

Additions

Addictions Program

Addictions Program is dedicated to providing effective treatment for individuals 19 years of age and older who have substance use/abuse and/or gambling and a psychiatric illness. The Addictions Program is outpatient-focused, offering group education, therapy and support as its primary means of treatment. Short-term, individual counseling as well as referrals to inpatient treatment and community services are provided.

Contact Information:

Addictions Program
Mental Health Program
Waterford Site
Eastern Health
Waterford Bridge Road
St. John's, NL A1E 4J8
Phone: (709) 777-3330/3331
Fax: (709) 777-3912

Addiction Services

The Addictions Services program is involved with coordinating alcohol, other drugs, and gambling education, prevention and treatment services under the Eastern Regional Integrated Health Authority.

Contact Information:

2nd Floor Bldg 532
Pleasantville
P. O. Box 13122
St. Johns, NL A1B 4A4
Phone: (709) 752-4919
Fax: (709) 752-4920

Al-anon and Alateen Information Services

The Al-Anon Family Groups include relative and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. They believe alcoholism is a family illness and that changed attitudes can aid recovery. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. They do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Contact Information:

Area 83, Province of Newfoundland and Labrador

Phone: (709) 722-2666

Toll-Free: 1-888-425-2666

Email: info.al-anon.nl@nf.aibn.com

Source: <http://www.al-anonandalateen.nl.ca>

Alcoholics Anonymous

A support group program designed to offer help to individuals suffering from problems due to their own alcohol consumption.

Contact Information:

P.O. Box 26074

3 Blackmarsh Road

St. John's, Newfoundland and Labrador

A1C 5T9

Phone: (709) 579-6091 (pre-recorded meeting information)

Email: sjintergroup@nl.rogers.com

Source: <http://www.alcoholics-anonymous.org>

Eastern Health Addiction Services

The program provides crisis response and community-based mental health and addictions counselling. This includes PREP, a program that helps individuals with mental health difficulties return to the workforce, and ACCESS, which provides housing and support services for ex-psychiatric patients. Eastern Health operates the Mental Health Crisis Centre, a 24-hour, seven days a week telephone and in-person crisis intervention service at 1-888-737-4668.

Addictions counselling services include education, prevention and treatment services for persons with an alcohol, drug or gambling problem. The addictions program also works with family members who are often affected by an addiction in the family. A 20-bed Recovery Centre is available to individuals who are experiencing withdrawal from alcohol, street drugs or prescription medication. The Recovery Centre serves as an entry point to addictions treatment. We also have an extensive collection of materials on addictions in their lending library.

Contact Information:

Addiction Services

Eastern Health

Administrative Office

Waterford Bridge Road

St. John's, NL A1E 4J8

Phone: (709) 752-4919

Source: <http://www.easternhealth.ca/AboutEH.aspx?d=2&id=158&p=77>

Gamblers Anonymous

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

Gamblers Anonymous meets in St. John's at the following times. Please check the website as these times may change.

Monday

St. Johns G.A.

8:00 - 10:00 PM

Cannonwood Hall

Military Road

St. John's, NL

Wednesday

Mount Pearl G.A.

7:30 PM

First United Church
Park Avenue
Mount Pearl, NL
Closed Meeting

Thursday

St. Johns G.A
8:00 PM
Cannonwood Hall
Military Road
St. Johns, NL

Contact Information:

Phone: 213-368-8789 (Long- Distance)

Email: isomain@gamblersanonymous.org

Source: <http://www.gamblersanonymous.org/>

Narcotics Anonymous

Narcotics Anonymous is a non-profit fellowship or society of men and women for whom drugs had become a major problem. Narcotics Anonymous does not focus on any one specific drug. They focus on the disease of addictions and, more importantly, on the nature of recovery from this disease. Some materials are distributed by mail to health care professionals. Narcotics Anonymous members are available to conduct meetings in institutional settings when appropriate.

Contact Information:

Phone: (709) 579-4290 (Recorded Information)

Meetings: Sundays at 8pm at the Froude Avenue Community Center

Source: <http://www.canaacna.org/english/index.asp>

Newfoundland and Labrador Alliance for the Control of Tobacco

The Newfoundland and Labrador Alliance for the Control of Tobacco is a program aimed to reduce the use of tobacco in youth through the presentation of general information regarding tobacco use.

Source: <http://www.actnl.com/>.

Overeaters Anonymous

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. They welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; they are self-supporting through their own contributions, neither soliciting nor accepting outside donations. Overeaters Anonymous is not affiliated with any public or private organization, political movement, ideology or religious doctrine; they take no position on outside issues.

Their primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Please go to the following link for a meeting place:

http://www.oa.org/all_about_meetings_results.htm?method=1&State=NL&statePulldown=%2Findex.htm%3Fstate%3DNL&city=&day=&Submit=Search

Contact Information:

Phone: (709) 738-1742

Email: sponsor@overeaters.org.

Source: <http://www.oa.org>

Recovering Addicts Fellowship Team

This organization is designed to help recovering addicts meet new non-using friends, share recovery experiences and get on with life, in an environment where using substances is not the focus of the day. They have developed outreach to bring addiction education to both our youth and the general public. Recovering addict's fellowship team aims to provide the recovering addict with healthy, alternative, social activities.

38 Pearson Street, Suite 111

St. John's, NL A1A 3R1

Phone: (709) 351-0000

Email: info@raft.nf.com

Source: <http://raft-nf.com>

Recovery Centre

The Recovery Centre is a provincial non-medical detoxification service which is operated by the Addictions Services branch of the Eastern Regional Integrated Health Authority. The Centre is located in St. John's, and is open to men and women who are intoxicated or who are experiencing symptoms of alcohol and other drug withdrawal or who need respite from a gambling problem. Clients of the Recovery Centre have full access to the outpatient and inpatient treatment services of Addictions Services. Detoxification may also be accomplished at home under a doctor's

guidance or in a hospital for those experiencing severe withdrawal symptoms and needing supervised detoxification.

Contact Information:

1st Floor Bldg. 532

Pleasantville

P.O. Box 13122

St. Johns, NL A1B 4A4

Phone: (709) 752-4980

Fax: (709) 752-4985

The Smoker's Helpline

The Smokers' Helpline is a toll free confidential phone line whereby anyone in Newfoundland & Labrador can call and receive free information, resource materials, advice, support and motivational counselling while working towards being smoke-free or creating a smoke-free environment.

The primary purpose of the Smoker's Help Line is to assist individuals in quitting smoking; however, the helpline is available to the entire community. The Newfoundland and Labrador Smokers' Helpline is widely used by both smokers and non-smokers. For instance, people who smoke can call to receive counselling on how to cut back and/or quit, family members can call to receive information on how to support a loved one who is trying to quit, students and teachers can call to get information for school projects and lesson plans, health professionals can call to receive the latest research and resource materials, and the business community can call to learn how to create smoke-free spaces and access workplace cessation programs.

The Helpline provides mailed resources and conducts "proactive" calls, where trained counsellors provide scheduled follow-up calls to aid in the quitting process.

Quit by Phone- Call the Smokers Helpline at 1-800-363-5864.

Contact Information:

The Carnell Building

15 Pippy Place, PO Box 13457

St. John's, Newfoundland and Labrador

A1B 4B8

Toll Free: 1-800-363-5864

Fax: (709) 726-2550

Source: <http://www.smokershelp.net>