



**USAID**  
FROM THE AMERICAN PEOPLE

**HCC**  
HEALTHY CARIBBEAN COALITION

**Healthy  
Caribbean  
YOUTH**



**LET'S  
UNPACK  
IT!!**

**unicef**  
for every child

# DIRECTORY OF

## GOVERNMENT MENTAL HEALTH & PSYCHOSOCIAL SUPPORT SERVICES

A CHILD AND YOUTH-FRIENDLY VERSION

# BARBADOS





## 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/reachout246](https://bit.ly/reachout246)



## 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](https://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 Barbados. 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



Tik Tok



Accommodations made  
for those with cognitive  
impairments



Accommodations made  
for those with hearing  
impairments





# SUMMARY OF GOVERNMENT SERVICES

## HOTLINE NUMBERS

### LIFELINE BARBADOS (2:00PM - 6:00AM)

1-246-536-4500

### YOUTH HOTLINE

1-246-539-4357

### PSYCHIATRIC HOSPITAL ASSESSMENT UNIT

1-246-536-3091

### MINISTRY OF PEOPLE EMPOWERMENT AND ELDER AFFAIRS CRISIS HOTLINE

1-246-535-4357

### PSYCHIATRIC HOSPITAL ASSESSMENT UNIT

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

**Crisis Hotline:** 1-246-536-3091  
(available 24/7)

**Secondary Phone:** 1-246-536-3033

### PSYCHIATRIC HOSPITAL OUTPATIENT CLINIC

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

**Primary Phone:** 1-246-536-3091

### MINISTRY OF PEOPLE 'S EMPOWERMENT AND ELDER AFFAIRS

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

**Primary Phone:** 1-246-535-1601

### WELFARE DEPARTMENT

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

**Primary Phone:** 1-246-535-1000



We all need a little extra help sometimes.



## SUMMARY OF GOVERNMENT SERVICES

### COMMUNITY MENTAL HEALTH SERVICES POLYCLINICS AND HEALTH CENTRES

**Audience:** Children (0-11); Adolescents (12-17); Adults (18+); Parents and Families  
\*Any person experiencing mental health challenges.

---

**Edgar Cochrane**

Primary Phone: 1-246-536-4100

---

**Winston Scott**

Primary Phone: 1-246-536-3400

---

**Branford Taitt**

Primary Phone: 1-246-536-3091

*\*Currently located at the Psychiatric Out Patient Clinic*

---

**St. Philip**

Primary Phone: 1-246-536-4200

---

**Frederick Miller**

Primary Phone: 1-246-536-3940

---

**St. Joseph  
Outpatient Clinic**

Primary Phone: 1-246-536-3282/83

---

**Maurice Byer**

Primary Phone: 1-246-536-3200

---

**Eunice Gibson**

Primary Phone: 1-246-536-4000

---

**St. Andrew  
Outpatient Clinic**

Primary Phone: 1-246-536-4071

---

**Randall Phillips**

Primary Phone: 1-246-536-4300

---

**David Thompson  
Health and Social Services Complex**

Primary Phone: 1-246-536-4441



HEALTH



## LIFELINE BARBADOS - (HOTLINE)

The hotline will provide information, emotional support and crisis intervention services to individuals who may be struggling emotionally, as well as their friends and families, and any member of the public seeking information on mental health and wellbeing.

\*Information taken from CBC Barbados

**Note: Callers will not be provided with treatment via the hotline**

### THE DETAILS:

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

**Language:** English

**Hours to Operation:** Daily  
2:00PM - 6:00AM

**Crisis Hotline:** 536-4500





# PSYCHIATRIC HOSPITAL- OUTPATIENT

The Outpatient Unit at the Psychiatric Hospital provides Mental Health Services to all Barbadians



## SOME SERVICES OFFERED:

- Clinical Mental Health Counselling;
- Cognitive Behaviour therapy;
- Crisis Intervention;
- General Counselling;
- Pharmacy;
- Psychiatric Assessments;
- Psychotherapy;
- Suicide Prevention

## ACCESSIBILITY:



## ACCESSING SERVICES:

### UNDER 18?:

You can make an appointment by **telephone** and by **visiting the facility**. Appointments are **not mandatory**.

