

# FINDCARE<sup>tt</sup>

## National Emergency & Crisis Mental Health Services Directory

 MHPSS Network of Trinidad and Tobago



## Authors

Publication of the Mental Health and Psychosocial Support Network of Trinidad and Tobago

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## COVID-19 Information websites

For health alerts on the COVID-19 Pandemic please visit our Ministry of Health website at **[www.health.gov.tt](http://www.health.gov.tt)**

## Disclaimer

The information shared in this print version of our directory is subject to change by service providers. Some of the service providers listed here are not members of the MHPSS network of Trinidad and Tobago.

Please visit **[www.findcarett.com](http://www.findcarett.com)** for any updates.

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**You are not alone**

# Table of Contents

About this Directory .....	1
Emergency Helplines .....	3
PAHO-WHO Resources .....	7
MHPSS Network Members .....	10
Addiction Support .....	17
Social Services .....	22
Gender Based Violence .....	24
Children & Adolescents .....	27
Suicide Prevention .....	30
Regional Health Authorities .....	32

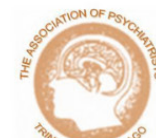
# About this Directory

Findcarett.com is the Directory of MHPSS Services delivered by the Technical Working Group of the Mental Health and Psychosocial Support Network of Trinidad and Tobago which was activated in 2020 in response to the COVID-19 Pandemic.

Technical Working Group Members include:

Ministry of Health (MOH)	Trinidad and Tobago Red Cross Society (TTRCS)
Pan American Health Organization (PAHO)	Franciscan Institute Trauma Team (FITT)
Regional Health Authorities (RHAs)	Consortium of Persons with Disabilities – Umbrella for Disabilities
Ministry of Social Development and Family Services (MSDFS)	Mindful Kites
Ministry of Sport and Community Development	Douglas and Associates Ltd
Ministry of Education (MoE)	The Art Therapy Association of Trinidad and Tobago
The University of the West Indies (UWI)	PEAPSL Consultancy Limited
Trinidad and Tobago Police Service (TTPS)	RN Vincent & Associates
Office of the Prime Minister (Gender and Child Affairs)	Lifeline
Children’s Authority of Trinidad and Tobago (CATT)	Childline
Trinidad and Tobago Association of Psychologists (TTAP)	Mindwise Project
Association of Psychiatrists of Trinidad and Tobago (APTT)	GROOTS T&T
Trinidad and Tobago Association of Social Workers (TTASW)	
Caribbean Alliance of National Psychological Associations (CANPA)	

# The Mental Health and Psychosocial Network of Trinidad and Tobago
















Submit your resource or apply for membership at [www.findcarett.com/apply](http://www.findcarett.com/apply) or email [mhpss@health.gov.tt](mailto:mhpss@health.gov.tt)










# Helplines






Emergency Numbers



Organization	Contact Number(s)	Description
Ministry of Health COVID-19 Helplines	800-WELL TOLL FREE 877-WELL TOLL FREE	Call the COVID-19 Helpline if you have symptoms like a fever or a cough, or if you need to get tested. Callers are asked to be patient as wait times can be longer than an hour due to volume of calls.
ChildLine    	131 bmobile or 800-4321- TOLL FREE - any network  Visit the website <a href="http://www.childlinett.org">www.childlinett.org</a> for Online Booking, Live Chat and to download the My ChildLine App.	Facilitates a 24-hour/365 day helpline for children and young persons (up to age 25) to discuss personal and private issues with trained counsellors. For persons over 25 they will be referred as is needed.
Coalition Against Domestic Violence     	1(868)-624-0402 1(868)-281-6637  Availability: Weekdays – 8:30 AM- 4:30 PM	Hotline, tele-counselling, legal services
Families in Action    	24 Hours Helpline 628-2333	In person counselling - Walk in clients are offered a fee waiver or fee reduction based on availability. 24-hour Hotline Counselling - Helpline - First intervention Parenting programme, youth, and domestic violence education Addictions screening and group support Individual support for female survivors of domestic violence (Group Pending)
GROOTS T&T  	24/7 Trinidad & Tobago 1(868) 384-4722 - Mobile Hotline 1(868) 383-8464- Whatsapp 1(868) 230-2307 – Landline Helpline 1(868) 220-5986- Office Number	Hotline, Transition home for survivors, psychosocial support for persons living with HIV, LGBTQIA+ and GBV survivors, counselling, medical social work
Judiciary Domestic Violence Hotline  	866-DVCT (3828) TOLL FREE Available: 8:00 AM - 4:15PM	A hotline managed by the Judiciary of Trinidad and Tobago that serves the needs of cases such as protection orders or restraining orders.
Lifeline  	800-5588 TOLL FREE 866-5433 TOLL FREE 220-3636 Available: 24 hours  <a href="http://www.lifelinett.com">www.lifelinett.com</a>	We befriend the despairing and suicidal. Our main service is to be available 24/7 to all those passing through an emotional crisis and in imminent danger of taking their own lives. Detailed information on our services, principles and practices can be found on our website: <a href="http://www.lifelinett.com">www.lifelinett.com</a> .

Organization	Contact Number(s)		Description
National Domestic Violence Hotline	800-7283 (SAVE) TOLL FREE Available: 24 hours		Telecounselling- We refer the clients to the right help They will help the person make a police report,
National Family Services Division 	800-CO19 (2619) TOLL FREE 623-2608  www.social.gov.tt/ national-family-services-division		For Individuals and Groups; Families ; Couples ; Children ; Parents ; The Elderly ; Persons with Disabilities; The Disadvantaged We support with the National Parenting Programme; Critical Incident Response and Disaster Relief along with support for various types of Life Crises.
Older Persons Information Centre (OPIC) 	800-OPIC (6742) TOLL FREE		Receives information on abuse regarding the elderly and make appropriate referrals for assistance Supply contact information for services related to older persons Provide information on inquiries about Homes for the Aged
Police	999		
Rape Crisis Society of Trinidad and Tobago 	24 Hour Hotline : 1(868) 627- 7273  Bilingual Gender Based Violence Hotline Ayudate- 866-7428 TOLL FREE - 6PM - 6AM 471-1227 - 9AM-5PM  North Office: 1(868) 346-2637 8:00 AM- 4:00 PM South Office: 1(868) 657-5355 8:15 AM- 4:15 PM		Provides counselling and support for victims & perpetrators of domestic violence and rape Individual and group counselling Walk-in services - Free or pay donation- Currently not doing walkins due to COVID-19, Also onsite counselling and workplace interventions Educates public about sexual violence issues through outreach programmes Training for Basic Counselling - March & April and Advanced Counselling.
The Children's Authority 	996 800-2014 TOLL FREE  Website: <a href="https://ttchildren.org">https://ttchildren.org</a>		24-hour hotline for the receipt of reports of child abuse. Provision of care and protection for any child (anyone under the age of 18 according to the Children Act 2012) who may be at risk of abuse or any child that is being abused. Investigation of reports to validate whether a child is in imminent danger and is in need of care and protection.
Trinidad and Tobago Association of Psychologists   	From 8 am – 3pm: Wendy: 787-0975 Sally: 730-7639 Michelle: 469-9983 Kareen: 731-2386 Deborah: 757-9348 Marion: 485-7382 Merisha: 266-5751	From 3 pm – 10 pm: Raymond: 732-2702 Margaret: 342-1578 Jefferson: 689-1243 Stacy: 718-4387 Luscia: 784-6678 Karine: 1-702-528-1276 (for Trini callers in USA only )	This Initiative consists of a HOTLINE of persons who would service callers from East, West, Central and South Trinidad as well as in Tobago. This team of psychologists was put together with the specific goal of telephonically advising persons dealing with overwhelming and persistent feelings of sadness, anxiety or depression.



