



USAID
FROM THE AMERICAN PEOPLE



**LET'S
UNPACK
IT!!**

unicef
for every child

DIRECTORY OF

GOVERNMENT MENTAL HEALTH & PSYCHOSOCIAL SUPPORT SERVICES

A CHILD AND YOUTH-FRIENDLY VERSION

ANTIGUA + BARBUDA





HEADS UP!

Names and contact information can change!
To view the most up to date version of this Directory,
SCAN THE QR CODE below or visit bit.ly/reachout268



THANK YOU.

UNICEF for the Eastern Caribbean Area, USAID, The Healthy Caribbean Coalition/Healthy Caribbean Youth, and Let's Unpack It would like to express our gratitude to all the Government stakeholders who participated in the data collection that made the development of this Directory possible.

A special thank you to the Let's Unpack It and UNICEF Caribbean National Youth Mental Health Focal Points for their support in this project. We hope that this Directory truly helps you on your mental health journey!

Please note that the information shared in your printed version of this directory may be subject to change by the service providers. Please visit www.youngcaribbeanminds.com for periodic updates.

Published in January 2024.





HOW TO USE THIS DIRECTORY

This Child and Youth Mental Health and Psychosocial Support (MHPSS) Services Directory is an open and public resource of [free government services](#) available in Antigua and Barbuda. The directory highlights public services that are targeted towards children, adolescents, youth, and their families.

Everyone can use this resource.

The Directory contains a summary of services which are categorized by sectors, including Health, Education, Social Services, Justice, and Disaster Management. It also includes a detailed overview of the key services offered by each entity.

These details may include:

- The target Audience
- The language in which services are offered
- How to access services
- Accessibility Accommodations
- Other important information to note

We have used some icons to aid in descriptions in the Directory. See the key below:

KEY TO HELP YOU NAVIGATE THE DIRECTORY:



Facebook



YouTube



Wheel-chair accessible



Instagram



A bus stop is within
5 - 10 mins walk to/
from the facility



Accommodations
made for those with
vision impairments



X / Twitter



Accommodations made
for those with cognitive
impairments



Accommodations made
for those with hearing
impairments



Tik Tok





SUMMARY OF FREE GOVERNMENT SERVICES

HOTLINE NUMBERS

FAMILY AND SOCIAL SERVICES DIVISION

THE ANTIGUA BARBUDA SUPPORT AND REFERRAL CENTRE (SARC)

**The SARC provides assistance to those who have experienced gender-based and sexual violence.*

24/7 Counselling Hotline:

1-268-774-0656

24/7 Child Care and Protection Hotline:

1-268-464-3531

24/7 SARC Hotline:

1-268-463-5555

COUNSELLING SERVICES MINISTRY OF EDUCATION

Audience: Children (0-11); Adolescents (12-17); Parents and Families

Primary Phone: 1-268-462-4970
WhatsApp: 1-268-720-4065

SOCIAL WORK DEPARTMENT SIR LESTER BIRD MEDICAL CENTRE

Audience: Children (0-11); Adolescents (12-17); Parents and Families

Primary Phone: 1-268-484-2700

**As an acute care facility, the Social Work Department caters to persons on a needs basis.*

DIRECTORATE OF GENDER AFFAIRS

Audience: Adults (18+), Families and Parents

Primary Phone: 1-268-462-3990



★ Gentle Reminder: In a moment of crisis, reaching out is the kindest thing you can do for yourself.



