

DIRECTORY OF

GOVERNMENT MENTAL HEALTH & PSYCHOSOCIAL SUPPORT SERVICES

A CHILD AND YOUTH-FRIENDLY VERSION

ST. KITTS + NEVIS





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/reachout869



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 St. Kitts and Nevis. 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

DEPARTMENT OF PROBATION AND CHILD PROTECTION SERVICES ST. KITTS

1-869-662-6833

DEPARTMENT OF GENDER AFFAIRS

1-869-765-5492

COMMUNITY MENTAL HEALTH UNIT

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

Primary Phone: 1-869-467-1139

Secondary Phone: 1-869-467-1190
1-869-662-8219

BEHAVIOURAL HEALTH & WELLNESS CENTER (BHCW)

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

Primary Phone: 1-869-469-5614

Secondary Phone: 1-869-469-5521
Ext 6817 or 6816

WhatsApp: 1-869-660-9551

NATIONAL COUNSELLING CENTRE

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

Primary Phone: 1-869-465-5000

WhatsApp: 1-869-662-8086

DEPARTMENT OF SOCIAL SERVICES, NEVIS

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

*Child Abuse Victims and At Risk Youth

Primary Phone: 1-869-469-5521 Ext 6293

WhatsApp: 1-869-668-8930



SUMMARY OF GOVERNMENT SERVICES

MINISTRY OF EDUCATION

Audience: Children (0-11); Adolescents (12-17); Parents and Families. All students in government primary and secondary schools.

Primary Phone: 1-869-467-1515

Secondary Phone: 1-869-467-1110

DEPARTMENT OF GENDER AFFAIRS

Audience: Adolescents (12-17) and Adults (18+)
Victims of domestic/gender based violence, teen mothers

Primary Phone: 1-869-467-1275

NATIONAL EMERGENCY MANAGEMENT AGENCY

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

Primary Phone: 1-869-466-5100

DEPARTMENT OF PROBATION AND CHILD PROTECTION SERVICES

Primary Phone: 1-869-662-6833



HEALTH

COMMUNITY MENTAL HEALTH UNIT

Mental Health Unit is based in the Eastern side of Basseterre. The office is based at the main health center, Basseterre Health Center. Services rendered is primary health care: 1. we provide clinical assessment by Doctors and Nurses, 2. Assistance from Social Security Services(monetary and food voucher, 3. Free laboratory pap smear, eye and dental to all clients, 4. Free medication available at government pharmacy, 5. Weekly and Biweekly prison and rural clinics, 6. Home visits biweekly and monthly, 7. Ward rounds at the Psychiatric Unit and discharge planning conferences, 8. Visits at the Day treatment Center and follow- up system after clients are discharged from the Day Treatment Center, 9. Follow-up appointment after clients are discharged from the Psychiatric Ward

SOME SERVICES OFFERED:

- ➔ Anger Management
- ➔ Clinical Mental Health Counselling
- ➔ Conflict Resolution
- ➔ Family therapy
- ➔ Psychiatry
- ➔ Safe-sex programmes
- ➔ Social Work Services

ACCESSIBILITY:



THE DETAILS:

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

Language: English ; Spanish

Address: Cornell Street, Basseterre,
St. Kitts and Nevis

Hours to Operation:

Basseterre	Every Thursday 1:00 PM
Molineux	Every 2nd Thursday 9:00 AM
Sandy Point	Every 4th Thursday 9:00 AM

Contact Details:

Primary Phone:	1-869-467-1139
Secondary Phone:	1-869-467-1190 1-869-662-8219

ACCESSING SERVICES:

UNDER 18?:

You can make an appointment by **phone** or by **visiting the organisation in person**. Appointments are not mandatory.

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

Parental consent is needed to access services and you need to be accompanied by an adult to your appointment . You can also bring a friend to your appointment.

18 AND OVER?:

You can make appointments by **phone**, or by **visiting the organisation in person**. Appointments are not mandatory.

You can also access services by **walking in or by referral**. Referrals are not mandatory but could be given.

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

★ one day, one step at a time, friend!

BEHAVIOURAL HEALTH & WELLNESS CENTER (BHWC)

At the **Behavioral Health & Wellness Centre**, we provide therapeutic services to address a wide range of mental Health disorders. We conduct Psychiatric consultations once weekly and provide Community based & other clinical services to include daily community visits and medication management. Other services include Occupational & Recreational therapy and Prison Outreach.