Organization	Contact Number(s)	Description
<b>Trinidad and Tobago Red Cross Society</b>      	<b>866-8872 TOLL FREE</b> <b>Whatsapp number is 349-1034.</b>  <b>The helpline operates</b> <b>Monday to Friday from 6 am to 6 pm.</b>  <b>Email us for telecounselling appointment:</b> <b>clinic@ttrcs.org</b>	<p>We offer assistance in areas such as psychosocial support, counseling, trauma counseling, coping, stress management tips, and psychological first aid. We also provide referral services to persons that called the helpline during the pandemic.</p> <p>There is also a WhatsApp helpline that can be utilized at 349-1034.</p>
<b>Victim and Witness Support</b>	<b>612-2577 - 8:00 AM - 4:00 PM</b> <b>612-0301 - 8:00 AM - 4:00 PM</b>	<p>Tele-counselling for victims or witnesses of violence, access to shelters</p>



# PAHO-WHO Resources

[www.paho.org](http://www.paho.org)  
[www.who.int](http://www.who.int)  
[www.findcarett.com/paho-who-resources](http://www.findcarett.com/paho-who-resources)

Here are some useful links to support you and your community.



## #HealthyAtHome

[www.bit.ly/HealthyAtHome-WHO](http://www.bit.ly/HealthyAtHome-WHO)

Advice to help you and your family to stay healthy at home during this period of confinement.



## #LetsTalk | Depression Resources

[www.bit.ly/LetsTalkDepression-WHO](http://www.bit.ly/LetsTalkDepression-WHO)

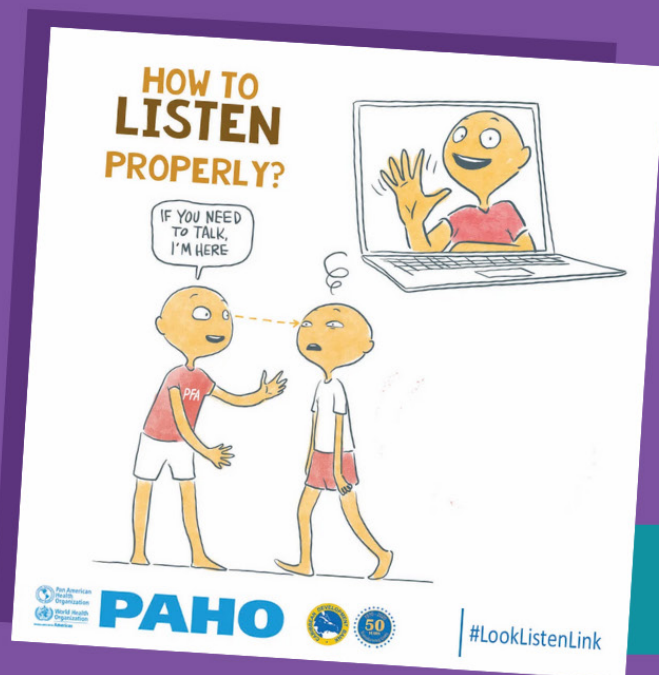
Find information and resources on depression, a common but serious illness that interferes with daily life, the ability to work, sleep, study, eat, and enjoy life.



## Mental Health | Suicide

[www.bit.ly/Suicide-PAHO-WHO](http://www.bit.ly/Suicide-PAHO-WHO)

Find publications including reports and guidelines on suicide and its prevention



## Stronger Together Psychological First Aid - PFA

People who feel safe, connected, calm and hopeful, have access to social, physical and emotional support and find ways to help themselves after a crisis situation, will be better able to recover long-term from mental health effects.

Learn more about Psychological First Aid and share the Stronger Together Campaign on [www.paho.org](http://www.paho.org):

[www.bit.ly/PFA-StrongerTogether](http://www.bit.ly/PFA-StrongerTogether)



## Psychological First Aid is based on three action principles

During times of stress and crisis, you can help others when you LOOK, LISTEN and LINK.

### LOOK

Refers to how to assess the current situation, who needs support, safety and security risks, the immediate basic and practical needs, and expected emotional reactions.

### LISTEN

Refers to how to begin the conversation, pay attention and listen actively, accept feelings and calm someone in distress, ask about needs and concerns, and help find solutions.

### LINK





Refers to how to begin the conversation, pay attention and listen actively, accept feelings and calm someone in distress, ask about needs and concerns, and help find solutions.











MHPSS  
Network  
Members





# Mental Health & Psychosocial Support Service Providers







Organization	Contact Information	Types of Services	Target Population
<b>Alzheimer's Association of Trinidad and Tobago</b>  	<b>Phone: 1(868) 345-6549</b> <b>Contact Person(s): Michele Clavery</b> <b>Email: alztrinbago@gmail.com</b> <b>Service Cost: FREE</b> <b>Address: 15 Nepaul Street St. James, Trinidad and Tobago</b> <b>Service Areas: Trinidad &amp; Tobago</b> <b>Website: www.alztrinbago.org</b>	<b>Information and support for caregivers and persons living with Dementia</b>  Activities for Persons with Dementia, Awareness Programmes, Community Outreach, Direct Client Interventions (Counselling, Therapy, Coaching), Fundraising, Online Training/ Webinars, Research, Support for Caregivers, Trinidad & Tobago, Video Presentations, Workshops	Alzheimers, Dementia
<b>ChildLine</b>    	<b>Call 131 – bmobile or 1(868) 800-4321- TOLL FREE all carriers</b>  <b>Contact Person(s): Mary Moonan</b> <b>Email: childline@gmail.com</b> <b>Availability: 24/7, By appointment</b> <b>Service Cost: FREE</b> <b>Address: 705-S12 Fernandes Industrial Centre, Laventille</b> <b>Service Areas: Trinidad &amp; Tobago</b> <b>Website: www.childlinett.org</b>	<b>Visit the website <a href="http://www.childlinett.org">www.childlinett.org</a> for Online Booking, Live Chat and to download the My ChildLine App.</b>  Anger Management, Anti Bullying Programs, Community Outreach, Direct Client Interventions (Counselling, Therapy, Coaching), Grief Counselling, Group Therapy/Interventions, Mobile, Online, Online Training/Webinars, Phone, Prevention Programs, Referral, Suicide Prevention, Tele Counselling, Telehealth/ Hotlines, Trinidad, Trinidad & Tobago, Violence Prevention, Web Chat	Adolescents, Child Abuse Victims, Children, Migrant Populations, Parents, Students, Suicidal Crisis, Teachers