You can also access services by **walking in** and **referral**. **Referrals are not mandatory**

You are **required** to be accompanied by an adult to access services.

## THE DETAILS:



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

**Language:** English

**Address:** Black Rock, St. Michael, Barbados

**Hours to Operation:** Monday - Friday  
8:30AM - 4:30PM

### Contact Details:

**Primary Phone:** 1-246-536-3091

**Email:** [psychiatrichospital@caribsurf.com](mailto:psychiatrichospital@caribsurf.com)



[Psychiatric Hospital Barbados](#)



[@psychihospital](#)

### 18 AND OVER?:

You can make appointments by **phone** and **by visiting the facility**. Appointments are **not mandatory**.

You can also access services by **walking in** and **referral**. **Referrals are not mandatory**

Wait time for appointment: Times Vary

Typical length of session: 1 - 2 hours



**there is hope, even when your brain tells you there isn't!**



## PSYCHIATRIC HOSPITAL- ASSESSMENT UNIT

Psychiatric Assessment Unit provides mental health assistance for crisis and emergency situations.



### SOME SERVICES OFFERED:

- ➔ Clinical Mental Health Counselling
- ➔ Cognitive Behaviour Therapy
- ➔ Crisis Intervention
- ➔ General Counselling
- ➔ Pharmacy
- ➔ Psychiatric Assessments
- ➔ Psychotherapy
- ➔ Suicide Prevention

### ACCESSIBILITY:



### ACCESSING SERVICES:

#### UNDER 18?:

You can make an appointment by **phone** and by visiting the facility. Appointments are not mandatory.

You can also access services by **walking in** and **referral**. **Referrals are not mandatory**

You are **required** to be accompanied by an adult to access services.

#### THE DETAILS:



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

**Language:** English

**Address:** Black Rock, St. Michael, Barbados

**Hours to Operation:** 24/7

**Contact Details:**

**Crisis Hotline:** 1-246-536-3091  
(available 24/7)

**Secondary Phone:** 1-246-536-3033

#### 18 AND OVER?:

You can make appointments by **phone** and by visiting the facility. Appointments are not mandatory.

You can also access services by **walking in** and **referral**. **Referrals are not mandatory**

Wait time for appointment: Same Day

Typical length of session: 1 - 2 hours



★ Make your mental health a priority – today and everyday.



# COMMUNITY MENTAL HEALTH SERVICES

Outpatient community mental health services offered to all persons via the polyclinic system.

## THE DETAILS:



**Audience:** Children (0-11); Adolescents (12-17); Adults (18+); Parents and Families  
*\*Any person experiencing mental health challenges.*

**Language:** English

### **Polyclinics:**

**Edgar Cochrane** Mondays and Fridays  
*Wildey, St. Michael* 8:30AM-4:30PM

Primary Phone: 1-246-536-4100

**Winston Scott** Wednesdays  
*Ladymeade Gardens, Jemmotts Lane, St. Michael* 8:30AM-4:30PM

Primary Phone: 1-246-536-3400

**Branford Taitt** Tuesdays  
*Black Rock Main Rd, St. Michael* 8:30AM-4:00PM

Primary Phone: 1-246-536-3091

*\*Currently located at the Psychiatric Out Patient Clinic*

**St. Philip** Tuesdays and Fridays  
*Six Roads, St. Philip* 8:30AM-4:30PM

Primary Phone: 1-246-536-4200

**Frederick Miller** Tuesdays and Thursdays  
*Glebe, St. George* 8:30AM-4:00PM

Primary Phone: 1-246-536-3940

**St. Joseph Outpatient Clinic** Thursdays  
*Horse Hill, St. Joseph* 8:30AM-1:00PM

Primary Phone: 1-246-536-3282/83

**Maurice Byer** Mondays  
*Douglas, Saint Peter* 8:30AM-1:00PM  
 Wednesdays  
 8:30AM - 4:00PM

Primary Phone: 1-246-536-3200

**Eunice Gibson** Thursdays  
*Henry Dunant Rd, Saint Michael* 8:30AM-4:00PM

Primary Phone: 1-246-536-4000

**St. Andrew Outpatient Clinic** Even other Monday  
*Belleplaine, St. Andrew* 8:30AM-1:00PM

Primary Phone: 1-246-536-4071

**Randall Phillips** Tuesdays and Fridays  
*Oistins, Christ Church* 8:30AM-4:00PM

Primary Phone: 1-246-536-4300

**David Thompson Health and Social Services Complex** Wednesdays  
*Glebe Land, St. John* 8:30AM-4:00PM

Primary Phone: 1-246-536-4441



## COMMUNITY MENTAL HEALTH SERVICES

Outpatient community mental health services offered to all persons via the polyclinic system.



