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IT!!**

**UNICEF**  
for every child

# DIRECTORY OF

## GOVERNMENT MENTAL HEALTH & PSYCHOSOCIAL SUPPORT SERVICES

A CHILD AND YOUTH-FRIENDLY VERSION

### TRINIDAD + TOBAGO





## 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/reachout868](https://bit.ly/reachout868)



## THANK YOU.

The Government of Trinidad & Tobago, 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 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 Trinidad and Tobago. 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

#### NATIONAL SUICIDE PREVENTION HOTLINE

24/7 Hotline 800-COPE (2673)

#### JUDICIARY DOMESTIC VIOLENCE HOTLINE

24/7 HOTLINE: 866-DVCT (866-3828)

#### THE CHILDREN'S AUTHORITY

24/7 Hotline 996 or 800-2014

#### NATIONAL DOMESTIC VIOLENCE HOTLINE

24/7 Hotline: 800-SAVE7 (800-7283)

#### LIFELINE

24/7 Hotline 800-5588  
866-5433  
220-3636 (Flow only)

#### CHILDLINE

24/7 Hotline: 131 (bmobile only)

800-4321

#### FAMILIES IN ACTION

24/7 Helpline 1-868-628-2333

#### NATIONAL ALCOHOL AND DRUG ABUSE PREVENTION PROGRAMME (NADAPP)

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

**Primary Phone:** 1-868-217-4664  
Ext 12601-12612

**WhatsApp:** 1-868-432-0786

#### NATIONAL FAMILY SERVICES DIVISION (NFSD)

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

**Primary Phone:** 1-868-623-2608



We all need a little extra help sometimes.



## SUMMARY OF GOVERNMENT SERVICES

### STUDENT SUPPORT SERVICES DIVISION

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

**Trinidad Primary Phone:** 1-868-622-2181  
Ext 1033 -1036  
**Tobago Primary Phone:** 1-868-299-0781  
Ext 3109

### CHILDREN'S AUTHORITY OF TRINIDAD AND TOBAGO

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

**Primary Phone:** 1-868-627-0748  
**Secondary Phone:** 1-868-623-7555

### CHILD AND FAMILY SERVICES: TOBAGO

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

**Primary Phone:** 1-868-639-3395  
**Secondary Phone:** 1-868-639-1252  
Ext 47211

### OFFICE OF DISASTER PREPAREDNESS AND MANAGEMENT

Audience: Adults (18+)

**Primary Phone:** 1-868-640-1285

### TOBAGO EMERGENCY MANAGEMENT AGENCY

Audience: Adults (18+)

**Primary Phone:** 1-868-660-7489

### VICTIM AND WITNESS SUPPORT UNIT

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

**Trinidad Primary Phone:** 1-868-612-1954  
**Trinidad Secondary Phone:** 1-868-612-0301  
Ext. 13550-13555  
**Tobago Primary Phone:** 1-868-631-1815  
**Tobago Secondary Phone:** 1-868-687-2518





# HEALTH



# NORTH WEST REGIONAL HEALTH AUTHORITY



## THE DETAILS:

### St. Ann's Psychiatric Hospital

**Address:** St. Ann's Rd, St. Ann's, Port of Spain  
**Hours of Operation:** 24/7  
**Primary Phone:** 1-868-624-1151(/2/3/4/5)  
**Secondary Phone:** Ext. 3333  
**Secondary Phone:** 1-868-323-0624

### Barataria Mental Health & Wellness Centre

**Address:** 135 Eastern Main Rd, Barataria  
**Hours of Operation:** Monday - Friday  
**Primary Phone:** 8:00AM - 4:00PM  
**Secondary Phone:** 1-868-325-8883  
**Secondary Phone:** 1-868-325-9263

### Diego Martin Health and Wellness Centre

**Address:** Wendy Fitzwilliam Blvd, Diego Martin  
**Hours of Operation:** Monday - Friday  
**Primary Phone:** 8:00AM - 4:00PM  
**Primary Phone:** 1-868-488-1502

### Carenage Mental Health & Wellness Centre

**Address:** Constabulary Street, Western Main Road, Carenage  
**Hours of Operation:** Monday - Friday  
**Primary Phone:** 8:00AM - 4:00PM  
**Primary Phone:** 1-868-343-4946

### Child Guidance Clinic

**Address:** 74 Pembroke Street  
**Hours of Operation:** Port of Spain  
**Primary Phone:** Monday - Friday  
**Secondary Phone:** 8:00AM - 4:00PM  
**Primary Phone:** 1-868-623-2348  
**Secondary Phone:** 1-868-624-5257

\*Referral and walk in service for children up to 18 years old.