Organization	Contact Information	Types of Services	Target Population
 <b>Coalition Against Domestic Violence</b>	<b>Hotline Numbers:</b> <b>1(868)-624-0402 / 627-6844</b> <b>Availability:</b> <b>Weekdays – 8:30 AM- 4:30 PM</b> <b>Contact Person(s):</b> <b>Sabrina Mowlah-Baksh</b> <b>Email: Cadvtt@gmail.com</b> <b>Service Cost: FREE</b> <b>Address: 1 Robinsonville, Belmont, Port of Spain</b> <b>www.coalitionagainstdomesticviolence.org</b>	Group Therapy/ Interventions, Individual Counselling / Therapy / Coaching, Legal Representation & Services, Online, Online Training/ Webinars, Phone, Policy Development, Psychology, Referral, Research, Telehealth/Hotlines	Adolescents, Adults, Children, Domestic Violence Victims, Families, Gender Based Violence Victims, Survivors
 <b>Consortium of Disability Organisations (CODO)</b>	<b>Contact Numbers: 1(868) 621-1874</b> <b>Mobile - 1(868) 378-1430</b> <b>Hotline Number: 1(868) 621-1636</b> <b>Contact Person(s): Jacqui Leotaud</b> <b>Email: codocrpd@gmail.com</b> <b>Availability: Weekdays Service</b> <b>Cost: FREE</b> <b>Address: 2 A St. Ann's Gardens, St. Ann's</b> <b>Website: www.codott.org</b>	Online, Parenting Support Groups, Phone, Referral, Trinidad	Caretakers, Persons with Disabilities, The Elderly
 <b>ERHA Trinidad &amp; Tobago</b>	<b>Contact Numbers:</b> <b>1(868) 668-1105 - 8AM-4PM</b> <b>Contact Person(s):</b> <b>Venkata Ramana Vedula</b> <b>Email: vedulavenkata@gmail.com</b> <b>Availability:</b> <b>24/Weekdays, By Appointment</b> <b>Service Cost: FREE</b> <b>Address: Eastern Main Road , Sangre Grande</b> <b>Website: www.erha.co.tt</b>	Anger Management, Anti Bullying Programs, Community Outreach, Conflict Resolution, Direct Client Interventions (Counselling, Therapy, Coaching), Grief Counselling, Holistic Services, Meditation, Mindfulness, Prevention Programs, Psychiatry, Psychology, Psychotherapy, Referral, Rehabilitation, Suicide Prevention, Telehealth/Hotlines, Violence Prevention, Whatsapp, Zoom	Adolescents, Adults, Child Abuse Victims, Children, Chronic Medical Conditions, Displaced Persons, Families, Gender Based Violence Victims, Migrant Populations, Online Community, Parents, School Based Health, Students, Substance and Alcohol Abuse, Suicidal Crisis, Survivors, Teachers, Terminal Patients, The Elderly, Workplace Interventions

Organization	Contact Information	Types of Services	Target Population
<b>GROOTS T&amp;T</b>  	<b>1(868) 384-4722 - Mobile Hotline</b> <b>1(868) 383-8464- Whatsapp</b> <b>1(868) 230-2307 – Landline Helpline</b> <b>1(868) 220-5986- Office Number</b>  <b>Contact Person(s): Delores Robinson</b> <b>Email:grootstt2@gmail.com</b> <b>Availability: 24/7</b> <b>Service Cost: FREE</b> <b>Address: Located in St. George East</b>	<b>We offer Transition housing for KP, &amp; other adult vulnerable communities eg. DGB&amp;F violence, PLHIV &amp; Mental Health</b>  Community Outreach, Direct Client Interventions (Counselling, Therapy, Coaching), Group Therapy/ Interventions, Referral, Research, Telehealth/ Hotlines, Tobago, Trinidad, Trinidad & Tobago	Living with HIV/AIDS, School Based Health, Special Education, Transition Housing, Transition Housing for KP
<b>Lifeline</b>  	<b>Hotline: 24/7 FREE</b> <b>1(868) 800-5588</b> <b>1(868) 866-5433 TOLL FREE</b> <b>1(868) 220-3636</b>  <b>Contact Person(s): Lucy Gabriel</b> <b>Availability: 24/7</b> <b>Service Cost: FREE</b> <b>Address: P.O. Bag 764</b> <b>Service Areas: Trinidad &amp; Tobago</b> <b>Website: www.lifelinett.com</b>	<b>We befriend the despairing and suicidal through our helpline.</b> Our main aim is to be available 24/7 to all those passing through an emotional crisis and in imminent danger of taking their own lives. You are guaranteed anonymity and confidentiality. More information on our services, principles and practices can be found on our website: www.lifelinett.com  Phone, Suicide Prevention, Telehealth/Hotlines, Trinidad & Tobago	Adolescents, Adults, Children, Chronic Medical Conditions, Disability and Special Needs, Migrant Populations, School Based Health, Special Education
<b>Mindful Kites</b>  	<b>Phone: 1(868) 471-1175</b> <b>Contact Person(s): Paula Robertson</b> <b>Email: info@mindfulkites.com</b> <b>Availability: 8:00AM-4:00PM</b> <b>Service Cost: FREE</b> <b>Address: 155 Rowland Road, Westmoorings, Trinidad</b> <b>Website: www.mindfulkites.com</b> <b>Service Areas: Trinidad</b>	Meditation, Mindfulness, Parenting	Adolescents, Adults, Children, Families, Parents, School Based Health, Teachers