SUMMARY OF FREE GOVERNMENT SERVICES

COMMUNITY CLINIC

Audience: Adolescents (12-17); Adults (18+); Families and Parents

Gray's Farm Community Clinic

Primary Phone: 1-268-462-0681

Browne's Avenue Health Center

Primary Phone: 1-268-462-3606

Bolans Clinic

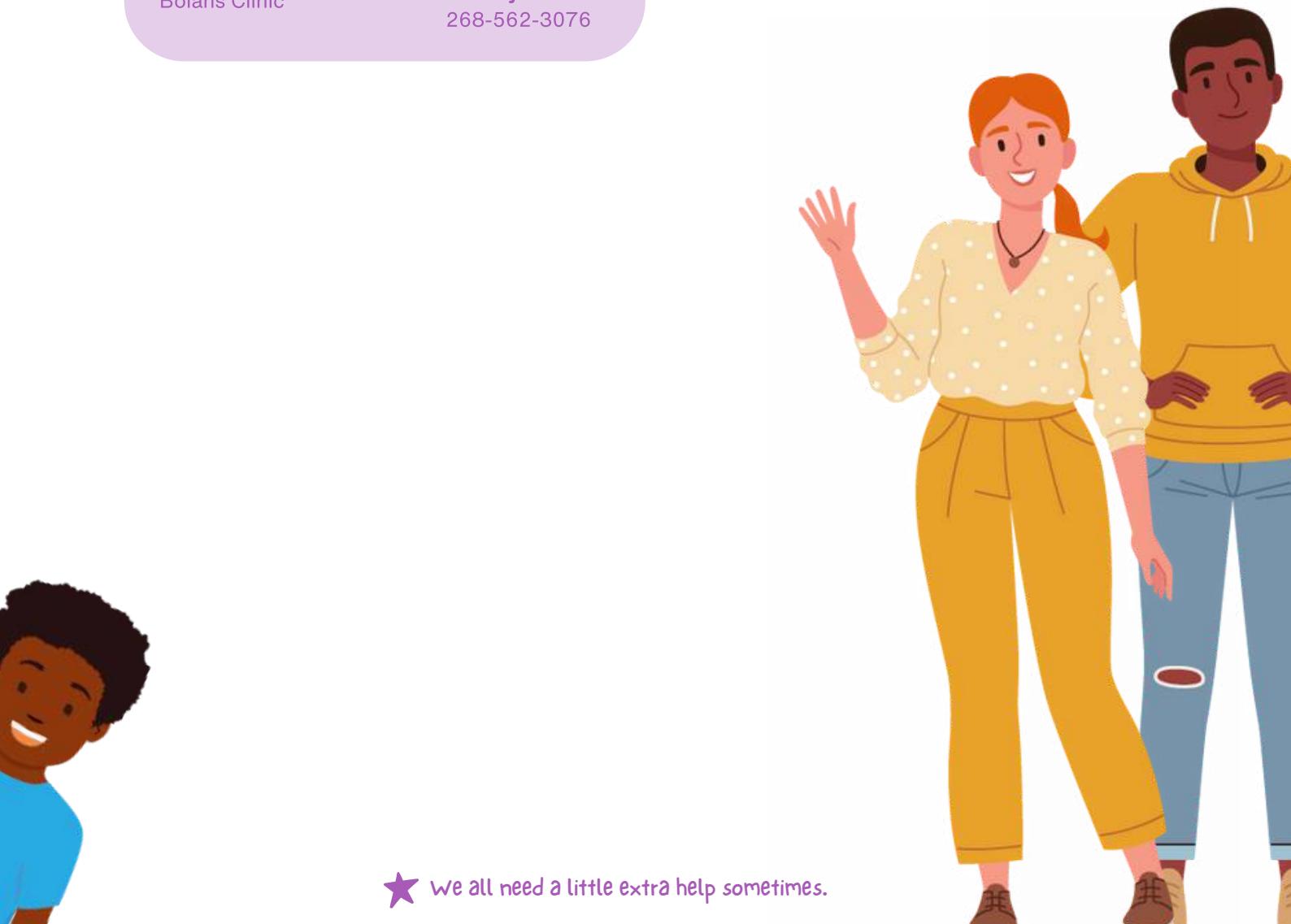
Primary Phone: 1-268-562-3076

CLAREVUE PSYCHIATRIC HOSPITAL

Audience: Adults (18+)

Primary Phone:
Secondary Phone:

1-264-476-1585
1-268-462-0617



★ We all need a little extra help sometimes.