### Petit Valley Health Centre

**Address:** Corner Simeon and Morne Coco Road, Petit Valley  
**Hours of Operation:** Monday - Friday  
**Outpatient Clinic:** 8:00AM - 4:00PM  
**Primary Phone:** Every Wednesday  
**Primary Phone:** 8:00AM - 4:00PM  
**Primary Phone:** 1-868-637-3284

Scan the QR Code to get more details about mental health care resources in Trinidad and Tobago on FindCaretta!



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





# NORTH CENTRAL REGIONAL HEALTH AUTHORITY



## THE DETAILS:

### Arima Psychiatric Out-Patient Clinic

**Address:** Arima Health Facility,  
Queen Mary Avenue, Arima  
**Hours of Operation:** Every 2nd & 4th Wednesday  
**Primary Phone:** 1-868-662-4607

### Arima Rehabilitation Centre

**Address:** Tumpuna Rd, Arima  
**Hours of Operation:** 24/7  
**Primary Phone:** 1-868-643-2350

### Chaguanas Psychiatric Outpatient Clinic

**Address:** 8 Endeavour Road,  
Chaguanas  
**Hours of Operation:** Monday - Friday  
8:00AM - 4:00PM  
**Outpatient Clinic:** Tuesdays & Thursdays  
8:00AM - 4:00PM  
**Primary Phone:** 1-868-305-6419

### Caura Substance Abuse Prevention & Treatment Centre

**Address:** Ward 2, Caura Hospital,  
Royal Road, Caura  
**Hours of Operation:** Monday - Friday  
8:00AM - 4:00PM  
**Outpatient Clinic:** Mondays & Wednesdays  
8:00AM - 4:00PM  
**Primary Phone:** 1-868-645-1405  
**Secondary Phone:** 1-868-662-2211  
1-868-645-3919  
Ward Ext: 3026  
Centre Ext: 3024

### Eric Williams Medical Sciences Complex Outpatient Clinic

**Address:** Uriah Butler Highway  
Champs Fleurs  
**Hours of Operation:** Mondays & Wednesdays  
1:00PM - 4:00PM  
**Primary Phone:** 1-868-645-3232  
Ext: 2196

### Eric Williams Medical Sciences Complex Inpatient Unit

**Address:** Uriah Butler Highway  
Champs Fleurs  
**Hours of Operation:** 24/7  
**Primary Phone:** 1-868-645-3232  
Ext: 2196

### CALM Clinic and Liaison Clinic

**Address:** Mount Hope Women's  
Hospital, Women's Centre  
**Hours of Operation:** Thursdays  
8:00AM - 4:00PM  
**Primary Phone:** 1-868-397-7016  
**Secondary Phone:** 1-868-489-1168

### Tacarigua Psychiatric Outpatient Clinic

**Address:** Tacarigua Health Centre  
El Dorado Road,  
Tacarigua  
**Hours of Operation:** Thursdays  
**Primary Phone:** 1-868-325-8781



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



# EASTERN REGIONAL HEALTH AUTHORITY

## THE DETAILS:

### Sangre Grande Enhanced Health Centre Community Mental Health Services

**Address:** Ojo Road, Sangre Grande  
**Hours of Operation:** Monday - Friday  
 8:00AM - 4:00PM  
**Outpatient Clinic:** Every Friday  
 8:00AM - 4:00PM  
\*except on 5th Fridays & public holidays  
**Primary Phone:** 1-868-226-1102 Ext. 9642

### Toco Psychiatric Outpatient Clinic

**Address:** Toco Health Centre,  
 Paria Main Road, Toco  
**Hours of Operation:** 1st Thursdays  
 8:00AM - 4:00PM  
**Primary Phone:** 1-868-676-8277

### Rio Claro Psychiatric Outpatient Clinic

**Address:** Rio Claro Health Centre  
 Corner De Verteuil &  
 Dougdeen Street,  
 Rio Claro  
**Hours of Operation:** Every 2nd Thursday  
 8:00AM - 4:00PM  
**Depot Clinic /  
Injections:** Every 2nd Wednesday  
 8:00AM - 2:00PM  
**Primary Phone:** 1-868-644-2236



### Child Guidance Clinic

**Address:** 74 Pembroke Street  
 Port of Spain  
**Hours of Operation:** Monday - Friday  
 8:00AM - 4:00PM  
**Primary Phone:** 1-868-623-2348  
**Secondary Phone:** 1-868-624-5257

\*Referral and walk in service for children up to 18 years old.