Organization	Contact Information	Types of Services	Target Population
<b>Ministry of Health Education Division</b>  	<b>Phone:</b> <b>1(868)-285-9126 ext. 2494 / 2495 / 2496</b> <b>3rd Floor Sacred Heart Building</b> <b>16-18 Sackville Street, Port of Spain</b>	Community Outreach, Online Training/Webinars, Policy Development, Prevention Programs, Tobago, Trinidad, Trinidad & Tobago	Adolescents, Adults, Children, Chronic Medical Conditions
<b>National Alcohol and Drug Abuse Prevention Programme</b>  	<b>Phone: 1(868)-627-3506</b> <b>1(868)-627-3527 Ext: 205, 207</b> <b>Contact Person(s):</b> <b>Ms. Lyra Thompson-Hollingsworth</b> <b>Email: nadapp@health.gov.tt</b> <b>Availability: Weekdays, Weekends</b> <b>Service Cost: FREE</b> <b>Address: 62 Abercromby Street, Port of Spain</b> <b>Website: www.health.gov.tt</b>	Prevention Programs	Addiction Recovery, Adolescents, Adults, Children, Families, Online Community, Parents, Students, Substance and Alcohol Abuse, Teachers, Workplace Interventions
<b>NCRHA Chaguana Stress Relief Centre</b>  	<b>1(868)-645-3232/ 0774/ 5654  </b> <b>1(868)-662-7028/ 7033/ 7072 / 7107/ 9141</b> <b>1(868)-225-4673/2640</b> <b>Fax: 1(868)-662-6684</b>  <b>Contact Person(s): Gerard Hutchinson/ Patricia LeeWah-Cooper</b> <b>Email:patleeco74@hotmail.com</b> <b>Availability: 24/7</b> <b>Service Cost: FREE</b> <b>Address: Building 39, Eric Williams Medical Sciences Complex, Uriah Butler Highway, Champs Fleurs</b> <b>Website: www.ncrha.co.tt</b>	Community Outreach, Direct Client Interventions (Counselling, Therapy, Coaching), Group Therapy/ Interventions, Inpatient Health Care, Prevention Programs, Referral, Research, Telehealth/ Hotlines, Trinidad	Adolescents, Adults, Children, Chronic Medical Conditions
<b>Office of the Prime Minister (Gender and Child Affairs)</b>  	<b>Phone: 1(868) 627-1163</b> <b>Contact Person(s):</b> <b>Bertrand Moses</b> <b>Email:Bertrand.moses@gov.tt</b> <b>Availability: 24/7</b> <b>Service Cost: FREE</b> <b>Address: St Clair, POS</b> <b>Website: www.opm-gca.gov.tt/childzone</b> <b>Service Areas: Trinidad &amp; Tobago</b>  A website section dedicated to mental health with a workbook for children under 18, videos, referral agencies for children and contact numbers and websites, activities, games, social media graphics, social media links, parent resources etc.	Education & Psycho-education, Meditation, Mindfulness, Online Training/Webinars, Prevention Programs, Psychology, Referral, Research, Tobago, Trinidad, Trinidad & Tobago	Adolescents, Child Abuse Victims, Children, Families, Parents, School Based Health, Students, Teachers

Organization	Contact Information		Types of Services	Target Population
<div>PEAPSL Consultancy Limited</div> <div></div>	<b>Counselling (In person and telephone)</b> <b>Hotline:</b> <b>344-Help (4357)</b>  <b>Contact Numbers:</b> <b>1(868) 235-5327</b> <b>1(868) 658-1291</b> <b>Availability- 7AM to 6PM</b>		Direct Client Interventions (Counselling, Therapy, Coaching), Grief Counselling, Mobile, Online, Phone, Psychotherapy, Referral, Telehealth/Hotlines, Tobago, Trinidad, Trinidad & Tobago	Adults, Children, Families, Suicidal Crisis
<div>The International Organization for Migration (IOM)</div> <div></div>	<b>Phone: 1(868) 716-7170</b> <b>Contact Person(s): Greisy Gonzalez</b> <b>Email: grgonzalez@iom.int</b> <b>Availability:</b> <b>Monday to Friday from 7 AM - 3 PM</b> <b>Service Cost: FREE</b> <b>Address: UN House, 3A Chancery Lane, Port of Spain</b> <b>Website: <a href="http://www.iom.int/countries/trinidad-and-tobago">www.iom.int/countries/trinidad-and-tobago</a></b> <b>Service Areas: Trinidad &amp; Tobago</b>		Group Psychoeducational sessions/Interventions, Individual Counselling, Protection and Case Management services. Capacity building to NGOs, government agencies and community leaders on MHPSS including workshops, trainings, webinars, workshops, technical assistance.	Migrant Populations
<div>Tobago Regional Health Authority</div> <div></div>	<b>Call: 1(868) 635-3000</b> <b>8:00 AM – 4:00 PM</b> <b>Phone: 1(868) 660-4744 ext 3155/3152</b> <b>Contact Person(s): Dr Andel Roberts</b> <b>Email: <a href="mailto:andelroberts.trha@gmail.com">andelroberts.trha@gmail.com</a></b> <b>Availability: 24/7,</b> <b>Inpatient service 24 hrs/</b> <b>Out-patient 8-4 Monday to Friday</b> <b>Service Cost: FREE</b> <b>Address: Dorett’s Court, 197 Mt Marie Road, Lower Scarborough</b> <b>Website: <a href="https://trha.co.tt">https://trha.co.tt</a></b>		Direct Client Interventions (Counselling, Therapy, Coaching), Inpatient Health Care, Psychiatry, Psychology, Psychotherapy, Referral, Rehabilitation, Tobago	Adolescents, Adults, Child Abuse Victims, Children, Chronic Medical Conditions, Domestic Violence Victims, Families, Parents, Students, Substance and Alcohol Abuse, Suicidal Crisis, Teachers, Terminal Patients, The Elderly
<div>Trinidad and Tobago Association of Psychologists</div> <div></div>	<b>From 8 am – 3 pm</b>  <b>Wendy: 787-0975</b> <b>Michelle: 469-9983</b> <b>Deborah: 757-9348</b> <b>Kareen: 731-2386</b> <b>Marion: 485-7382</b> <b>Merisha: 266-5751</b>	<b>From 3 pm – 10 pm</b>  <b>Raymond: 732-2702</b> <b>Margaret: 342-1578</b> <b>Jefferson: 689-1243</b> <b>Stacy: 718-4387</b> <b>Karine:</b> <b>1-702-528-1276</b>	Telehealth/Hotlines, Psychology, Psychotherapy, Anger Management, Grief Counselling, Direct Client Interventions (Counselling, Therapy, Coaching)	Children, Adolescents, Parents, Adults, Families, The Elderly, Survivors, Gender Based Violence Victims, Domestic Violence Victims, Migrant Populations, LGBTQI, Suicidal Crisis, Students, Teachers

Organization	Contact Information	Types of Services	Target Population
<b>Trinidad and Tobago Red Cross Society</b>  	<b>Psycho-social support, social outreach.</b>  <b>TOLL FREE HOTLINE-</b> <b>+1 (868) 866 8872</b> <b>AVAILABLE: 6AM-6PM</b>  <b>WHATSAPP +1 (868) 349 1034</b>  <b>Email us for telecounselling appointment:</b> <b>clinic@ttrcs.org</b>  <b>Contact Person(s): Jill DeBourg, President</b> <b>Email: presidentttrcs@gmail.com</b> <b>Availability: 24/7</b> <b>Service Cost: FREE</b> <b>Address: 7a FitzBlackman Drive,</b> <b>Wrightson Road Extension,</b> <b>Port of Spain</b> <b>Website: www.ttrcs.org</b>	Anger Management, Community Outreach, Direct Client Interventions (Counselling, Therapy, Coaching), Group Therapy/ Interventions, Mental Health Materials, Online Training/Webinars, Psychology, Referral, Telehealth/Hotlines	Adolescents, Adults, Children, Families, LGBTQI, Migrant Populations, Online Community, Parents, Students, Teachers, Workplace Interventions
<b>RN Vincent &amp; Associates</b>	<b>Contact Number:</b> <b>1(868) 689-9391</b> <b>1(876) 569-2493</b> <b>Hotline Number: 1(868) 486-0708</b>  <b>Servicing the Impact of Covid-19 : E.g.</b> <b>Hopelessness , Depression, Anxiety etc.</b> <b>As well as other Mental Illness issues.</b> <b>Contact Person(s): Dr. Ricardo Vincent  </b> <b>Email: rvincent@consultant.com</b>	Anger Management, Conflict Resolution, General Counselling, Group Therapy/ Interventions, Mobile, Online, Online Training/ Webinars, Psychology, Psychotherapy, Religious Counselling, Telehealth/ Hotlines, Tobago, Trinidad, Trinidad & Tobago	Adults, Counselling, Families, Migrant Populations, Parents, Suicidal Crisis, Workplace Interventions