SOME SERVICES OFFERED:

- ➔ Mental Health Counselling
- ➔ Crisis Intervention
- ➔ Psychiatric Assessments
- ➔ Cognitive Behaviour Therapy
- ➔ Anger Management
- ➔ Testing for behavioural disorders
- ➔ Relationship Counselling

ACCESSIBILITY:



THE DETAILS:

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

Language: English ; Spanish

Address: Cedar Grove, Prospect Estate
St. John's Parish, Nevis

**Primarily serves Nevis*

Hours to Operation:

Office Hours: Monday - Friday
8:00 AM - 4:00 PM

Doctor's consultation: Wednesdays
9:00AM - 2:00PM

Contact Details:

Primary Phone: 1-869-469-5614
Secondary Phone: 1-869-469-5521
Ext 6817 or 6816
WhatsApp: 1-869-660-9551

Email: behavioural.health@niagovkn.com

ACCESSING SERVICES:

UNDER 18?:

You can make an appointment by **phone** or by **visiting the organisation in person**. Appointments are not mandatory.

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

Parental consent is needed to access services however you do not need to be accompanied by an adult to your appointment . You can also bring a friend to your appointment.

18 AND OVER?:

You can make appointments by **phone**, **WhatsApp**, or by **visiting the organisation in person**. Appointments are not mandatory.

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

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

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

EDUCATION



MINISTRY OF EDUCATION

Guidance Counsellors are attached to all government owned and operated schools. Each Counsellor provides support to stakeholders in the form of academic support, personal and social support, career development and also general mental health support as well as coordinate referrals for mental health support offered by other government agencies.



SOME SERVICES OFFERED:

- ➔ Academic Consultation
- ➔ Grief Counselling
- ➔ Conflict Resolution
- ➔ Cognitive Behaviour Therapy
- ➔ Anger Management
- ➔ Suicide Prevention
- ➔ Mentoring Programmes

ACCESSIBILITY:



ACCESSING SERVICES:

UNDER 18?:

You can make an appointment by **phone** or by **visiting the organisation in person**. **Appointments are not mandatory** however you must be a student at the school.

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

You do not need to be accompanied by an adult to your appointment and parental consent is not needed.

THE DETAILS:



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

All students in government primary and secondary schools.

Language: English

Address: Department of Education Services,
Ministry of Education, Stanford
Building, Basseterre, St Kitts.

Hours to Operation: Monday- Friday
8:30 AM- 3:30 PM

Contact Details:

Primary Phone: 1-869-467-1515

Secondary Phone: 1-869-467-1110

Email: francil.morris@moe.edu.kn

18 AND OVER?:

You can make appointments by **phone**, or by **visiting the organisation in person**.

You can only access only services if your related to a student attending the organization and the matter involves the student.

Wait time for appointment: Same Day
Typical length of session: Less than 30 minutes

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



CHILD PROTECTION AND SOCIAL SERVICES

NATIONAL COUNSELLING CENTRE

The **National Counselling Centre** provides general and specialized mental health services for residents of the Federation. Services provided include therapeutic care, intervention services, family services, crisis management, psychoeducational and training activities, workshop development and training in various mental health related topics.



THE DETAILS:

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

Language: English

Address: Victoria Road (Administration Building) Basseterre. St. Kitts

Hours to Operation:

Mental Health Services Monday - Friday
8:00AM - 4:00PM

**Family Intervention
Counselling Services** Monday - Friday
8:00AM - 8:00PM

**Family Intervention Counselling is also available on Saturdays and Sundays at the request of the family*

Contact Details:

Primary Phone: 1-869-465-5000

WhatsApp: 1-869-662-8086

Email: nationalcounsellingcentre@gov.kn



[nationalcounsellingcentreskn](https://www.instagram.com/nationalcounsellingcentreskn)



SOME SERVICES OFFERED:

- ➔ Crisis Intervention
- ➔ Family Therapy
- ➔ HIV/STI Support
- ➔ Positive Parenting Programmes
- ➔ Psychotherapy
- ➔ Suicide Prevention
- ➔ Trauma-based counselling

ACCESSIBILITY:



ACCESSING SERVICES:

UNDER 18?:

You can make an appointment by **phone** or by **visiting the organisation in person**. **Appointments are not mandatory**. You can also access services by **walking in** or by **referral**. **Referrals are not mandatory**.

Persons **under the age of 16** must have **parental consent** however they **do not have to be accompanied by a parent**. Younger children, **under the age of 12** should be **accompanied by a parent** or relevant guardian figure. Persons between the ages of **16-18**, can access **consent**.

18 AND OVER?:

You can make appointments by **phone** or by **visiting the organisation in person**. **Appointments are not mandatory**.

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

Wait time for appointment: 2 to 3 weeks
Typical length of session: 45 minutes to 1 hour

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

DEPARTMENT OF SOCIAL SERVICES, NEVIS

The **Department of Social Services** investigate allegations of neglect and abuse. We prepare court reports and testify in custody and criminal assizes matters for both Magistrate and High Court. We manage the Foster care program, School Suspension Program, Youth At Risk Programs and Diversion Programs.