Scan the QR Code to get more details about mental health care resources in Trinidad and Tobago on FindCaretta!



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





# SOUTH-WEST REGIONAL HEALTH AUTHORITY



## THE DETAILS:

### Cedros Health Centre

**Address:** St. Marie Road, Bonasse  
**Hours of Operation:** **3rd Fridays**  
**8:00AM - 12:00PM**  
**Primary Phone:** 1-868-690-1440

### Princes Town District Health Facility

**Address:** Circular Road, Princes Town  
**Hours of Operation:** **Monday - Friday**  
**8:00AM - 4:00PM**  
**Outpatient Clinic:** **Tuesday**  
**8:00AM - 12:00PM**  
**Primary Phone:** 1-868-225-4325  
**Option 3**  
**Ext: 3827**

### Couva District Health Facility

**Address:** Balmain Road, Couva  
**Hours of Operation:** **1st & 3rd Tuesdays**  
**8:00AM - 12:00PM**  
**New Cases:** **2nd & 4th Tuesdays**  
**8:00AM - 12:00PM**  
**Primary Phone:** 1-868-636-4033  
**Option 4**  
**Ext: 3922**

### Rochard Douglas Health Centre

**Address:** Rochard Douglas Road,  
Princes Town  
**Hours of Operation:** **Every 1st & 3rd Wednesday**  
**8:00AM - 1:00PM**  
**Primary Phone:** 1-868-226-5571

### Point Fortin Extended Care Centre

**Address:** West Warden Road,  
Point Fortin  
**Hours of Operation:** **24/7**  
**Primary Phone:** 1-868-648-2126  
**Secondary Phone:** 1-868-225-4325  
**Ext: 5651**

### Couva Extended Care Centre

**Address:** Caroni Grant Street,  
Couva  
**Hours of Operation:** **24/7**  
**Primary Phone:** 1-868-777-0746  
**Secondary Phone:** 1-868-225-4325  
**Ext: 5660 - 5662**

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





## SOUTH-WEST REGIONAL HEALTH AUTHORITY (CONT.)



### THE DETAILS:

#### San Fernando Community Mental Health Centre

<b>Address:</b>	Paradise Pasture, Independence Avenue, San Fernando
<b>Hours of Operation:</b>	<b>Monday - Friday</b> 8:00AM - 4:00PM
<b>Outpatient Clinic:</b>	<b>Wednesday</b> 8:00AM - 12:00PM
<b>Substance Abuse Clinic:</b>	<b>Monday</b> 8:00AM - 12:00PM
<b>S/A Support Group:</b>	<b>2nd &amp; 4th Fridays</b> 9:00AM - 11:00AM
<b>Memory Clinic:</b>	<b>Tuesday</b> 8:00AM - 12:00PM
<b>Memory Support Group:</b>	<b>Every 1st Tuesday</b>
<b>Primary Phone:</b>	1-868-225-4325 Ext: 3057 or 3371

#### Ward 1 In Patient Unit

<b>Address:</b>	Ground Floor, Independence Avenue, San Fernando
<b>Hours of Operation:</b>	<b>24/7</b>
<b>Primary Phone:</b>	1-868-225-4325 Ext: 3220 or 3221 or 3222 or 3224

#### Point Fortin Hospital

<b>Address:</b>	Corner of Techier Road and Point Fortin Main Road, Point Fortin
<b>Hours of Operation:</b>	<b>Every 1st &amp; 3rd Wednesday</b> 8:00AM - 1:00PM
<b>Primary Phone:</b>	1-868-225-4325 Option 5 Ext: 4168 or 14810

#### South Oropouche Health Centre

<b>Address:</b>	Main Road, South Oropouche
<b>Hours of Operation:</b>	<b>Every 2nd Friday</b> 8:00AM - 12:00PM
<b>Primary Phone:</b>	1-868-677-7305

#### Siparia District Health Facility

<b>Address:</b>	Corner High Street & Grell Street, Siparia
<b>Hours of Operation:</b>	<b>Monday - Friday</b> 8:00AM - 4:00PM
<b>New Outpatient Cases:</b>	<b>Every 1st &amp; 3rd Thursday</b>
<b>Re-visiting Outpatient:</b>	<b>Every 2nd &amp; 4th Thursday</b>
<b>Occupational Therapy:</b>	<b>Tuesdays</b> 9:00AM
<b>Primary Phone:</b>	1-868-649-1196 Ext: 4510

Scan the QR Code to get more details about mental health care resources in Trinidad and Tobago on FindCareTT!