# Addiction Support

Crisis and Support Numbers



# Addiction Support & Resources

Visit [www.findcarett.com/addiction](http://www.findcarett.com/addiction)  
for virtual meeting links for  
Narcotics Anonymous and Alcoholics Anonymous.

Name/Address	State/ NGO	Residential/ non- residential	Contact Person	Services offered & Duration of programme	Intake day & Admission Requirements	Contact information
<b>Helping Every Addict Live (H.E.A.L.)</b>  Milton Road, Couva	NGO	Residential	Pundit Bramdeo Maharaj Co-ordinator/ Counselor  Jaimarine Maharaj	Drug Treatment (Assessment, Treatment, Rehabilitation or Reinsertion)  3 Month Residential Programme	Intake day is scheduled based on client's needs  Clients must agree to adhere to facility rules	1(868) 767-1236 Centre 1(868) 762-4549 (Administrator) healdrugrehab@ gmail.com
<b>New Life Ministries Rehabilitation Centre</b>  Mt. St. Benedict, St. Augustine	NGO	Residential	Ms. Huslie Bhagan	Drug Treatment (Assessment, Treatment, Rehabilitation or Reinsertion)  90-Day Treatment Assessment, Treatment, Rehabilitation, Reinsertion Programme Outpatient/ Interventions/ Family Support Programme	By Appointment Monday to Friday 9.00am to 3.00pm Age-14 and above  Must be accompanied by 2 support persons who will be willing to participate in family sessions	Mt St Benedict Office: 1(868) 297-5166  24-hour hotline 1(868) 397-2593  nlmoffice@ hotmail.com
<b>New Life Ministries Treatment and Rehabilitation Center for Women</b>  Beach Road, Palo Seco	NGO	Residential	Ms Gale Campbell (Programme Coordinator)	90-Day Treatment Assessment, Treatment, Rehabilitation, Reinsertion Programme Outpatient/ Interventions/ Family Support Programme	By Appointment Monday to Friday- 9.00am to 3.00pm Age-14 and above  Must be accompanied by 2 support persons who will be willing to participate in family sessions	Palo Seco Office: 1(868) 387-2598 nlmoffice@ hotmail.com

## Addiction Support & Resources

Name/Address	State/ NGO	Residential/ non- residential	Contact Person	Services offered & Duration of programme	Intake day & Admission Requirements	Contact information
<b>Piparo Empowerment Centre (PEC)</b>  Dindial Trace, Piparo	State	Residential	Ms. Joella Taylor (Programme Director)	Drug Treatment (Assessment, Treatment, Rehabilitation or Reinsertion).  Programme Duration is 9-12 Months.	Intake Day- Wednesdays Only between the hours of 9:00 am to 3:00 pm. The potential client MUST be 1. A male substance abuser 2. Age 18 years or older 3. Admit to being an addict and is WILLING to receive treatment 4. Must produce the original and recent copy (not older than 4 months) of the results of a tuberculosis test and the results of an HIV test 5. A note from a medical doctor stating if the potential client is or is not physically fit to participate in physical activities at the PEC.	1(868) 623-2608 ext. 3000-3005

## Addiction Support & Resources

Name/Address	State/ NGO	Residential/ non- residential	Contact Person	Services offered & Duration of programme	Intake day & Admission Requirements	Contact information
<b>Rebirth House</b>  Apt. 005f, Charford Court, Charlotte Street, Port-of-Spain	NGO	Residential	Mr. Steve Richards (Project Director)	Treatment, rehabilitation, detoxification, outreach services and counseling	The potential client MUST be 1. A male substance abuser, 18 years and older. 2. Admit to being an addict and is WILLING to receive treatment 3. Admission- Monday to Friday from 10am to 12 noon. 4. On entry client will be taken for HIV AND OTHER STI's testing. 5. A note from a medical doctor stating if the potential client is or is not physically fit to participate in physical activities at Rebirth House.  6. Length of Program: 3 months	1(868) 623-0952 1(868) 789-4799 Fax: 1(868) 627-8894  rebirthhouse@ yahoo.com

## Addiction Support & Resources

Name/Address	State/ NGO	Residential/ non- residential	Contact Person	Services offered & Duration of programme	Intake day & Admission Requirements	Contact information
<b>Serenity Place</b>  1562 Southern Main Road, Cochrane Village, Guapo, Pt. Fortin	NGO	Residential Treatment for WOMEN	Ms. Beverly Morson	Outreach Residential Treatment & Rehabilitation Services )	Mondays & Wednesdays between 8 :00am & 4:00pm  Requirements: include a complete medical, HIV, Mantoo and STI tests, and Covid symptom free, Psych evaluation, history and medication if any.  Duration: Program is based on readiness not time, however a person can stay on the program up to one year.	1(868) 648-5401 794-7980 328-6298  beverlymorson@ gmail.com
<b>St. Ann's Hospital (SAH)</b>  45 St. Ann's Road, St. Ann's	State	Residential	Dr. Samuel Shafe Medical Director	Mental Health Care		1(868) 624-7834 Fax: 1(868) 624-7834  irah@tsstt.net.tt
<b>Substance Abuse Prevention and Treatment Centre, Caura Hospital</b>  Caura Royal Road, El Dorado	State	Residential  (Hospital setting, Women included)	Dr. Winston Gopaul (Medical Doctor)	Treatment, Rehabilitation, Inpatient (6 weeks duration), Outpatient (6 weeks duration), Counselling, Group, Individual Therapy	Assessment- Thursdays 9am-12pm Admission criteria:- 1. Must be at least 18 years old 2. Meet criteria for substance use disorder 3. motivated to participate in treatment 4. Comorbid medical and psychiatric conditions stabilized prior to admission	1(868) 662-2211 1(868) 645-4630  winstongopaul@ hotmail.com



