



# 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.

### Mental Health Crisis Line

**1•888•737•4668**

FREE • CONFIDENTIAL • 24/7

## Walk-in Service

### Grand Bank

Dr. S. Beckley Health Centre  
Weekly Clinic (by appointment only)  
(709) 832-1640 or (709) 832-1602

### 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.

## 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](mailto:barry.hewitt@easternhealth.ca)