

## **Mental Health**

## **Bridges Program**

Bridges Program is a pilot project for youth, ages 16-19, and their families, who may be experiencing a serious, urgent mental illness, health problem or crisis. They assist young clients with problems such as depression, suicidal and self-harm behaviors, eating disorders, sexuality concerns, mental illnesses and family conflict. Key service areas are individual therapy, family therapy, psychiatric consultation and treatment, parent education and supportive counseling, post hospital follow-up to inpatient mental health treatment and referral to other agencies.

### Contact Information:

Bridges Program  
Adolescent Division,  
Mental Health Program  
L. A. Miller Centre  
5th Floor, Southcott Hall  
100 Forest Road  
St. John's, NL A1A 1E5  
Phone: (709) 777-7715  
Fax: (709) 777-7779

## **Bulimia Anorexia Nervosa Association**

Bulimia Anorexia Nervosa Association is committed to providing specialized treatment education and support services for individuals affected directly and indirectly by eating disorders.

### Contact Information:

2109 Ottawa Street  
Suite 400  
Windsor, ON N8Y 1R8  
Phone: (519) 969-2112  
Fax: (519) 969-0227  
Source: <http://www.bana.ca>

## **Canadian Mental Health Association**

The Newfoundland and Labrador Division of the Canadian Mental Health Association is a voluntary, non-profit charitable organization aimed to promote a better understanding of mental health and mental illness in the province. As a division of the national Canadian Mental Health Association, their goal is to promote the mental health of all our citizens and to support the resilience and recovery of people and families living with the realities of mental illness.

This goal is accomplished through advocacy, public education, research, and service at the national and provincial levels.

### Contact Information:

Canadian Mental Health Association  
Newfoundland and Labrador Division  
Suite 302, 95 Bonaventure Avenue  
St. John's, NL A1B 2X5  
Phone: (709) 753-8550  
Toll-Free: 1-866-509-3937  
Fax: (709) 753-8537  
Source: <http://www.cmhanl.ca/about.asp>

## **CHANNAL (Consumer Health Awareness Network of Newfoundland and Labrador)**

The goal of CHANNAL is to build and strengthen self-help initiatives among individuals with mental health difficulties. CHANNAL aims to combat isolation, to educate the public on issues relevant to consumers of mental health services, and to provide social and emotional support, skill-building opportunities and a forum for consumers' concerns.

### Contact Information:

Janet Battock  
P.O. Box 371  
Holyrood, NL A0A 2R0  
Phone: (709) 229-0524  
Toll-Free: 1-877-229-0482  
Email: [channaleast@yahoo.ca](mailto:channaleast@yahoo.ca)

## **Kids Help Phone**

The Kids Help Phone is Canada's only toll-free, 24-hour, bilingual and anonymous phone counselling, referral and Internet service for children and youth. Professional counsellors provide immediate, caring support to young people in urban and rural communities across the country.

The service is completely anonymous and confidential - they do not trace calls or use call display. The caller does not have to disclose their name.

Contact Information:

Toll-Free Phone: 1-800-668-6868

Source: <http://www.kidshelpphone.ca/en/>

## **Mental Health Crisis Centre and Crisis Line**

Mental Health Crisis Centre promotes good mental health by supporting individuals through mental health crises, and to provide a 24-hour, 7-days per week community-based mental health crisis intervention service.

Contact Information:

Sheila Strickland

Mailing Address

47 St. Clare Avenue,

St. John's, NL A1C 2J9

Phone: (709) 737-4668 (Crisis Line)

Toll-Free: 1-888-737-4668 (Crisis Line)

Fax: (709) 737-4671

Office is open to the public 24 hours, 7 days a week.

Services Crisis Intervention (telephone and walk-in)

## National Eating Disorder Information Centre

National Eating Disorder Information Centre provides information and resources on eating disorders and weight preoccupation. Their services include providing written information on eating disorders, food and weight preoccupation, telephone information and referral line. They also host an Eating Disorders Awareness Week (annually), which is a nation-wide listing of treatment services and resources and lectures and workshops for schools, community groups, professionals.

### Contact Information:

200 Elizabeth Street, 7ES-421,

Toronto, ON M5G 2C4

Phone: 1-866-633-4220 (Toll Free); (416) 340-4156

Fax: (416) 340-4736

Email: [nedic.admin@uhn.on.ca](mailto:nedic.admin@uhn.on.ca)

[nedic@uhn.on.ca](mailto:nedic@uhn.on.ca)

Source: <http://www.nedic.ca>

## 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](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](mailto:sponsor@overeaters.org).

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

## **Schizophrenia Society**

The goals of the Schizophrenia Society are as follows: to provide support for those who have schizophrenia, their families and friends; to educate the public about the disease; to act as a resource to health care professionals and to improve services for persons with schizophrenia.

Contact Information:

SSNL Office

Lori Humber, Executive Director

205-206 WB, Waterford Site

Waterford Bridge Road

St. John's, NL A1E 4J8

Phone: (709) 777-3335

Fax: (709) 777-3524

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

## **Short Term Assessment Referral and Treatment (START) Clinic**

The Short Term Assessment Referral and Treatment Clinic provides rapid access to individuals requiring urgent mental health care. Services are provided in a brief therapy model coordinated by an interdisciplinary team of nurses, psychiatrists, psychologists, a social worker, occupational therapist and spiritual care counselor. Patients may be referred by family physicians, emergency departments, or hospital-based consultation/liaison services. Individuals referred to the clinic must be at least 20 years of age, require urgent intervention and are not being followed elsewhere in the mental health system. All referrals are seen in 72 hours by a psychiatric nurse for initial assessment and then assigned to a primary therapist. Patients are followed for a maximum of six-eight visits.

Referrals can be made by completing the Mental Health and Addictions referral form.

Phone: (709) 777-5390 or 777-5391

Fax: (709) 777-5093

Contact Information:

Division Manager Eileen Colbert

Phone: (709) 777-5822

Fax: (709) 777-5322