# Social Services

Crisis and Support Numbers



## Social Services

Name of Organization	Contact Information	Services
<b>Trinidad and Tobago Association of Social Workers</b>	465-7932	Social work services, psychosocial support, family counselling
<b>Ministry of Social Development and Family Services (National Family Services Division)</b>	Tel. PBX. 623-2608 Ext. 6701 TO 6710 800-2619 ext. 6704, 6705, 6707	Tele-counselling, psychosocial support, social work services, family counselling
<b>The Community Mediation Services Division of the Ministry of Sport and Community Development.</b>	497-6086 225-4267 - Ext. 115 225-4267 - Ext. 202  For further information about the Community Mediation Services Division people can visit: <a href="http://www.mscd.gov.tt/mediation">www.mscd.gov.tt/mediation</a>	Mediation services, tele-counselling, family psychosocial support, community support services
<b>Trinidad and Tobago Red Cross Society</b>	866-TTRC (8872) TOLL FREE 349-1034 (Whatsapp)	Psychosocial support, social outreach
<b>Mindful Kites</b>	471-1175	Parenting support, weekly webinars
<b>St. Ann's Hospital Psychiatric Social Work Department</b>	624- 4379 PBX- 624-1151-6 EXT 3232	To provide psychiatric casework services to the mentally ill, conduct home visits and provide psychosocial reports, network with social agencies to promote rehabilitation.



# Gender Based Violence

Crisis and Support Numbers

## Gender Based Violence

Name of Organization	Contact Information	Services
<b>Coalition Against Domestic Violence</b>	624 0402	Hotline, tele-counselling, legal services
<b>Gender Based Violence Unit of the TTPS</b>	999 or See next page for individual units	Reports of domestic violence and breaches in restraining/protection orders
<b>GROOTS T&amp;T</b>	384-4722   230-2307 grootstt2@gmail.com	Hotline, Transition home for survivors, psychosocial support for persons living with HIV, LGBTQIA+ and GBV survivors, counselling, medical social work
<b>National Domestic Violence Hotline</b>	800-SAVE (7283)	Hotline, tele-counselling, main access to shelters
<b>Rape Crisis Hotline</b>	24 Hour Hotline : 1(868) 627- 7273 Bilingual Gender Based Violence Hotline Ayudate- 866-7428 <b>TOLL FREE</b> - 6PM - 6AM 471-1227 - 9AM-5PM	Hotline, tele-counselling
<b>Victim and Witness Support Unit</b>	612-2577, 612-2465, 612-0301, 624-8853	Tele-counselling for victims or witnesses of violence, access to shelters
<b>Legal Aid and Advisory Authority (638-5222)</b>	638-5222	Legal representation and counsel
<b>Legal Aid Clinic, Hugh Wooding Law School (235-496)</b>	235-4960	Legal representation and counsel
<b>CAISO T&amp;T</b>	28-CAISO (282-2476)	LGBTQIA+ support, short term case management, video support group, legal support

## Gender Based Violence Units Of The Trinidad And Tobago Police Service

DIVISION	STATION GBVU OFFICERS ARE BASED	PHONE #
SECRETARIAT	St. Clair Police Station	622-6996, 612-1957
Northern Division	Maloney Police Station	646-2947 ext 64016
Port of Spain Division	Besson Street Police Station	623-1395 ext 12985
North Eastern Division	Besson Street Police Station	623-1395 ext 12985
Eastern Division	Sangre Grande Police Station	612-0269 ext 71087
Western Division	Carenage Police Station	681-4169
Central Division	Chaguanas Police Station	773-7123
Southern Division	Gasparillo Police Station	491-6537
South Western Division	Labrea Police Station	648-7080
Tobago Division	Roxborough Police Station	639-1812 ext 14015



# Children & Adolescents

Crisis and Support Numbers



## Children & Adolescents

Name of Organization	Contact Information	Services
<b>The Children's Authority Hotline Numbers</b>	996, 800-2014	Reports of child abuse, tele-counselling for victims, child protection unit
<b>Child Guidance Clinics</b>	726-1324 (North) 877-9742, 497-9395 (South)	Psychiatric assessments, out-patient services, mental health information
<b>Childline</b>	800-4321, 622-4453, 131	24hr hotline, Tele-counselling, online chat for children and adolescents
<b>Mindful Kites</b>	471-1175	webinars, mindfulness support for kids and teens
<b>CALM Clinic and Liaison Clinic</b>	397-7016, 489-1168  Thursdays 8:00 am 4:00 pm Mount Hope Women's Hospital, Women's Centre	Integrated Primary Care and Psychiatry Adolescent Mental Health Services at CALM Unit.

# Ministry of Education Student Support Helplines

Government of the Republic of Trinidad and Tobago  
MINISTRY OF EDUCATION STUDENT SUPPORT SERVICES DIVISION HOTLINE SERVICE

Parents, students, we are still here to support you!

- Counselling
- Psycho-social Assessments
- Parenting Support
- Student Care and Protection
- Networking Services

Contact us via phone or WhatsApp at the following numbers:

Officer	Education District	Phone
Keisha Garcia	St Patrick District	347-0975
Kesha Pierre	North Eastern District	678-9027
Kimberley Salvary	St. George East District	749-5853
Marion des Vignes	South Eastern District	685-2180
Natalie Robinson-Arnold	All Education District	724-1010
Sabrina Peters	Victoria District	495-7575
Sharon King	Port of Spain District	273-7979



# Suicide Prevention

Crisis Information and Resources

# Suicide Prevention Crisis Support

## For more Information

Contact the Ministry of Health,  
Mental Health Unit  
Tel: 285-9126  
ext 2577, 2571, 2573 and 2590  
Monday-Friday 8:00am - 4:00pm  
[health.gov.tt/ services/mental-health](http://health.gov.tt/services/mental-health)

## In case of an emergency (suicide attempt)

call: 990, 811, 999

## Emergency Care Resources

St. Ann's Psychiatric Hospital  
St. Ann's Road, St. Ann's  
624-1151-5

## Lifeline

800-5588 TOLL FREE

866-5433 TOLL FREE

220-3636

Available: 24 hours

## Things you can do to support someone who may be contemplating suicide:

- **Ask-** Don't be afraid to ask if someone may be thinking about suicide. Check-in with friends, family and co-workers. Ask if you may be worried.
- **Listen-** Be patient and non-judgemental when persons share thoughts and feelings about their pain. Try to be understanding and be mindful of how you listen. Give your full attention and show concern. Be aware of your non-verbal reactions.
- **Support-** Persons thrive with supportive relationships and appropriate intervention. Encourage persons to seek help before they experience crisis. Ask how you can support them during their difficult time.

## Warning Signs

- Drastic changes in mood
- Saying goodbye to close family and friends and giving away possessions
- Feeling hopeless and like a burden to others
- Talking about wanting to die or kill oneself
- Planning ways to kill oneself
- Increased drug use and reckless behaviour
- Withdrawal from activities of interest and isolation from friends and family
- Showing aggression, Rage and Irritability
- Sleeping too much or too little

## Things you can do if you may be contemplating suicide:

- **Share-** Talk with someone you trust. Express your feelings honestly in a safe space
- **Survive-** Seek the appropriate help sooner than later. Develop a safety plan and let others know how they can support you.
- **Thrive-** Practice new coping techniques to maintain a positive healthy lifestyle.