SOME SERVICES OFFERED:

- ➔ Conflict Resolution
- ➔ Trauma-based Counselling
- ➔ Social Work Services
- ➔ Home interventions
- ➔ Anger Management
- ➔ Safe-sex Programmes
- ➔ Crisis Intervention

ACCESSIBILITY:



THE DETAILS:

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

**Child abuse victims and At Risk Youth*

Language: English

Address: Lower Park Range, Charlestown
St. Paul's, Nevis

**Primarily serves the Island of Nevis*

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

Contact Details:

Primary Phone: 1-869-469-5521 ext 6293

WhatsApp: 1-869-668-8930

ACCESSING SERVICES:

UNDER 18?:

You can make an appointment by **phone** or by **visiting the organisation in person**. Appointments are not mandatory.

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

You do not need to be accompanied by an adult to your appointment and parental consent is not needed. You can also bring a friend to your appointment.

18 AND OVER?:

You can make appointments by **phone**, **WhatsApp**, or by **visiting the organisation in person**. Appointments are not mandatory.

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

Wait time for appointment: Same Day
Typical length of session: 30 minutes to 1 hour

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



DEPARTMENT OF PROBATION AND CHILD PROTECTION SERVICES - ST. KITTS

The **Department of Probation and Child Protection Services** receives reports of child abuse and neglect instances and investigates these reports of child abuse and neglect. We address children in conflict with the law through diversion, rehabilitation and reintegration. We also provide reports to the courts on access/custody and pre-sentencing matters. The Department also registers and monitors out of home placement sites - foster care, institutional care etc. We advocate for the rights of children through public engagement and promotions and facilitate training sessions for stakeholders in the protection and care of children.



SOME SERVICES OFFERED:

- ➔ General Counselling
- ➔ Mentoring Programmes
- ➔ Social Work Services
- ➔ Positive Parenting Programmes
- ➔ Anger Management
- ➔ Safe-sex Programmes
- ➔ Crisis Intervention

ACCESSIBILITY:



THE DETAILS:



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

**Children between the ages of birth to 17*

Language: English

Address: C/o Ministry of Social Development and Gender Affairs
Victoria Road Basseterre
St Georges St. Kitts

Hours to Operation: 24/7

Contact Details:

Primary Phone: 1-869-467-1311

WhatsApp: (available 24/7)

Email: 1-869-662-6833

Website: pcps@gov.kn
socialdevelopment.gov.kn



[Probation and Child Protection SKN](#)

ACCESSING SERVICES:

UNDER 18?:

You can access services by **referral only**. Referrals are mandatory. Any person acting in the best interest of the child can make a referral.

Parental consent is needed however you do not need to be accompanied by an adult to your appointment. You can also bring a friend to your appointment

18 AND OVER?:

The Department only offers services for persons under the age of 18.

Wait time for appointment: Times vary
Typical length of session: Times vary

DEPARTMENT OF GENDER AFFAIRS

The role and function of the **Department of Gender Affairs** primarily is to raise awareness of gender related issues especially on behalf of vulnerable populations. This is done through advocacy, education and empowerment; utilizing programmes that promote gender equality, growth and development.

The Department of Gender Affairs makes referrals to relevant agencies as appropriate.

ACCESSING SERVICES:

UNDER 18?:

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

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

You can access services by referral, or with signed parental consent.

18 AND OVER?:

You can make appointments by **phone** or by **visiting the organisation in person**.
Appointments are not mandatory.

You can also access services by walking in.

THE DETAILS:

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

Victims of domestic/gender based violence, teen mothers

Language: English, Spanish

Address: Victoria Road Basseterre St. Kitts

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

Contact Details:

Crisis Hotline:
(available 24/7) 1-869-467-1223

Primary Phone: 1-869-467-1275



[DepartmentOfGenderAffairsStKitts](#)



EMERGENCY AND DISASTER RESPONSE

NATIONAL EMERGENCY MANAGEMENT AGENCY (NEMA), AND DISASTER MANAGEMENT DEPARTMENT (NDMD)

The St. Kitts **National Emergency Management Agency (NEMA)** and **Nevis Disaster Management Department (NDMD)** are dedicated to coordinating and facilitating disaster management activities. Their mission is to minimize vulnerability and mitigate the impact of disasters on life, property, and well-being at the community and national levels. Their vision is to be an efficient agency that mobilizes all stakeholders to proactively reduce vulnerabilities and ensure an effective, coordinated response to disasters. They work with governmental and non-governmental entities to achieve this goal.

The National Emergency Management Agency (NEMA), and the Disaster Management Agency does not offer MHPSS Services. They act as coordinating agencies and make referrals to other agencies.

ACCESSIBILITY:



THE DETAILS:



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

Language: English

St. Kitts Address: Lime Kiln, Basseterre

Nevis Address: Long Point

Days of Operation: Monday - Friday

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

Contact Details (St. Kitts):

Primary Phone Number: 1-869-466-5100

Email: nema@gov.kn

Website: www.nema.kn

Contact Details (Nevis):

Primary Phone Number: 1-869-469-1423

Email: info@ndmd.kn

Website: ndmd.kn



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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.