HEALTH



SOCIAL WORK DEPARTMENT SIR LESTER BIRD MEDICAL CENTRE

With a workforce of nearly 500 and a medical staff of over 200, Mount St. John's Medical Centre is one of the island's largest employers. The **Social Services Department** caters to in-patients needing services not limited to discharge planning, coping after a new diagnosis, referrals to other stakeholders, and referrals to external agencies, i.e., churches, schools, etc. As an acute care facility, the Social Work Department caters to persons on a needs basis.

KEY SERVICES OFFERED:

- Social Work Services
- Clinical Mental Health Counselling
- Community Outreach
- General Counselling
- Grief Counselling
- Referrals

ACCESSIBILITY:



THE DETAILS:



Audience: Children (0-11), Adolescents (12-17), Adults (18+), Families and Parents

Language: English and Spanish

Address: Michael's Mount, St. John's, Antigua and Barbuda

Hours of Operation: Monday - Friday

8:00AM - 4:00PM

*Emergencies on a needs basis

Contact Details:

Primary Phone: 1-268-484-2700

Website: <https://msjmc.org/>



[Sir Lester Bird Medical Centre](#)



[Sir Lester Bird Medical Centre](#)



[Sir Lester Bird Medical Centre](#)

ACCESSING SERVICES:

UNDER 18?:

As an acute care facility, the Social Work Department caters to persons on a needs basis.

You can make an appointment by **phone** or in **person** by visiting the facility. Parent consent is required to access services.

18 AND OVER?:

As an acute care facility, the Social Work Department caters to persons on a needs basis.

You can make an appointment by **phone** or in **person** by visiting the facility.

Wait time for appointment: Less than 1 week
Typical length of session: 30 to 45 minutes



Note to self: It's okay to ask for help!



CLAREVUE PSYCHIATRIC HOSPITAL

The Clarevue Psychiatric Hospital is the sole mental health care facility in Antigua & Barbuda. Services are offered to both In (admitted) and Out patients of both islands Antigua and Barbuda ages 18 years and older.



SOME SERVICES OFFERED:

- Clinical Mental Health Counselling
- General Counselling
- Pharmacological Management
- Psychiatric Assessments
- Social Work Services
- Rehabilitation

ACCESSIBILITY:

ACCESSING SERVICES:

UNDER 18?:

Services are only available for persons 18 years and older. Exceptions may be made if you are a serious threat to yourself and/or others.

Referrals, which can only be issued by the Court with accompanying medical clearance, are mandatory. You must be accompanied by a trusted adult.

18 AND OVER?:

You can only make appointments if you have accessed the Mental Health System previously. You can make appointments by phone and in-person by visiting the facility. Appointments are mandatory.

Referrals are mandatory if you are new to Clarevue or have not been followed up with by Clarevue, outpatient or in the community for more than 3 years consecutively.

Wait time for appointment: Less than 2 weeks

Typical length of session: 30 to 45 minutes

THE DETAILS:



Audience: Adults (18+)

**Before a client can be seen at Clarevue they have to retain medical clearance with all relevant documentation of said clearance. All first time admissions, and those not followed up in the system for more than a year, have to go through the Magistrate Court to be issued a court order for admission.*

Language: English and Spanish

Address: Skerritt's Pasture, St. John's, Antigua

Hours of Operation:

Hospital 24 hours

Doctors and Social Workers Monday to Friday 8:30AM to 4:30PM

On Call System for Emergencies/Crises Holidays, Weekends and after 5:00PM on Weekdays

Contact Details:

Primary Phone: 1-268-462-0417

Secondary Phone: 1-268-462-0617

Email: Clarevueph@gmail.com



Gentle Reminder: Reaching out for help is a sign of strength!





COMMUNITY CLINIC

The **Community Clinics** provide primary health care in pre and postnatal clients, child health, non communicable diseases and in mental health psychotherapy, general counselling, administration of medication and general information for mental health awareness.



