

Mental Health & Addiction Services

More options when you need them.

Port aux Basques	695-6250
Burgeo	886-2185
Stephenville	643-8740
Corner Brook	
Adult	634-4506
Children & Youth	634-4171
Deer Lake	635-7830
Norris Point	458-2381
Port Saunders	861-9125



Youth Outreach Services

Port aux Basques	695-6901
Stephenville	643-4595
Corner Brook	634-4171
Norris Point	458-2381 ext. 271

WesternHealth.nl.ca/mha

Prevention & promotion resources



Mental Health Crisis Line
Gambling Help Line
811

Crisis Text Line
Text 'connect' to 686868

Kids Help Phone
1-800-668-6868

Lifewise Warm Line
1-855-753-2560

First Responders Warm Line
1-709-237-4180

Not sure who to call? Call 211

Updated January 2024

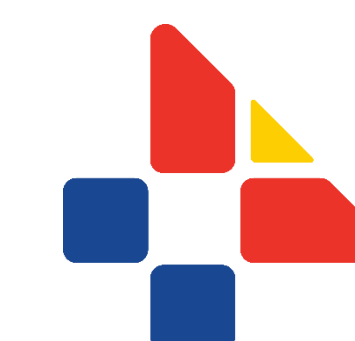
Provincial Opioid Line
1-844-752-3588

Domestic Violence Helpline
1-888-709-7090 Call or Text

NL Sexual Assault Crisis
Support & Information Line
1-800-726-2743

First Nations & Inuit Hope
for Wellness Help Line
1-855-242-3310

MH&A Systems Navigator
1-877-999-7589



NL Health
Services