/3732

Port Hope Simpson  
(709) 960-0234

Flower's Cove  
(709) 456-2401  
ext. 6242/6246/6247

Postville  
(709) 923- 2207

Forteau  
(709) 931-2450  
ext. 9317231

Rigolet  
(709) 923-2207

Happy Valley-Goose Bay  
(709) 897-2343

Roddickton-Bide Arm  
(709) 457-2215 ext.  
4577234/4577256

Hopedale  
(709) 933-3388

Sheshatshiu  
(709) 497-3628

Labrador City  
(709) 285-8251

St. Anthony  
(709) 454-0326

Makkovik  
(709) 923-2207

St. Lewis  
(709) 960-0234



Rapid access to counselling services 'one session at a time' for children, youth and adults. Call the number listed for your area to discuss available options.

## Opioid Dependency Treatment

Receive rapid access to suboxone/methadone by calling 811 or the local ODT Hub: (709) 897-2125. Telehealth available throughout the region.

## Take Home Naloxone Kits

Call your local Mental Health & Addictions office for FREE Naloxone kits.

**A full listing of specialized Mental Health & Addiction Services can be found [here](#).**

## Mobile Crisis Response

A partnership between the RNC (Labrador West) and Mental Health & Addictions, providing clinical assessment and intervention services to people within the community who are experiencing a mental health crisis. To access services, call the Mental Health Crisis Line at 1-888-737-4668 or 911.

## Youth Outreach Services

Happy Valley-Goose Bay: (709) 896-5074

Labrador City: (709) 944-2296

St. Anthony: (709) 454-2424

## Prevention & Promotion Services

Addictions Prevention/  
Mental Health Promotion: (709) 454-0521

Available workshops, training programs and presentations for the general public:  
<https://www.lghealth.ca/your-health/programs-and-services/mha/mental-health-promotion-and-addiction-prevention/>

## Bridge the gapp

*Mental health information, interactive resources and connection to local supports & services at:*  
[www.bridgethegapp.ca](http://www.bridgethegapp.ca)

## CheckItOutNL.ca

*Online Self-Screening Tools – Anytime, anywhere.*

## Hospitals & Health Facilities

A full listing of Labrador-Grenfell Health facilities can be found [here](#).

**You are not alone. We're here to help.**

For immediate help, call 911 or go to your local Emergency Department.



Labrador-Grenfell  
**Health**