SOME SERVICES OFFERED:

- Clinical Mental Health Counselling
- Peer Counselling
- General Counselling
- Psychiatric Assessments
- HIV/STI Support
- Psychiatric Assessments

ACCESSIBILITY:

ACCESSING SERVICES:

UNDER 18?:

You cannot be seen unless referred by the clinic doctor. You need your parent's consent to access services. You can bring a friend to the appointments.

Referrals, which can be issued by Medical doctor, nurse, teacher or parent, are **mandatory** for psychotherapy and counselling sessions.

18 AND OVER?:

You cannot be seen unless referred by the clinic doctor; psychotherapy and counselling sessions.

Referrals, which can be issued by Nurses, Clinic doctor etc, are **mandatory**.

Wait time for appointment: Less than 1 week

Typical length of session: 30 to 45 minutes

THE DETAILS:



Audience: Adolescents (12-17); Adults (18+); Families and Parents

Language: English

Address:

Gray's Farm Community Clinic, Green Bay, St. John's, Antigua

Primary Phone: 1-268-462-0681

Browne's Avenue Health Center, St. John's, Antigua
Bolans Clinic, Valley Road, Bolans, Antigua

Primary Phone: 1-268-462-3606

Primary Phone: 1-268-562-3076

Hours of Operation: Monday - Friday

8:00AM - 4:00PM

*The nurses are available for counseling or psychotherapy sessions as needed.

Mental Health Clinic Hours of Operation:

Gray's Farm Community Clinic **1st Tuesday** of the Month

Browne's Avenue Health Center **2nd Wednesday** of the Month

Bolans Clinic **3rd Tuesday** of the Month

*These clinics are for clients with known psychiatric illnesses who have already been seen by the psychiatric team.



Today is a good day to be kind to your mind.



EDUCATION



COUNSELLING SERVICES MINISTRY OF EDUCATION

Counselling services are provided in the public school system covering the academic, social and career domains. Services include, individual, group and family therapy; behavioral management and social skills building.

SOME SERVICES OFFERED:

- General Counselling
- Family therapy
- Conflict Resolution
- Trauma-based Counselling
- Crisis Intervention
- Grief Counselling

ACCESSIBILITY:

ACCESSING SERVICES:

UNDER 18?:

You can make an appointment by **phone**, **WhatsApp** and **in person** by visiting the facility. However, appointments are not mandatory.

You can also access services by **walking in** and **referral**. You are **not required** to be **accompanied by an adult** to access services and you do not need their consent.

THE DETAILS:



Audience: Children (0-11); Adolescents (12-17); Parents and Families

Language: English and Spanish

Address: Government Complex, Queen Elizabeth Highway, St. John's, Antigua and Barbuda

**Services offered in Antigua, with some support in Barbuda.*

Hours of Operation: Monday - Friday

Primary School 8:00AM - 1:30PM
Secondary School 9:00AM - 3:00PM

**Counsellors may be available outside of these school hours for appointments*

Contact Details:

Primary Phone: 1-268-462-4970

WhatsApp: 1-268-720-4065

Email: ministryofeducation@gmail.com



Ministry of Education - Education
Broadcasting Unit

18 AND OVER?:

You can only make appointments by **phone** and **WhatsApp** **only if you are in a learning institution or received services as a student and are returning to seek support.** Persons over 18 may not be allowed on the school compound, services would be provided when the counsellor is available/when appointments are available.

Wait time for appointment: Less than 1 week
Typical length of session: 45 minutes to 1 hour

CHILD PROTECTION AND SOCIAL SERVICES



FAMILY AND SOCIAL SERVICES DIVISION

The Family and Social Services Division functions under the Ministry Health, Wellness, Social Transformation and Environment. The Division is the mandated Child Protection Agency and provides support for both children and families. As a result, the Division also offers services in Foster Care and Adoption, Counselling and Assessment Services, Diversion for Children in conflict with the law, and Probation for Adult offenders. Our mandate also requires that we work closely with and monitor the varying residential homes for girls such as Sunshine Home for girls, as well as the Juvenile facility for boys (Boys Training School).