### SOME SERVICES OFFERED:

- Alcohol/Drug Abuse Prevention
- Anger Management
- Clinical Mental Health Counselling
- Cognitive Behaviour Therapy
- Couples therapy
- Crisis Intervention
- General Counselling
- Pharmacological Management
- Psychiatric Assessment
- Relationship Counselling
- Suicide Prevention
- Testing for behavioural disorders
- Peer counselling
- Psychotherapy;
- Psycho-education

### ACCESSIBILITY:

#### ACCESSING SERVICES:

##### UNDER 18?:

You can make an appointment by **telephone** and by visiting the facility. Appointments are not mandatory.

You can also access services by **walking in** and **referral**. **Referrals are not mandatory for emergency situations.**

**Parental consent is usually required before treatment is delivered.**

**You are required to be accompanied by an adult to access services.**

##### 18 AND OVER?:

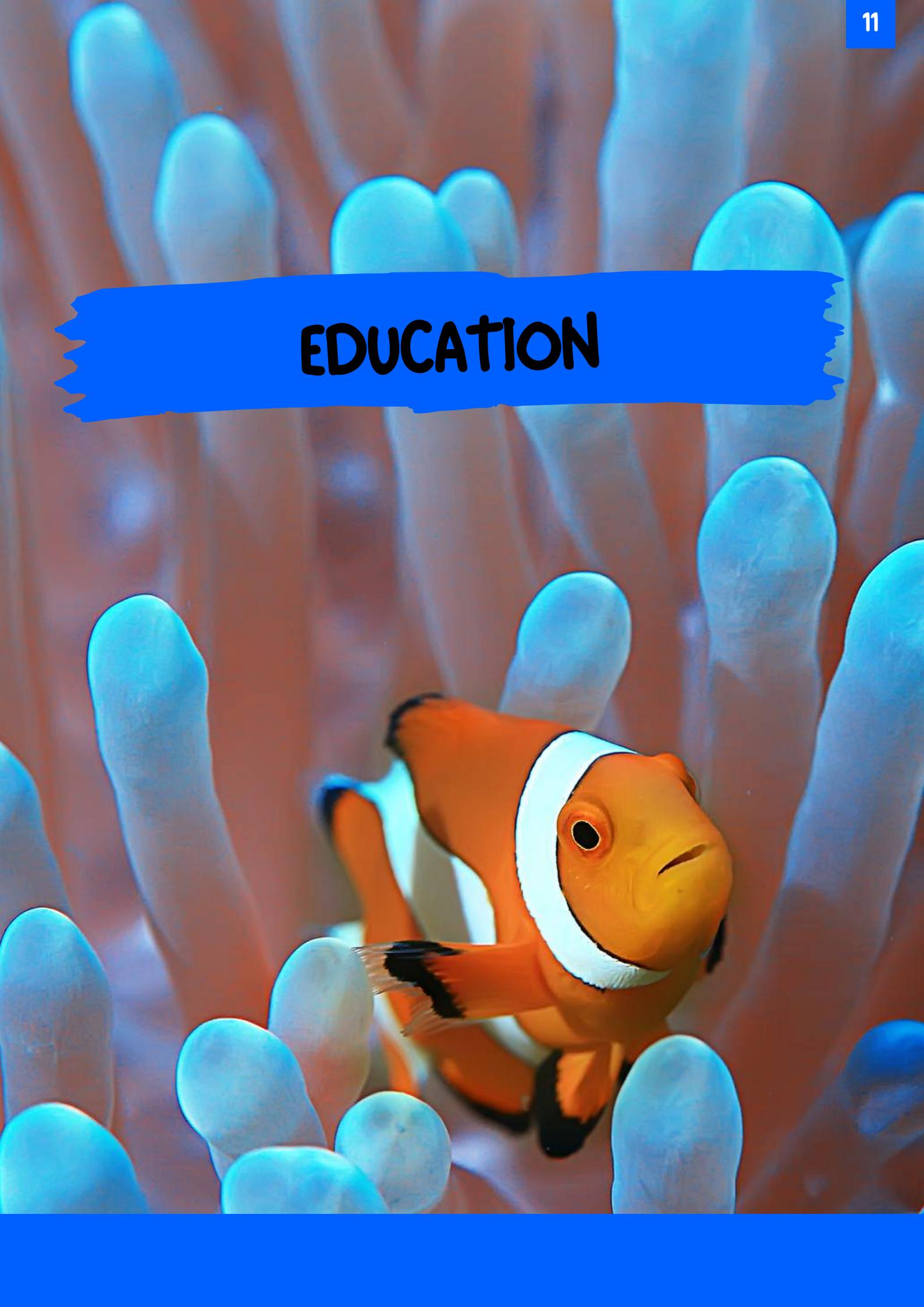
You can make appointments by **phone**, and by visiting the facility. Appointments are only mandatory for those attending clinic for the first time.

