

DIRECTORY OF

GOVERNMENT MENTAL HEALTH & PSYCHOSOCIAL SUPPORT SERVICES

A CHILD AND YOUTH-FRIENDLY VERSION

MONTSERRAT





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/reachout664



THANK YOU.

UNICEF for the Eastern Caribbean Area, 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 Montserrat. 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 FREE GOVERNMENT SERVICES

MENTAL HEALTH UNIT

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

Primary Phone: 1-664-491-4533
Secondary Phone: 1-664-491-5218
WhatsApp: 1-664-491-2003

MINISTRY OF EDUCATION

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

Primary Phone: 1-664-491-2541

SOCIAL SERVICES DEPARTMENT

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

Primary Phone: 1-664-491-3895
Secondary Phone: 1-664-491-5218
WhatsApp: 1-664-495-3895

ROYAL MONTSERRAT POLICE SERVICE- SAFEGUARDING UNIT

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

Primary Phone: 1-664-491-2555
Secondary Phone: 1-664-491-2556
WhatsApp: 1-664-392-2453

MONTSERRAT DISASTER MANAGEMENT COORDINATION AGENCY

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

Primary Phone: 1-664-491-7161
Secondary Phone: 1-664-491-7166

*The Agency does not offer MHPSS Services as it primarily serves as a coordinating mechanism in disasters.





HEALTH



MENTAL HEALTH UNIT

The Mental Health Unit is responsible for providing the people of Montserrat with transformative and integrated services that will aid in the management of mental illness and maintenance of good mental health. As there is no psychiatric hospital, all admissions are done within the general hospital.



SOME SERVICES OFFERED:

- ➔ Anger Management
- ➔ Anti-Bullying Programmes
- ➔ Clinical Mental Health Counselling
- ➔ Crisis Intervention
- ➔ Family therapy
- ➔ Positive Parenting Programmes
- ➔ Suicide Prevention
- ➔ Testing for behavioural disorders/conditions

ACCESSIBILITY:

ACCESSING SERVICES:

UNDER 18?:

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

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

You are not required to be accompanied by an adult to access services and you can bring a friend to the appointment.

THE DETAILS:



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

Language: English

Address: St. John's Health Center
St. John's
Montserrat

Hours to Operation: Monday - Friday
8:00AM - 4:00PM

**Staff are on-call on weekends and public holidays.*

Contact Details:

Primary Phone:	1-664-491-4533
Secondary Phone:	1-664-491-5218
	1-664-491-2003

Website: www.gov.ms



[MontserratMOH](#)

18 AND OVER?:

You can make appointments by phone and by visiting the facility.

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

Wait time for appointment: Same Day
Typical length of session: 30 to 45 minutes

★ Don't be so tough on yourself. You're doing just fine!



EDUCATION



MINISTRY OF EDUCATION

The Ministry of Education, Youth Affairs and Sports effectively supports social and economic development through the holistic development of residents to create global citizens. This is done through formal education, community development, sports and citizen enrichment. The Ministry utilises its services and programmes to enhance the well-being of the population by creating social integration, well-being and national identity.

SOME SERVICES OFFERED:

- ➔ Academic Consultation
- ➔ Alcohol and Drug Abuse Prevention
- ➔ Crisis Intervention
- ➔ Conflict Resolution
- ➔ General Counselling
- ➔ Group therapy
- ➔ Referrals
- ➔ Psycho-education

THE DETAILS:



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

Language: English

Address: E. Karney Osborne Building
Little Bay, Montserrat

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

Contact Details:

Primary Phone: 1-664-491-2541

Website: www.gov.ms/government/ministries/ministry-of-education-youth-affairs-sports/



[MNI Ministry of Education, Youth Affairs and Sports](#)

ACCESSING SERVICES:

UNDER 18?:

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

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

You are **not required** to be accompanied by an adult to access services and you **can bring a friend** to the appointment.

18 AND OVER?:

You can make appointments by **phone** and by visiting the facility.

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

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

 Gentle reminder: Self-care is not selfish.

CHILD PROTECTION AND SOCIAL SERVICES





SOCIAL SERVICES DEPARTMENT

The **Social Services Department** provides social care, safeguarding and protection support through a number of services such as social protection (financial benefits, food packages etc), Parole and Probation and Child and Family and Adult Services to vulnerable persons in the community. Our vision is to be the prime agent for the empowerment, care, protection and socioeconomic advancement of all persons on Montserrat.