# Regional Health Authorities

Public Mental Health Services



# North West Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
<b>St Ann's Psychiatric Hospital</b>	National Service	St Ann's Road, St Ann's	624-1151 to 5 Ext: 3333/3230 624-7834	24 Hours	Specialised Psychiatric Consultation and assessment, Forensic Services, Psychology, Psychiatric Social Work.
<b>Barataria Mental Health &amp; Wellness Centre</b>	Laventille/ San Juan to St Joseph Bridge	135 Eastern Main Road, Barataria	638-8562	Monday-Friday 8:00 am-4:00 pm	Community based mental health care, psychiatric outpatient clinic mental health promotion.
<b>Pembroke Street Mental Health &amp; Wellness Centre</b>	St. George West, Port of Spain	69-75 Pembroke Street, Port of Spain	623-9084	Monday-Friday 8:00 am-4:00 pm  Outpatient Clinic Every 2nd and 4th Thursday of the month	Community-based mental health care, psychiatric outpatient clinic, counseling services.
<b>Diego Martin Behavioural Health and Wellness Centre</b>	St. George West Diego Martin	# 2 Church Street Diego Martin,	343- 4946	Monday-Friday 8am-4pm,  Clinic days Wednesday and Thursday	Community based mental health care, psychiatric outpatient clinic mental health promotion.
<b>Child Guidance Clinic</b>	NWRHA ERHA NCRHA	74 Pembroke Street, Port of Spain	623-2348 624-5257	Monday-Friday 8:00 am-4:00 pm	Referral and walk in service for children up to 18 years, mental health assessment including challenging behavior and psychological testing.

# North Central Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
<b>Arima Psychiatric Out-Patient Clinic</b>	Arima, Blanchisseuse	Arima Health Facility, Queen Mary Avenue, Arima	662-4607	2nd & 4th Wednesday of the month	Psychiatric Outpatient Clinic
<b>Chaguanas Psychiatric Out-Patient Clinic</b>		Chase Village, Chaguanas, Montrose, Ravine Stable Up to Las Lomas #2 Ankavilla Building, 8 Endeavour Road, Chaguanas	665-8393	Monday-Friday 8:00 am-4:00pm  Outpatient Clinic Tuesdays & Thursdays 8:00 am-4:00pm	Psychiatric Outpatient Clinic, Counseling Music and Art Therapy, Home Visits
<b>Arima Rehabilitation Centre</b>	Referrals from St Ann's Psychiatric Hospital	Tumpuna Road, Arima	643-2350	24 Hours	Psychosocial Rehabilitation which aims to educate clients about their illness, teach social and independent living skills and prepare clients for independent living
<b>Substance Abuse Prevention &amp; Treatment Centre</b>	National Service	Ward 2 Caura Hospital, Royal Road, Caura	645-1405 662-2211 645-3919 Ward Ext: 3026 Centre Ext: 3024	Monday-Friday 8:00 am-4:00pm  Outpatient Clinic Mondays & Wednesdays 8:00 am-4:00pm	Provides treatment of drug/ alcohol dependent patients, gambling and sex addiction
<b>Eric Williams Medical Sciences Complex Outpatient Clinic</b>	NCRHA	Uriah Butler Highway, Champs Fleurs	645-3232 Ext: 2196	Monday & Wednesday 1:00 pm 4:00pm	Patients Referred from Inpatient Unit and other services within NCRHA and nationally
<b>Eric Williams Medical Sciences Complex In-Patient Unit</b>	NCRHA	Uriah Butler Highway, Champs Fleurs	645-3232 Ext: 2196	24 hours	Adult psychiatric in patient services
<b>CALM Clinic and Liaison Clinic</b>	Curepe, St. Joseph 1 & 2	Mount Hope Women's Hospital, Women's Centre	397-7016; 489-1168	Thursdays 8:00 am 4:00 pm	Integrated Primary Care and Psychiatry Adolescent Mental Health Services at CALM Unit
<b>Tacarigua Psychiatric Out-Patient Clinic</b>	St. George East	Tacarigua Health Centre, El Dorado Road, Tacarigua	662-4607	Thursdays at El dorado rd.	Psychiatric Outpatient Clinic, Home Visits, Counseling

## Eastern Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
<b>Sangre Grande Enhanced Health Centre Community Mental Health Services</b>	St. Andrew, St. David, Nariva, Mayaro	Ojo Road, Sangre Grande	226-1102 Ext: 9642	Monday-Friday 8:00 am-4:00 pm  Outpatient Clinic Every Friday except on 5th Fridays & Public Holidays  8:00 am-4:00 pm	Information Desk, Psychiatric Outpatient Clinic, Rehabilitation, Counseling, Home Visits
<b>Toco Psychiatric Out-Patient Clinic</b>	Toco	Toco Health Centre, Paria Main Road, Toco	676-8277	1st Thursday of the month 8:00 am-4:00 pm	Psychiatric Outpatient Clinic
<b>Rio Claro Psychiatric Out-Patient Clinic</b>	Rio Claro	Rio Claro Health Centre, Corner De Verteuil & Dougdeen Street, Rio Claro	644-2236	Outpatient Clinic Every 2nd Thursday of the month 8:00 am-4:00 pm  Depot Clinic/ Injections Every 2nd Wednesday of the month 8:00 am 2:00 pm	Psychiatric Outpatient Services, Injections, Counseling

# South West Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Area Hospital, Point Fortin	St. Patrick	Volunteer Road, Point Fortin	225-4325 Ext: 4168	Monday - Friday 8:00 am-4:00 pm  Outpatient Clinic 1st & 3rd Thursdays  8:00 am-12:00 pm	Psychiatric Out Patient Clinic, Home Visits, Counseling, Social Work Services.
Cedros Health Centre	St. Patrick	St. Marie RoadBonasse	690-1440	3rd Fridays  8:00 am-12:00 pm	Psychiatric Out Patient Clinic, Home Visits, Counseling, Social Work Services.
Princes Town District Health Facility	Victoria	Circular Road, Princes Town	225-4325 Option 3 Ext: 3827	Monday-Friday 8:00 am-4:00pm  Outpatient Clinic Tuesdays  8:00 am-12:00 pm	Psychiatric Out Patient Clinic, Home Visits, Counseling, Social Work Services.
Rochard Douglas Health Centre	Victoria	Rochard Douglas Rd. Princes Town	226-5571	1st & 3rd Wednesdays  8:00 am-1:00 pm	Psychiatric Out Patient Clinic, Home Visits, Counselling, Social Work Services.
Couva District Health Facility	Caroni	Balmain Road, Couva	636-4033 Option 4 Ext: 3922	1st & 3rd Tuesdays  2nd & 4th Tuesdays (New Cases)  8:00 am-12:00 pm	Psychiatric Out Patient Clinic, Home Visits, Counselling, Social Work Services.
Child Guidance Clinic	Victoria	Chaconia Avenue & Prince Albert	225-4325 Ext: 4306	Wednesdays (Follow-ups)  Thursdays (New Cases)	The services of the Child Psychiatrist, Psychologists and Psychiatric Social Workers are available to children and adolescents, as well as, their families.
Couva Extended Care Centre	Couva and Environs	Caroni Grant Street, Couva	777-0746 / 225-4325 Ext: 5660/ 5661/5662	24 Hours	Occupational Therapy to enable persons in everyday living to perform, modify or adapt their skills and activities in order to live healthier, and more productive lives.

