

Find the Right Mental Health or Addictions Service

Websites of the Regional Health Authorities and the Government of Newfoundland and Labrador have **up-to-date information** for you. Along with regional services, there are many mental health and addictions services that are provincially available:

- ✓ 'In An Emergency'
- ✓ Help Lines and Navigator
- ✓ Online Supports
- ✓ Counselling Options
- ✓ Hospital Care
- ✓ Treatment Centres
- ✓ Opioids and Naloxone
- ✓ Mental Health Promotion and Addiction Prevention
- ✓ Housing Services
- ✓ Resources for Physicians and Service Providers

For quick access to service descriptions and referral forms please visit any of our websites:

Labrador-Grenfell Health: <http://www.lghealth.ca/index.php?pageid=513>

Central Health: <http://www.centralhealth.nl.ca/mental-health-addictions-services/>

Western Health: westernhealth.nl.ca/home/health-topics-main/

Eastern Health: easternhealth.ca/WebInWeb.aspx?d=1&id=2106&p=74

Government of NL: gov.nl.ca/health-and-wellness

Also, Bridgethegapp.ca/ includes a provincial Service Directory and online supports.

March 2018