SERVICES OFFERED:

- Home Interventions
- Mentoring Programmes
- Referrals
- Social Work Services
- Violence Prevention
- General Counselling
- Crisis Intervention
- Positive Parenting Programmes



ACCESSIBILITY:



ACCESSING SERVICES:

UNDER 18?:

You can make an appointment by phone. Appointments are encouraged, however not mandatory.

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

You are not 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: E. Karney Osborne Building
Little Bay, Montserrat

Hours to Operation: Monday - Friday

8:00AM - 4:00PM

If there is an emergency after hours mental health services can be accessed at the casualty/hospital.

Contact Details:

Primary Phone: 1-664-491-3895

Secondary Phone: 1-664-491-5218

WhatsApp: 1-664-495-3895

Email: comservs@gov.ms



[Montserrat Ministry of Health and Social Services](#)

18 AND OVER?:

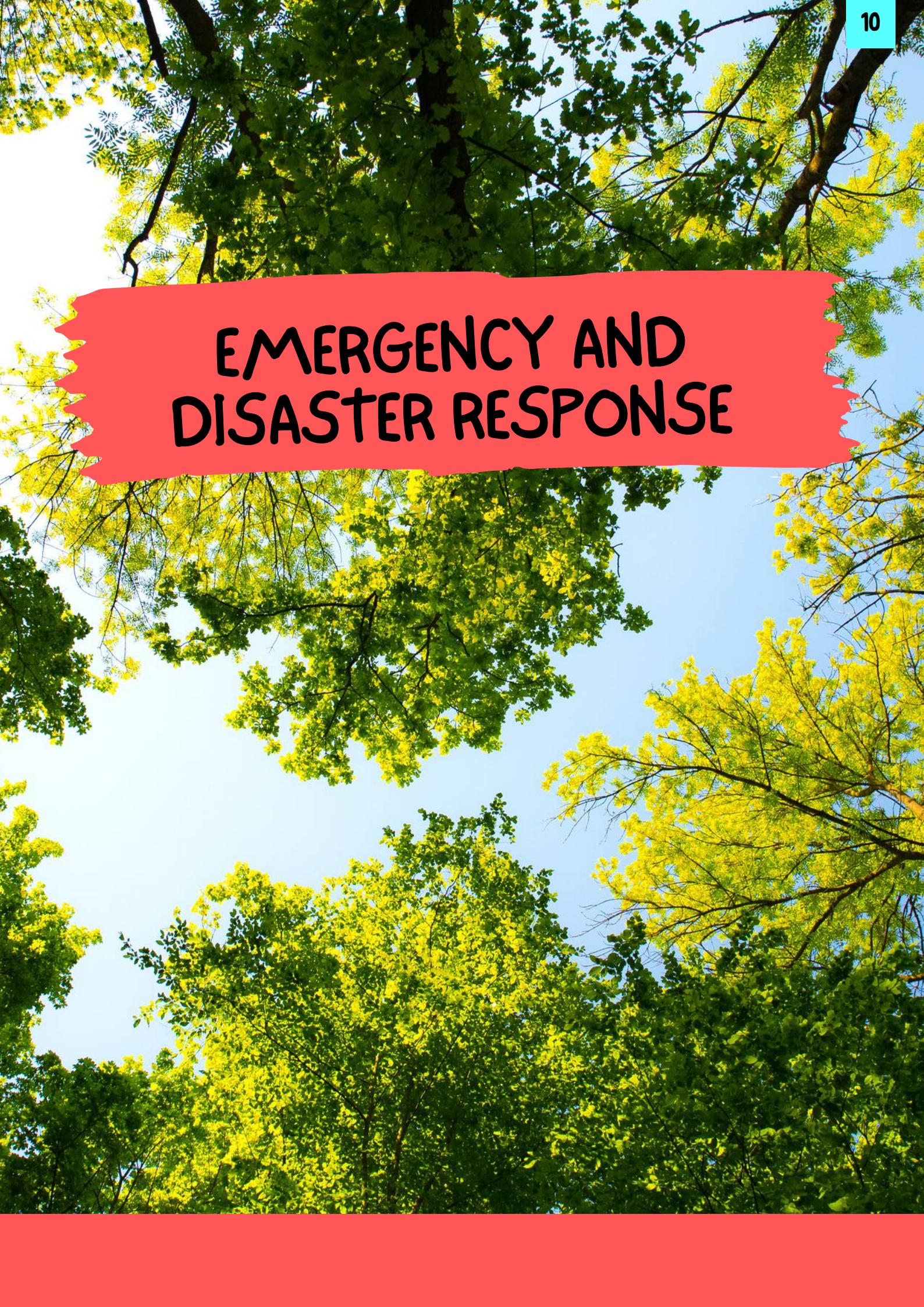
You can make appointments by phone and by visiting the facility.