South West Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Point Fortin Extended Care Centre	St. Patrick, Point Fortin and Environs	St. Patrick - West Warden Road, Point Fortin	648-2126 / 225-4325 Ext: 5651	24 Hours	Occupational Therapy to enable persons in everyday living to perform, modify or adapt their skills and activities in order to live healthier, and more productive lives.
San Fernando Community Mental Health Centre	Victoria	Paradise Pasture, Independence Avenue, San Fernando	225-4325 Ext: 3057 / 3371	Monday-Friday 8:00 am-4:00 pm	Community Mental Health Services including Mental Health promotion and community outreach
Psychiatric Outpatient Clinic	Victoria	Paradise Pasture, Independence Avenue, San Fernando	225-4325 Ext: 3057 / 3371	Wednesdays 8:00 am-12:00 pm	Psychiatric Social work services, counselling, home visits, mental health assessment, medication treatment.
Substance Abuse	Victoria	Paradise Pasture, Independence Avenue, San Fernando	225-4325 Ext: 3057 / 3371	Mondays (Clinic) 8:00 am-12:00 pm  Support Group 2nd and 4th Fridays  9:00 am-11:00 am	Provides treatment and therapeutic support of drug/ alcohol dependent patients.
Memory Clinic	Victoria	Paradise Pasture, Independence Avenue, San Fernando	225-4325 Ext: 3057 / 3371	Tuesdays 8:00 am-12:00 pm  Support Group 1st Tuesday of every month	Rehabilitation and Treatment for patients with memory loss and dementia.
Ward 1 Inpatient Unit	Victoria	Ground	225-4323 Ext: 3220/3221/ 3222/ 3224	24 Hours	Inpatient care for patients diagnosed with psychiatric disorders. Patients also receive occupational therapy services while warded.
South Oropouche Health Centre	St. Patrick	Main Road, South Oropouche	677-7305	2nd Fridays 8:00 am-12:00 pm	Home Visits, Counseling Psychiatric Out Patient Clinic, Social Work Services.



South West Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Siparia District Health Facility	St. Patrick	Corner High Street & Grell Street, Siparia	649-1196 Ext: 4510	Monday-Friday 8:00 am-4:00 pm  Outpatient Clinic 1st & 3rd Thursdays (New Cases)  2nd & 4th Thursdays (Re-visits)  Occupational Therapy Tuesdays 9:00 am	Psychiatric Out Patient Clinic, Home Visits, Counseling, Social Work Services.

# Tobago Regional Health Authority

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Scarborough General Hospital	Tobago	Connector Road, Signal Hill, Tobago	660-4744 Ext: 3156,3157	Monday-Friday 8:00 am-4:00 pm	Information Desk. Assessment, Treatment, Counselling & Drug Abuse Intervention
Psychiatric Assessments & Treatment	Tobago	Connector Road, Signal Hill, Tobago	660-4744 Ext: 3154/3157	Wednesdays 8:00 am-1:00 pm	Psychiatric Assessment / Intervention & Treatment with Consultants & Department Doctors.
Psychotherapy & Counselling	Tobago	Connector Road, Signal Hill, Tobago	660-4744 Ext: 3154/3157	Appointments only 8:00 am-4:00 pm	Psychological Testing, Assessment and Therapy/ Treatment.
Occupational Therapy	Tobago	Connector Road, Signal Hill, Tobago	660-4744 Ext: 3177/3182	Monday-Friday 8:30 am-4:00 pm	Assessments / Evaluations activities in daily living and Interventions in life skills training, cognitive rehab, support employment and social and interpersonal skills training.
Scarborough General Hospital In-Patient Unit	Tobago	Connector Road, Signal Hill, Tobago	660-4744 Ext: 3157/3152 /3166	24 Hours	Acute psychiatric care. All types of Admissions.
Scarborough Health Centre-Mental Health Dept. (Main Community psychiatric clinic)	Bacolet and Environs	Sunstone Blvd Bacolet, Tobago	660-7000 Ext: 4220, 4218	Monday-Friday 8:00 am-4:00 pm	Mental Health Clinic. Assessments, Therapeutic Support for dialysis patients, Group Therapy.
Psychiatric Treatment and Psychotherapy	Bacolet and Environs	Sunstone Blvd Bacolet, Tobago	660-7000 Ext: 4220, 4218	Fridays 8:00 am-1:00 pm	Psychiatric Social work services, counselling, home visits, mental health assessment, medication treatment.
Substance Abuse Clinic	Bacolet and Environs	Sunstone Blvd Bacolet, Tobago	660-7000 Ext: 4220, 4218	Thursdays 8:00 am-1:00 pm	Psychiatric Social work services, counselling, home visits, mental health assessment, medication treatment
Memory/ Alzheimer's Clinic	Bacolet and Environs	Sunstone Blvd Bacolet, Tobago	660-7000 Ext: 4220, 4218	Wednesdays 8:00 am-1:00 pm	Rehabilitation and Treatment for patients with memory loss and dementia.
Roxborough Health Centre		Windward Road	660-2219	2nd Mondays of the month 9:00 am-1:00 pm	Mental Health Outpatient Clinic Psychiatric Treatment & Psychotherapy.
Bethel Health Centre	Bethel	Simon Lawrence St. Bethel, Tobago	639-8580	1st Thursdays of the month 8:00 am-12:00am	Mental Health Outpatient Clinic Psychiatric Treatment & Psychotherapy.
Canaan Health Centre	Canaan/ Bon Accord	Guy Street, Canaan, Tobago	639-8829	3rd Mondays of the month 1:00 pm-4:00 pm	Mental Health Outpatient Clinic Psychiatric Treatment & Psychotherapy.
Mason Hall Health Centre	Mason Hall / Moriah,	Northside Road, Mason Hall	635-1622	2nd Thursdays of the month 12:30 pm - 4:00 pm	Mental Health Outpatient Clinic Psychiatric Treatment & Psychotherapy Schizophrenia: Support group (Social Workers).

**Tobago Regional Health Authority**

Facility / Service	Area / District Served	Address	Telephone	Days/Hours of Operation	Description of Services
Child and Adolescent Centre	Tobago	Administrative Building Fort Street, Scarborough, Tobago	660-4744 Ext: 3400 & 3401	Monday-Friday 8:00 am - 4:00 pm	Assessment & Treatment, Family Intervention Counselling, Speech and Language Therapy, Occupational Therapy