You can also access services by **referral**. **Referrals are not mandatory for emergency situations.**

Wait time for appointment: Times vary  
Typical length of session: 1 - 2 hours



★ Give yourself the same grace, love, and kindness that you so freely extend to others.

A vibrant orange clownfish with white stripes is swimming gracefully among the tentacles of a large, reddish-brown anemone. The tentacles are long and finger-like, creating a textured background for the fish.

**EDUCATION**



## STUDENT SUPPORT SERVICES UNIT

### MINISTRY OF EDUCATION

The **Student Support Services Unit (SSSU)** seeks to provide positive reinforcement to influence students' attitudes towards school in government and private school settings. Support is provided to parents/guardians, teachers and guidance counsellors. The section collaborates and consults with social service agencies and the Edna Nicholls Centre to ensure that the behavioural, emotional, social and intellectual needs of students and families are met in a holistic way.

#### **SOME SERVICES OFFERED:**

- Individual and Group Counselling
- Career Showcases
- Parenting workshops
- Crisis Intervention
- Mentorship Programmes
- Psychoeducation Assessments
- Referrals and Case Conferences
- Home Visits
- Teacher/Principal Consultations
- Clinical Intakes

#### **ACCESSIBILITY:**

#### **ACCESSING SERVICES:**

##### **UNDER 18?:**

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

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

You are not required to be accompanied by an **adult**.

#### **THE DETAILS:**

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

**Language:** English

**Address:** Elsie Payne Complex, Constitution Road, St. Michael, Barbados

**Hours to Operation:** Monday - Friday  
8:15AM - 4:30PM

##### **Contact Details:**

**SSSU Phone :** 1-246-535-0853

**Ministry PBX:** 1-246-535-0600

**Email:** [studentsupportservices@mes.gov.bb](mailto:studentsupportservices@mes.gov.bb)  
[info@mes.gov.bb](mailto:info@mes.gov.bb)

**Website:** [mes.gov.bb](http://mes.gov.bb)

 [Ministry of Education, Technological and Vocational Training](#)

 [@mrdbarbados](#)  [@metibarbados](#)

 [METVT Barbados](#)

##### **18 AND OVER?:**

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

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



Take a moment to be still and breathe.

# CHILD PROTECTION AND SOCIAL SERVICES



# CHILDREN AND FAMILY SERVICES AND SOCIAL DEVELOPMENT SERVICES

**Children and Family Services** focuses on protecting children by meeting obligations as set out in the Child Protection Act 2019 while also ensuring that the family unit is adequately supported and empowered. **Social Development Services** aims to improve the well-being of every individual in society, however, certain individuals are particularly vulnerable, older persons, persons with disabilities, and persons and families in crisis.



## SERVICES OFFERED:

- Anger Management
- Conflict Resolution
- Crisis Intervention
- Mediation
- Relationship Counseling
- Social Work Services

## ACCESSIBILITY:

### ACCESSING SERVICES:

#### UNDER 18?:

You can access services by **walk-in**.