SOME SERVICES OFFERED:

- Child-centered therapy
- Crisis Intervention
- General Counselling
- Grief Counselling
- Relationship Counselling
- Trauma-based counselling

ACCESSIBILITY:

ACCESSING SERVICES:

UNDER 18?:

You can make appointments by **phone**, **WhatsApp** and **in person** by visiting the facility. However, appointments are not mandatory.

You can also walk in to access services. You can bring a friend to the appointments.

Your parent doesn't need to come with you and you do not need their consent.

THE DETAILS:



Audience: Children (0-11), Adolescents (12-17), Adults (18+), Families and Parents

Language: English and Spanish

Address: Family and Social Services Division
Old Parham Road, St John's, Antigua
Family and Social Services Division
Codrington, Barbuda

Hours of Operation: Monday - Friday
8:00AM - 4:30PM

Contact Details:

24/7 Counselling Hotline: 1-268-774-0656

24/7 Child Care and Protection Hotline:

1-268-464- 3531

Email: socialservices@ab.gov.ag

Website: <https://genderaffairs.gov.ag/>



[The Family and Social Services Division](#)

18 AND OVER?:

You can make appointments over the **phone**, **WhatsApp**, or **in person** by visiting the facility.

Appointments are not mandatory.

Wait time for appointment: Less than 1 week
Typical length of session: 30 to 45 minutes

 Make your mental health a priority – today and everyday.



THE DIRECTORATE OF GENDER AFFAIRS ANTIGUA BARBUDA SUPPORT AND REFERRAL CENTRE (SARC)

The Directorate of Gender Affairs works to ensure that the national development process is gender-responsive while providing technical guidance on gender and development issues in Antigua and Barbuda. The Antigua Barbuda Support and Referral Centre (SARC) is a one-stop mechanism that provides medical intervention, psychosocial support, and legal advice to those who have experienced gender-based and sexual violence, using a holistic and client-centred approach

KEY SERVICES OFFERED:

- Community Outreach
- Community Education
- Crisis Intervention
- Trauma-based Counselling
- Referrals

*The SARC provides a range of counselling options such as individual, couples, group, and family sessions to encourage positive growth and holistic healing after an incident of violence.

ACCESSIBILITY:

ACCESSING SERVICES:

UNDER 18?:

Services are only available for persons 18 years and older.

18 AND OVER?:

You can make appointments by **phone** and **in person** by visiting the facility. However, appointments are not mandatory.

You can also access services by **walking in** and **referral**.

To access SARC services, persons would have had to experience some form of gender based violence and have contacted the crisis hotline for assistance.

Wait time for appointment: Less than 2 weeks
Typical length of session: 45 minutes to 1 hour

THE DETAILS:

Audience: Adults (18+), Families and Parents

*The SARC provides assistance to those who have experienced gender-based and sexual violence.

Language: English

Address: Old Parham Road, St. John's, Antigua

*Services are offered to individuals in Antigua. The Directorate supports cases in Barbuda.

Hours of Operation: Monday - Friday
8:00AM - 3:00PM

Contact Details:

Directorate of Gender Affairs Primary Phone:

1-268-462-3990

24/7 SARC Hotline: 1-268-463-5555

*Callers can also call the EMS (991) and be dispatched through to the SARC hotline at no cost.

Email: gender@ab.gov.ag

Website: <https://genderaffairs.gov.ag/>

Directorate of
Gender Affairs

SARC

 Directorate of Gender Affairs Antigua, Barbuda

 Antigua & Barbuda
Support And Referral
Centre

 Directorate of Gender Affairs Antigua & Barbuda

 antiguabarbudasarc

 Gender Affairs Antigua

 DoGA AntiguaBarbuda

EMERGENCY AND DISASTER RESPONSE





NATIONAL OFFICE OF DISASTER SERVICE

The National Office of Disaster Service is a government agency established in 1984 to coordinate disaster management efforts in Antigua and Barbuda. They seek to, at all times save lives, protect property in Antigua and Barbuda and aid in sustainable development by protecting the environment.