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





# TOBAGO REGIONAL HEALTH AUTHORITY

## THE DETAILS:



### Scarborough General Hospital

**Address:** Connector Road, Signal Hill  
**Hours of Operation:** **Monday - Friday**  
8:00AM - 4:00PM  
**Primary Phone:** 1-868-660-4744  
Ext. 3156 or 3157

### Scarborough General Hospital

**In-Patient Unit**  
**Address:** Connector Road, Signal Hill  
**Hours of Operation:** **24/7**  
**Primary Phone:** 1-868-660-4744  
Ext. 3152 or 3157 or 3166

### Psychiatric Assessments & Treatment

**Address:** Connector Road, Signal Hill  
**Hours of Operation:** **Wednesdays**  
8:00AM - 1:00PM  
**Primary Phone:** 1-868-660-4744  
Ext: 3154 or 3157

### Scarborough Health Centre

**Address:** Sunstone Blvd, Bacolet  
**Hours of Operation:** **Monday - Friday**  
8:00AM - 4:00PM  
**Memory/Alzheimer's Clinic:** **Wednesdays**  
8:00AM - 1:00PM  
**Substance Abuse Clinic:** **Thursdays**  
8:00AM - 1:00PM  
**Psychiatric Treatment and Psychotherapy:** **Fridays**  
8:00AM - 1:00PM  
**Primary Phone:** 1-868-660-7000  
Ext: 4200 or 4218

### Psychotherapy & Counselling

**Address:** Connector Road, Signal Hill  
**Hours of Operation:** **By Appointment Only**  
8:00AM - 4:00PM  
**Primary Phone:** 1-868-660-4744  
Ext: 3154 or 3157

### Child and Adolescent Centre

**Address:** Administrative Building  
Fort Street,  
**Hours of Operation:** **Monday - Friday**  
8:00AM - 4:00PM  
**Primary Phone:** 1-868-660-4744  
Ext: 3400 or 3401

### Occupational Therapy

**Address:** Connector Road, Signal Hill  
**Hours of Operation:** **Monday - Friday**  
8:30AM - 4:00PM  
**Primary Phone:** 1-868-660-4744  
Ext: 3177 or 3182



Scan the QR Code to get more details about mental health care resources in Trinidad and Tobago on FindCaretta!



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



## TOBAGO REGIONAL HEALTH AUTHORITY (CONT.)

### THE DETAILS:



#### Roxborough Health Centre

**Address:** Windward Road, Roxborough  
**Hours of Operation:** Every 2nd Monday  
 9:00AM - 1:00PM  
**Primary Phone:** 1-868-660-2219

#### Canaan Health Centre

**Address:** Guy Street, Canaan  
**Hours of Operation:** Every 3rd Monday  
 1:00PM - 4:00PM  
**Primary Phone:** 1-868-639-8829

#### Bethel Health Centre

**Address:** Simon Lawrence Street, Bethel  
**Hours of Operation:** Every 1st Thursday  
 8:00AM - 12:00PM  
**Primary Phone:** 1-868-639-8580

#### Mason Hall Health Centre

**Address:** Northside Road,  
 Mason Hall  
**Hours of Operation:** Every 2nd Thursday  
 12:30PM - 4:00PM  
**Primary Phone:** 1-868-635-1622



Scan the QR Code to get more details about mental health care resources in trinidad and tobago on FindCaretta!



★ Today I affirm: I can do hard things.



## NATIONAL ALCOHOL AND DRUG ABUSE PREVENTION PROGRAMME (NADAPP)

The National Alcohol and Drug Abuse Prevention Programme (NADAPP) coordinates drug abuse prevention and demand reduction initiatives in Trinidad and Tobago and supports the efforts of non-governmental organisations involved in the struggle to rid the nation of the scourge of drug abuse.

### SERVICES OFFERED:

- Alcohol/drug Abuse Prevention
- Prevention Programmes
- Referrals

### ACCESSIBILITY:



### THE DETAILS:



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

**Language:** English

**Address:** 4-6 Queen's Park East,  
Port of Spain  
Trinidad and Tobago

**Hours to Operation:** Monday - Thursday  
8:00AM - 4:15PM  
Friday  
8:00AM - 4:00PM

#### Contact Details:

**Primary Phone:** 1-868-217-4664  
Ext 12601-12612

**WhatsApp:** 1-868-432-0786

**Email:** nadappprogrammes@health.gov.tt

**Website:** <https://health.gov.tt/services/alcohol-and-drug-abuse-prevention-programme>

### ACCESSING SERVICES:

#### UNDER 18?:

You can access services **by referral**, however referrals are not mandatory.