Your parent doesn't need to come with you, but you do **need their consent**.

Referrals, which can be issued by school, court or a parent are **mandatory**.

You can be accompanied by a trusted adult.

#### THE DETAILS:



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

**Language:** English

**Address:** Ministry of Social Development, Government of Anguilla, P.O.Box 60, The Valley, Anguilla

**Contact Details:**

**Primary Phone Number:** 1-264-497-2317

**Secondary Phone Number:** 1-264-476-4528

**24/7 Hotline:** 1-264-235-2317 or 1-264-476-4528

#### 18 AND OVER?:

You **need an appointment** to access services.

You can make appointments over the phone, on Whatsapp, or by visiting the facility.

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

You can also access services by referral.



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



## YOUTH HOTLINE - MINISTRY OF YOUTH SPORTS AND COMMUNITY EMPOWERMENT

A Youth Hotline which provides first line counselling services and referrals for young people experiencing psycho-social crises.



### SOME SERVICES OFFERED:

- ▶ Art Therapy
- ▶ Conflict Resolution
- ▶ Crisis Intervention
- ▶ General Counselling
- ▶ HIV/STI Programmes
- ▶ Mentoring Programmes
- ▶ Violence Prevention

### ACCESSING SERVICES:

#### UNDER 18?:

You are **required** to have **parental consent** to access services and be accompanied by a trusted adult when accessing services.

### THE DETAILS:



**Audience:** Adults (18+) and Families

**Language:** English

**Address:** Skymall  
Haggat Hall  
St. Michael, Barbados

**Hours to Operation:** Monday - Friday  
8:15AM-4:30PM

#### Contact Details:

**Primary Phone:** 1-246-535-3835  
**24/7 Crisis Hotline:** 1-246-539-4357  
**Email:** [info.mysce@barbados.gov.bb](mailto:info.mysce@barbados.gov.bb)  
[division.youth@barbados.gov.bb](mailto:division.youth@barbados.gov.bb)



[DIVYOUTH246](#)



[Division of Youth Affairs](#)

#### 18 AND OVER?:

You can also access services by **referral**. **Referrals**, which can be issued by Parents, Community Members and Courts, are **mandatory**.



Gentle reminder: Healing is not linear.



## MINISTRY OF PEOPLE EMPOWERMENT AND ELDER AFFAIRS

The organisation is the leading Social Service agency in Barbados providing social protection to vulnerable groups inclusive of children. As it relates to psychological services for children the welfare department and the Child Care Board provide social work services. These include counselling and psychological assessment.

### SOME SERVICES OFFERED:

- Trauma-based Counselling
- testing for behavioural disorders/conditions
- Social Work Services
- Positive Parenting Programmes
- HIV/STI Programmes
- HIV/STI Support
- General Counselling

### ACCESSIBILITY:

### THE DETAILS:



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

**Language:** English

**Address:** 4th Floor  
Warrens Office Complex  
Warrens  
St. Michael, Barbados

**Hours to Operation:** Monday - Friday  
8:15AM-4:30PM

#### Contact Details:

**Primary Phone:** 1-246-535-1601  
**Crisis Hotline:** 1-246-535-4357

 [peoplebds](#)

 [peoplebds](#)

### ACCESSING SERVICES:

#### UNDER 18?:

You can also access services by **referral only**.

You are **required** to have parent consent to access services

#### 18 AND OVER?:

You can also access services by **walking in and referral**. **Referrals are not mandatory**

Wait time for appointment: Between 1-2 months  
Typical length of session: 30 to 45 minutes



## WELFARE DEPARTMENT

The Welfare Department aims to provide professional social work services geared towards the resolution of individual and family problems, enhancement of personal and social development, alleviation of poverty empowerment and rehabilitation of the disabled, the disadvantaged and those affected by the crisis and natural disaster.

*Information taken from the Barbados Integrated Government Website*



### SOME SERVICES OFFERED:

- Conflict Resolution
- Family therapy
- General Counselling
- Referrals
- Social Work Services
- Trauma-based Counselling

### ACCESSIBILITY:



### ACCESSING SERVICES:

#### UNDER 18?:

The welfare department does not typically serve persons under the age 18. If you are under 18 years age, you must be accompanied by a trusted adult

#### 18 AND OVER?:

You can make an appointment **by phone..** Appointments are not mandatory.