The National Office of Disaster Service does not offer MHPSS Services as it primarily serves as a coordinating mechanism in disasters. They may make referrals to other agencies as needed.

SERVICES OFFERED:

→ Community Outreach

ACCESSIBILITY:



THE DETAILS:

Audience: Children (0-11); Adolescents (12-17); Adults (18+); Parents and Families

Language: English

Address: American Road
St. John's

Hours to Operation: Monday - Friday

* During emergencies the days of operations may extend to Saturdays and Sundays

Contact Details:

Primary Phone Number: 1-268-462-4206
1-268- 562-2144
1-268-460-7075

Email: nodsanu@gmail.com

Website: nods.gov.ag

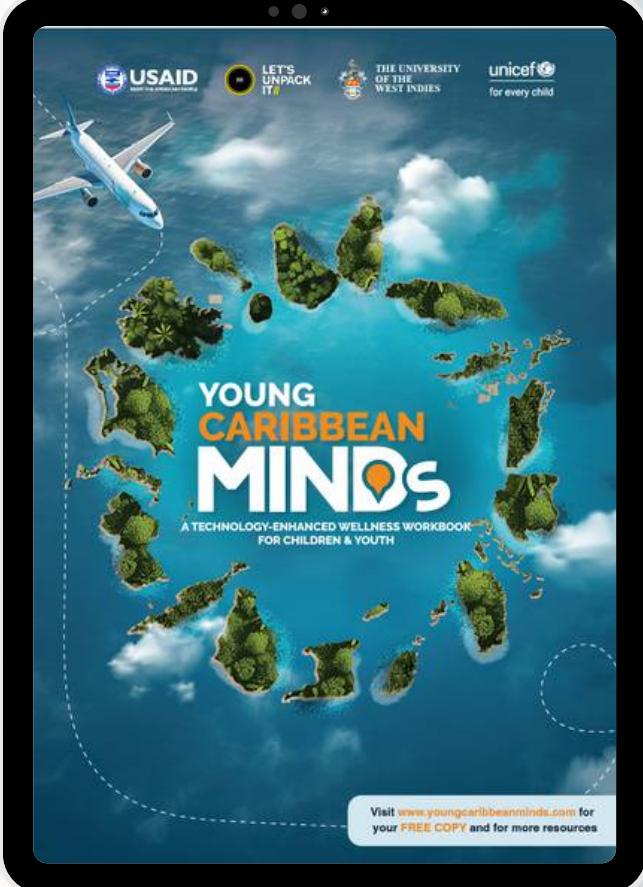
 [National Office of Disaster Services Antigua/Barbuda](#)

 [NODS Antigua & Barbuda](#)

 [DoGA AntiguaBarbuda](#)

★ Note to self: I don't ever have to struggle in silence.

 www.youngcaribbeanminds.com 



The image shows a digital tablet displaying the cover of the "Young Caribbean MINDs" app. The cover features a map of the Caribbean islands in green against a blue ocean background. A white airplane is shown flying over the islands. The title "YOUNG CARIBBEAN MINDs" is prominently displayed in the center, with "YOUNG" and "CARIBBEAN" in blue and "MINDs" in orange. Below the title, it says "A TECHNOLOGY-ENHANCED WELLNESS WORKBOOK FOR CHILDREN & YOUTH". At the top of the cover, there are logos for USAID, Let's Unpack It!, The University of the West Indies, and UNICEF. A small text box at the bottom right of the cover says "Visit www.youngcaribbeanminds.com for your FREE COPY and for more resources".

DOWNLOAD THE MENTAL HEALTH AND WELLBEING WORKBOOK!

Visit www.youngcaribbeanminds.com
to download the most recent version of this directory
and for more Mental Health resources such as
workbooks, videos, games, apps, toolkits and more.