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

Wait time for appointment: Same Day (if urgent)
Typical length of session: 45 minutes to 1 hour



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



EMERGENCY AND DISASTER RESPONSE



DISASTER MANAGEMENT COORDINATION AGENCY

The **Disaster Management Coordination Agency** is responsible for Coordinating the general Disaster Management Policy of the Government of Montserrat related to the Mitigation of, Preparedness for, Response to and Recovery from emergency and disasters in Montserrat.

The Disaster Management Coordination Agency does not offer MHPSS Services as it primarily serves as a coordinating mechanism in disasters. It may make referrals to other agencies.

ACCESSIBILITY:

THE DETAILS:



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

Language: English; Spanish; French and Creole

Address: Yellow Hill
St. Johns, Plymouth St. Peters
Montserrat

Hours to Operation: **Monday - Friday**
8:00AM - 4:00PM

Contact Details:

Primary Phone: 1-664-491-7161
1-664-491-7166

Email: dmca@gov.ms

Website: www.dmca.gov.ms

[Montserrat Disaster Management Coordination Agency](#)

[dmca_montserrat](#)

[DMCA_montserrat](#)

[Montserrat Disaster Management Coordination Agency](#)



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



JUSTICE



ROYAL MONTSERRAT POLICE SERVICE - SAFEGUARDING UNIT

The Safeguarding Unit is a unit within the Criminal Investigations Department who are responsible for investigations involving children, vulnerable adults, domestic violence and individuals with complex needs. They also conduct follow up assessments and refer to key safeguarding agencies.



SERVICES OFFERED:

- Conflict Resolution
- Crisis Intervention
- Referrals
- Violence Prevention

ACCESSIBILITY:



ACCESSING SERVICES:

UNDER 18?:

You can make an appointment by phone, WhatsApp or by visiting the facility. However 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
*All child abuse victims

Language: English; French Creole

Address: Royal Montserrat Police Service
 Police Headquarters,
 P O Box 177, Brades, Montserrat

Hours to Operation: Monday - Friday
 8:00AM - 4:00PM

Intervention services: 24/7

Contact Details:

Primary Phone: 1-664-491-2555
 1-664-491-2556

WhatsApp: 1-664-392-2453

Email: police@gov.ms



[Royal Montserrat Police Service](#)



[Call 1-664-491-2555](#)



[WhatsApp 1-664-392-2453](#)



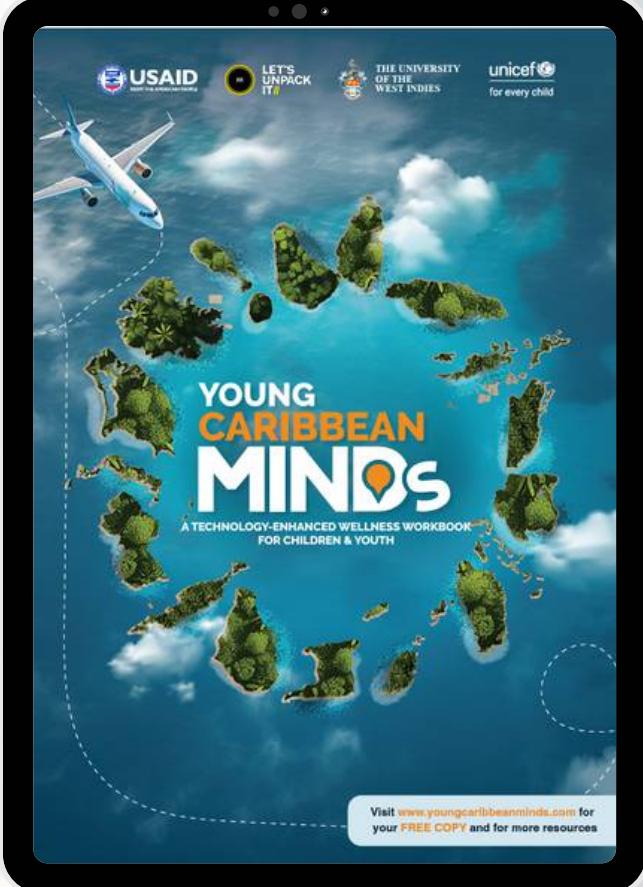
police@gov.ms



[Royal Montserrat Police Service](#)



 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 white 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.