You can also access services by **walking in and referral.** **Referrals are not mandatory.**

Wait time for appointment: Between 1-2 months  
Typical length of session: 45 minutes to 1 hour



### THE DETAILS:

**Audience:** Adults (18+), Parents and Families

**Language:** English

**Address:** Weymouth Corporate Center  
Corner of Roebuck Street and  
Country Road  
Bridgetown, St. Michael, Barbados

**Hours to Operation:** Monday - Friday  
8:15AM-4:30PM

#### Contact Details:

**Primary Phone:** 1-246-535-1000

**Email:** Welfare.Department@barbados.gov.bb



[Barbados Welfare](#)



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

# EMERGENCY AND DISASTER RESPONSE



# DEPARTMENT OF EMERGENCY MANAGEMENT

The **Department of Emergency Management** is the government department responsible for the development and implementation of the Emergency Management Programme in Barbados. It has the responsibility for coordinating emergency management activities in Barbados.

The Department Emergency Management does not offer MHPSS Services as it primarily serves as a coordinating mechanism in disasters. They may make referrals to other agencies as needed.

## **SOME SERVICES OFFERED:**

- Community Outreach;
- Community Education;

## **ACCESSIBILITY:**

### **THE DETAILS:**



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

**Language:** English

**Address:** The George Greaves Building  
#24 Warrens Industrial Park,  
Warrens,  
St. Michael

**Hours to Operation:** **Monday - Friday**

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

**Contact Details:**

**Primary Phone Number:** 1-246-438-7575

**Email:** [deminfo@barbados.gov.bb](mailto:deminfo@barbados.gov.bb)

**Website:** [dem.gov.bb](http://dem.gov.bb)

 [Department of Emergency Management](#)

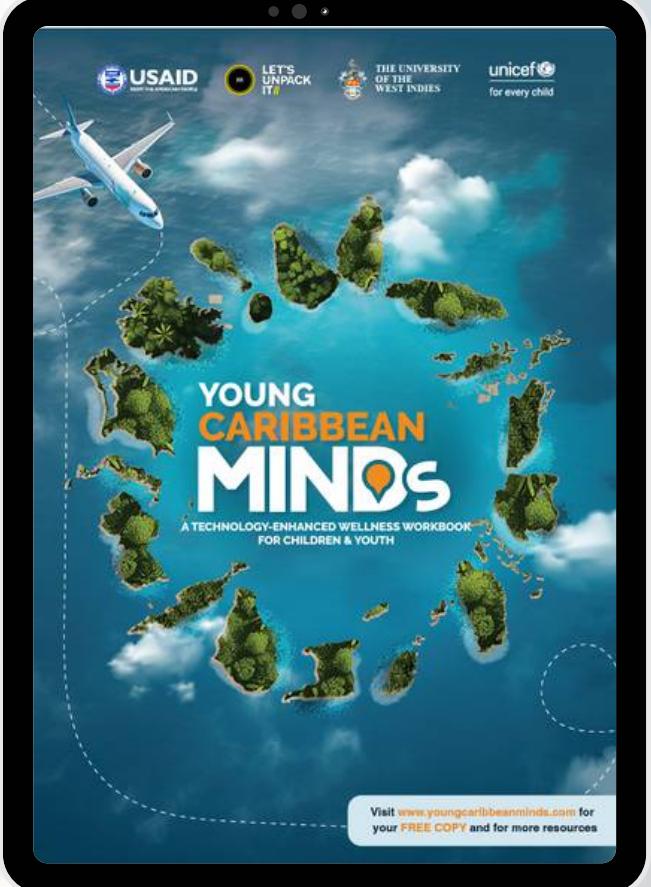
 [dem.barbados](#)

 [dem\\_barbaods](#)



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

 [www.youngcaribbeanminds.com](http://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](http://www.youngcaribbeanminds.com) for your FREE COPY and for more resources".

**DOWNLOAD THE MENTAL HEALTH AND WELLBEING WORKBOOK!**

Visit [www.youngcaribbeanminds.com](http://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.

