



Mental Health Resources

Where to Get Support in Newfoundland and Labrador During COVID-19



Provincial Mental Health Crisis Line

Call 1-888-737-4668 or TTY: 1-888-709-3555

Offers free, confidential phone support, 24/7 for people experiencing a mental health crisis.

Provincial Mental Health and Addictions Systems Navigator

Call 1-877-999-7589

Available 8:30 a.m. to 4:30 p.m., Monday to Friday, to help people navigate the mental health and addictions system, problem solve, review options and connect to services. Video relay service (VRS) calls are welcome.



CHANNAL Warm Line

Call 1-855-753-2560

Offers non-emergency, non-crisis telephone peer support daily for people with mental health issues and their loved ones. Open 10:00 a.m. to 12:00 a.m. seven days a week.



Kids Help Phone

Call 1-800-668-6868 or Text CONNECT to 686868

Provides free phone, live chat and texting support to children and youth, 24/7 in French and English. It's free, confidential and can be anonymous.



Hope For Wellness Help Line

Call 1-855-242-3310

Offers 24/7 mental health counselling and crisis intervention to Indigenous people across Canada. Call or visit hopeforwellness.ca to chat with a counsellor.



Bridge The gApp (www.bridgethegapp.ca)

Bridgethegapp.ca is the 'go-to' website for mental health information and connection to local supports and services. Sign up for online programming, tools, and services in each region and share personal stories of recovery with others.



811 HealthLine

Dial 811 24/7 to speak with experienced, local registered nurses about physical and mental health services and questions about health-related topics. 811 is a confidential and free telephone line available to all residents of Newfoundland and Labrador.