

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	639-1710
Norris Point	458-2381 ext. 271

WesternHealth.nl.ca/mha

Prevention & promotion resources

CheckItOutNL.ca



Mental Health Crisis Line

1-888-737-4668

CHANNAL Warm Line

1-855-753-2560

Crisis Text Line

Text 'talk' to 686868

Kids Help Phone

1-800-668-6868

MH&A Systems Navigator

1-877-999-7589



Willow House Crisis Line

1-866-634-4198

First Nations & Inuit Hope for Wellness Help Line

1-855-242-3310

Gambling Help Line

1-888-899-4357



Bridge  gapp.ca

