

Mental Health Resources

- **911 Emergency Medical Services Communication Centre - Telephone: 911**
- **Mental Health Crisis Line:** If you are experiencing a mental health crisis, you should call **1-888-737-4668 / (709) 737-4668 or dial 811**, available 24 hours a day.
- **Bridge the Gapp:** If you are finding it difficult to cope or feel anxious, Bridge the Gapp offers many services to support you and your wellbeing. Please visit www.bridgethegapp.ca for more information.
- **Provincial CHANNEL Warm Line:** If you are feeling isolated and alone, you are encouraged to reach out and speak with a trained mental health peer supporter. Call the Provincial CHANNEL Warm Line at **1-855-753-2560** 9:00am to 12:00am daily. Note that, due to large call volumes, you may be prompted to leave a voice mail. CHANNEL will return your call with a blocked phone number to protect your privacy.
- **NL Sexual Assault Prevention & Crisis Ctr.** provide front-line services to individuals who have experienced sexualized violence and harassment. If in crisis, or for **immediate help call 1 800-726-2743**. To contact the Ctr for advice on a personal sexual harassment or violence experience or on behalf of anyone else and to learn about available community supports and prevention methods call **(709) 747-7757**.
- **For the Frontlines (powered by Kids Help Phone):** Workers on the frontlines of the COVID-19 pandemic can text '**FRONTLINE**' to **741741** to reach a Crisis Responder. This service is free, confidential, and available 24 hours a day.
- **DoorWays:** Provides rapid access to mental health and addictions counselling services 'one session at a time.' While most DoorWays locations offer a walk-in service, some locations provide same-day or next day services or appointments by phone. Walk-in counselling services are available without an appointment or referral. Visit <https://mha.easternhealth.ca/doorways/> to find out more and for phone numbers throughout the province. ***DoorWays is not an emergency service; contact 911 or the Mental Health crisis line (top of this page) if in an emergency.***
- **Crisis Text Line (powered by Kids Help Phone):** Children, youth and young adults can text '**TALK**' to **686868**, and adults can text '**WELLNESS**' to **741741**, to a trained volunteer Crisis Responder who will help with any issues – big or small. The service is free, confidential, and available 24 hours a day.
- **Kids Help Phone:** Kids Help Phone offers free telephone and texting support to children and youth, 24 hours a day in French and English. Youth can be anonymous and will receive professional counselling, information and referrals. Call **1-800-668-6868**, visit KidsHelpPhone.ca for online resources or download the Always There App.

- **SeniorsNL:** For seniors and individuals who support seniors, SeniorsNL is a great resource that is available throughout the province. Individuals can call **1-800-563-5599** for information or just to talk. SeniorsNL can also be contacted via email at info@seniorsnl.ca or online at <http://seniorsnl.ca/>.
- **Provincial Opioid Toll-Free Line:** Eastern Health has launched a temporary information line to help individuals navigate the system and connect with opioid addiction supports and services. The line is intended for use by those receiving Opioid Dependence Treatment, those seeking support for their opiate use, their families and health care providers. Call 1-844-752-3588 from 8:30am-4:30pm Monday to Friday.
- **The LifeLine Canada Foundation (or TLC):** A registered non-profit, committed to positive mental health and suicide prevention & awareness and is constantly developing new initiatives in support of these goals. The LifeLine Canada Foundation is not a crisis hotline. If in Crisis, call or text **988** for Canada's new suicide prevention hotline. If you or someone you know is in danger of hurting themselves or others, call 911 immediately. [Resources - The LifeLine Canada Foundation](#)

Legal and Human Rights Resources:

- **Public Legal Information Association NL (PLIAN):** An independent non-profit organization and registered charity dedicated to educating Newfoundlanders and Labradorians about the law, with the intent of increasing and improving access to justice. Telephone: (709) 722-2643 Toll-Free: 1-888-660-7788 <https://publiclegalinfo.com/>
- **Newfoundland and Labrador Human Rights Commission:** an independent government agency responsible for promoting and protecting human rights in the province. Call 709-729-2709 or Toll-Free at **1-800-563-5808** or go to <https://thinkhumanrights.ca/>
- **Labour Standards Division (Non unionized employees and workplaces):** The Labour Standards Division of Government of Newfoundland Labrador administers the province's Labour Standards Act and Regulations, which mandates minimum terms and conditions of employment. The *Labour Standards Act* is designed to provide protection to individual workers while requiring employers to establish conditions of employment that meet at least the legislated minimum standards for their employees. Call 1-709-729-2743 or 1-709-729-2742 in St. John's, or 1-709-637-2364 in Corner Brook or Toll Free: 1-877-563-1063 Email: labourstandards@gov.nl.ca <https://www.gov.nl.ca/ecc/labour/nonunion/>
- **Labour Relations Division (unionized employees and workplaces):** The Labour Relations Division serves those employees and employers in the province who operate **within unionized environments** promoting a stable and constructive labour relations climate and fostering productive workplace relationships. The programs offered focus on facilitating the settlement of Collective Agreements, dispute resolution, appointment of arbitrators and workplace training. Call 1-709-729-2711 or email at lrb@gov.nl.ca <https://www.gov.nl.ca/lrb/>