



MENTAL HEALTH

HOTLINES & RESOURCES FOR CARIBBEAN CHILDREN & YOUTH



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“Here’s a gentle reminder that you don’t ever have to struggle alone or in silence. There is no shame in having a mental health condition. **There is no shame in needing a helping hand. Reaching out and seeking help is brave and admirable.** And, in a moment of crisis, it is the most compassionate thing you can do for yourself.”



LOCAL/REGIONAL HOTLINES

ANGUILLA

SAFE (7233) Mental Health and Psychosocial Support Hotline

24/7 Call: 1(264) 772-7233 or 1(264) 476-6688

ANTIGUA & BARBUDA

National Suicide Prevention Hotline

Call: 1(242) 322-2763

THE BAHAMAS

National Suicide Prevention Hotline

Call: 1(242) 322-2763

BARBADOS

BFPA Crisis Support Hotline

Call: 1(246) 233-4249

CASA Barbados Mental Health Support Hotline

Call: 1(246) 264-7151
Active 5PM-11PM Daily

Lifeline Barbados Crisis Hotline

Call: 1(246) 536-4500 or 988

Youth Support Hotline (Division of Youth Affairs)

Call: 1(246) 539-HELP [4357]
youth.support@barbados.gov.bb

BELIZE

Mind Health Connect Belize

Visit: mindhealthconnect.com

BERMUDA

National Mental Health Crisis Hotline

Call: 1(441) 239-1111

CAYMAN ISLANDS

Cayman Islands Kids Helpline

Call: 1(345) 649-KIDS [5437]
Active: Mon - Fri: 10AM - 6PM

Cayman Islands Mental Health Support Hotline

Call: 1(800) 534-MIND [6463]
Active Mon - Fri: 9AM - 5PM

Cayman Islands Crisis Helpline

24/7 Call: 1(800) 534-2422

GUYANA

Guyana Safe Space Hotline

Call: 655-SAFE [7233]

Guyana National Suicide Prevention Hotlines

Call: 223-0818, 623-4444 or 600-7896

JAMAICA

NEW LIFE Mental Health Hotline

Call: 1(888) NEW-LIFE [639-5433]

U-Matter Chatline (UNICEF Jamaica/Ministry of Health & Wellness Jamaica)

Text SUPPORT to @ureportjamaica on IG/FB or to 1(876) 838-4897 on WhatsApp or SMS
Open 24/7/365 to 16-24 year olds

ST. LUCIA

National Suicide Prevention Hotline

Call: #203

SURINAME

Kinder-en Jongerentelefoon

Call: 123
Visit: www.bel123.org



TRINIDAD & TOBAGO

Childline Trinidad & Tobago

Call: 131 or 800-4321

WhatsApp: 1(868) 760-4471

Visit: childlinett.org

FindCare TT Crisis Support Directory

Visit: findcarett.com

Lifeline TT Crisis Helpline

Call: 800-5588 or 866-5433

Visit: lifelinett.com

INTERNATIONAL HOTLINE & TEXTLINE NUMBERS

988 Suicide & Crisis Lifeline (USA)

24/7 Call or Text: 988

Talk Suicide Canada

Call: 1(833) 456-4566

UK Nat'l Suicide Prevention Hotline

Call: 0800 689 5652

Samaritans UK Suicide Prevention Hotline

Call: 116 123

MENTAL HEALTH FACTS & STATISTICS

Centers for Disease Control and Prevention

Depression Overview

Mind — Mental Health Charity

Anxiety Overview

National Institute of Mental Health

Anxiety Disorders Overview

Royal College of Psychiatrists

Depression in Children & Young People

UNICEF Latin America & The Caribbean

The State of the World's Children 2021 Brief

World Health Organization

Mental Health of Adolescents

World Health Organization

Mental Health Key Facts

World Health Organization

World Mental Health Report

OTHER HELPFUL RESOURCES

Child Mind Institute

How to Support A Friend

Find A Helpline

Find Mental Health Support near You

Mind — Mental Health Charity

Seeking Help for A Mental Health Problem

Seize The Awkward

How to Talk to Friends about Mental Health

Young Caribbean Minds

The Digital Mental Health Hub for Caribbean Children and Youth

Scan the QR code for more helpful mental health resources.

