



Eastern Health

Are you or someone you know experiencing a mental health crisis?

Health-care services are available to people with:

- Depression/Anxiety & Stress
- Family Issues
- Fear and Phobias
- Parenting Issues
- Grief and/or Adjustment
- Eating Disorders
- Suicidal Issues
- Alcohol and Drug Issues
- Impaired Driving
- Gambling
- Sexual, Physical & Emotional Abuse
- Mental Illness
- Relationship Issues
- Violence

Services are offered to individuals, couples, families and groups.

Mental Health Crisis Line

The mental health crisis line provides 24-hour telephone-based crisis intervention by professionally trained crisis interveners. The confidential service is available across Newfoundland and Labrador, to anyone in crisis, as well as their caregivers or loved ones. Make the call today.



Walk-in Service

Grand Bank

Mental Health & Addictions Wellness and Resources Drop-In Service
Dr. S. Beckley Health Centre
Wednesday, 9:00 a.m. – 3:30 p.m.

Marystown

The “Doorways Walk in Service”
Marystown Community Health Office
Every second Tuesday 8:30 a.m. – 4:30 p.m.
(709) 279-7952

Referrals for specialized services

Referrals to other Mental Health and Addictions Services on the Burin Peninsula are made through our intake social worker by completing our referral form or calling **279-7952**. A health-care professional can also make a referral on your behalf.

Bridge the gAPP

Bridge the gAPP is a mobile device app which aims to support and promote mental wellness amongst adults and youth in Newfoundland and Labrador. The apps are available for download on the Apple App Store or Google Play or at www.bridgethegapp.ca.



Looking for support but not sure how to access it?

The Mental Health & Addictions (MHA) systems navigator helps individuals, family members and stakeholders throughout the province to effectively navigate large and complex regional health-care organizations as well as relevant government departments and community organizations. The position also serves as a central point of contact for inquiries by the public/service providers. The MHA systems navigator helps improve the client’s mental health journey by increasing knowledge/awareness; identifying and addressing system barriers; and improving coordination among services, ensuring continuity of care across services.

If you need assistance in navigating the MHA system, contact Barry Hewitt, mental health systems navigator, by:

Phone: 1-877-999-7589

Email: barry.hewitt@easternhealth.ca.