



**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

**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](https://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](http://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 (BHWC)

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



★ Take a moment to be still and breathe.



# 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:

#### 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.

#### 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

##### 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:

### 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.

### 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

#### 18 AND OVER:

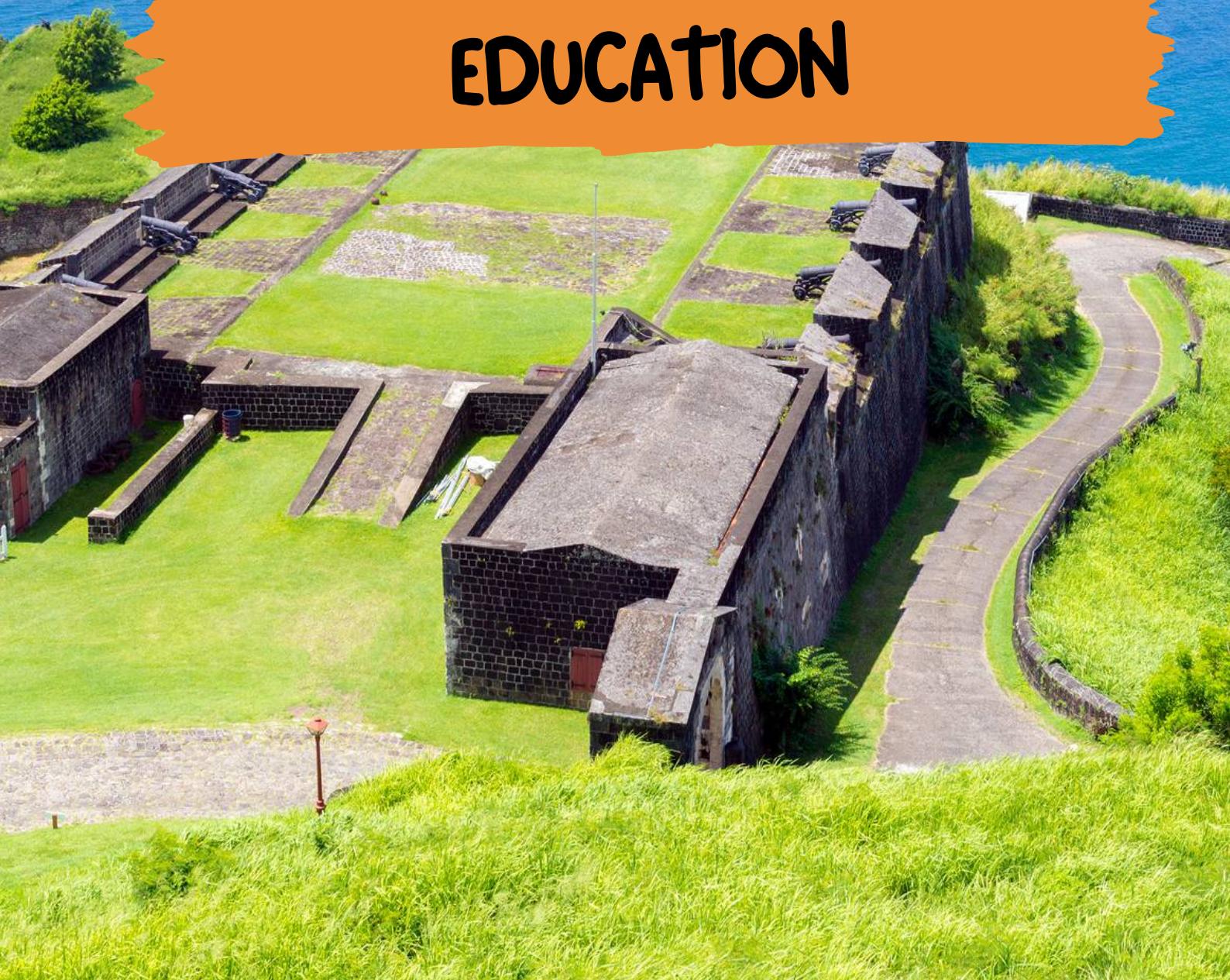
You can make appointments by phone, WhatsApp, or by visiting the organisation in person. Appointments are not mandatory.

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:

## Contact Details:

**Primary Phone:** 1-869-465-5000

**WhatsApp:** 1-869-662-8086

Email: [nationalcounsellingcentre@gov.kn](mailto:nationalcounsellingcentre@gov.kn)



[nationalcounsellingcentreskn.org](http://nationalcounsellingcentreskn.org)

## ✓ 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. Wait time for 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.**

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:



### 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.

### 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

#### 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:

### 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

#### 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](mailto:pcps@gov.kn)  
[socialdevelopment.gov.kn](http://socialdevelopment.gov.kn)



[Probation and Child Protection  
SKN](#)

#### 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



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



## 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](https://www.facebook.com/DepartmentOfGenderAffairsStKitts)



Make your mental health a priority – today and everyday.

# 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](mailto:nema@gov.kn)  
**Website:** [www.nema.kn](http://www.nema.kn)

#### Contact Details (Nevis):

**Primary Phone Number:** 1-869-469-1423  
**Email:** [info@ndmd.kn](mailto:info@ndmd.kn)  
**Website:** [ndmd.kn](http://ndmd.kn)

[Nema Skn](#)

[NEMA Skn](#)

[ndmd.kn](#)

[NDMD.KN](#)

[ndmd\\_kn](#)



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.