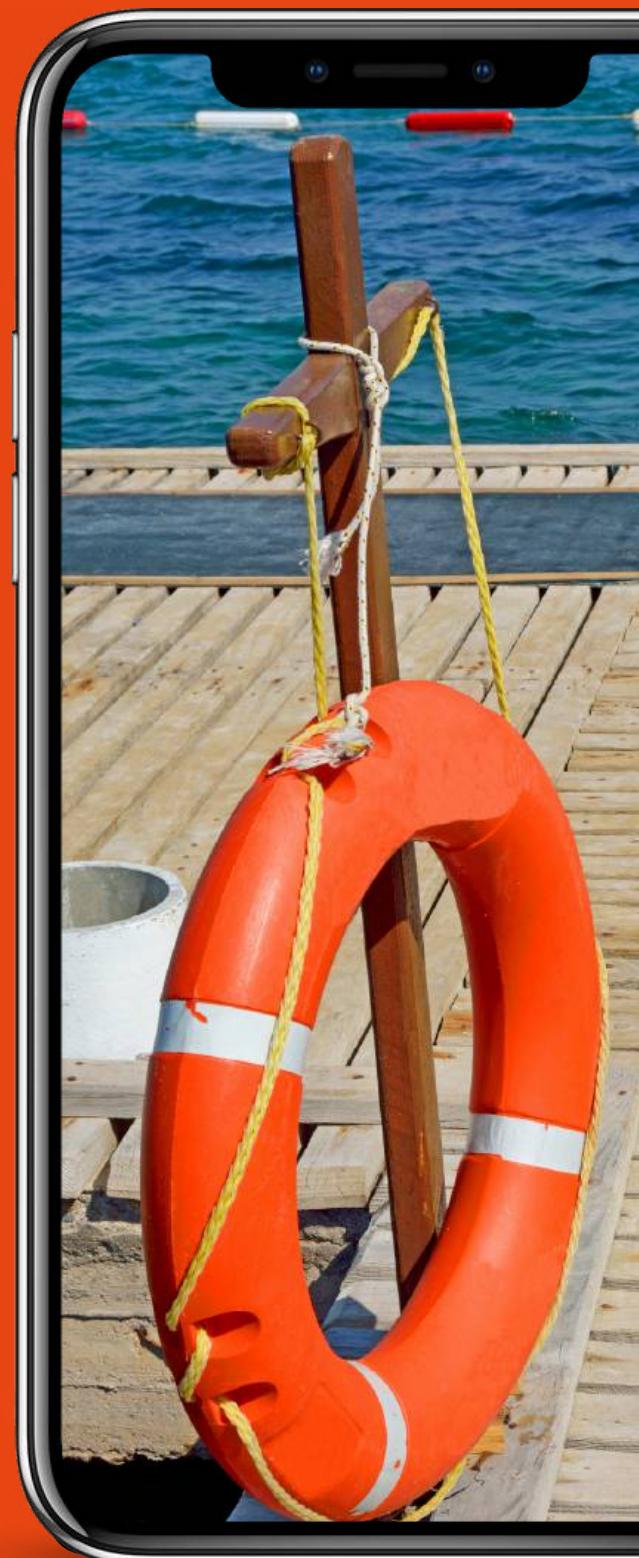
And, help us to build hope, boost awareness and demand action on mental health, by following us on all socials **@letsunpackitco**.





Help is just one phone call away!

With this resource, you will always be equipped to help yourself and others get connected with high quality mental health care and services in the Caribbean. Keep this guide at hand in case you ever need it. And, be kind! Share it with your loved ones.



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