You are required to be accompanied by an adult.

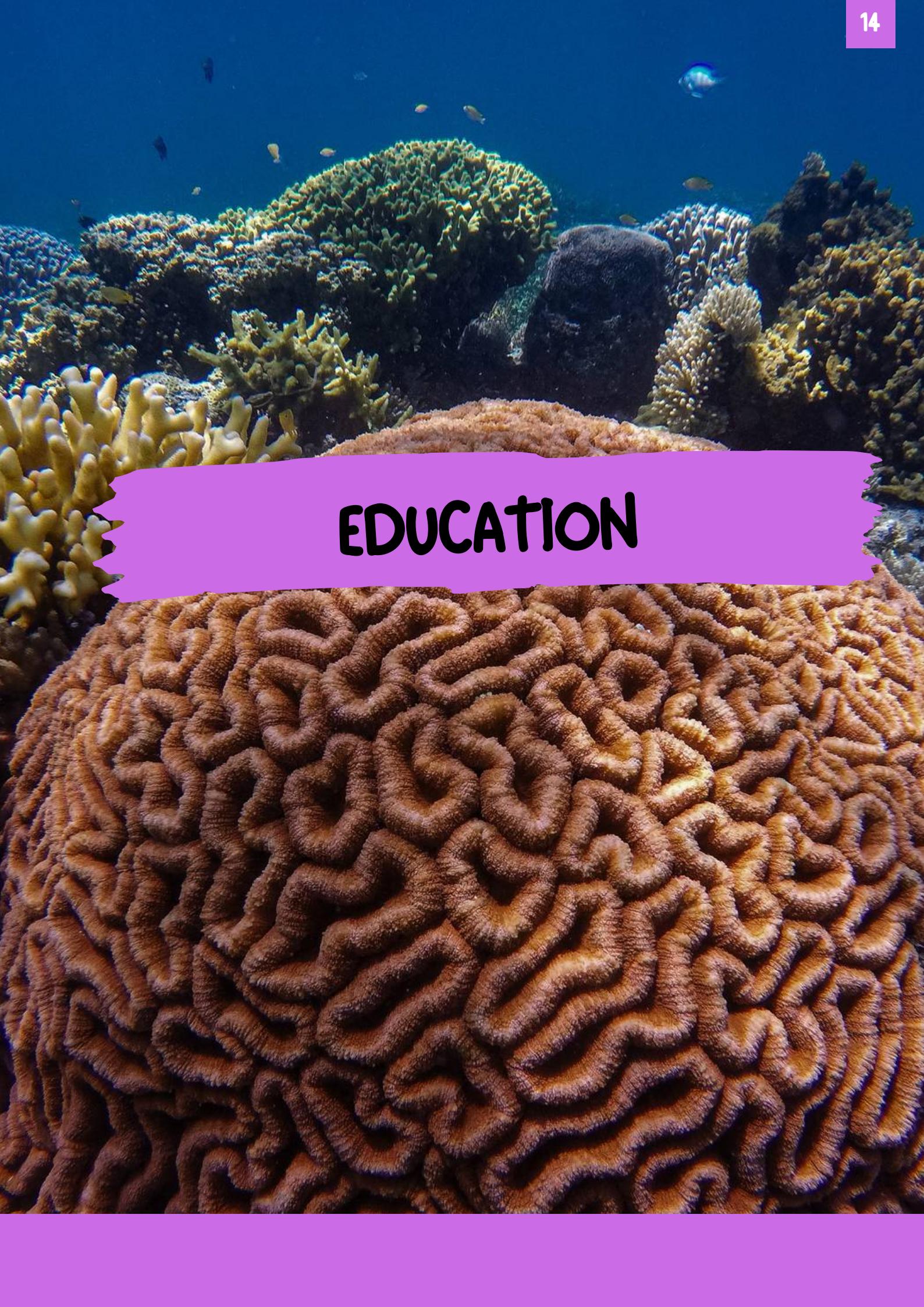
#### 18 AND OVER?:

You can access services **by walking in** and visiting the facility. You do not need an appointment.

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

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

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

A vibrant underwater photograph of a coral reef. The foreground is dominated by a large, textured brain coral in shades of brown and tan. Behind it, various other coral species in shades of yellow, green, and brown are visible. Small, colorful tropical fish are scattered throughout the scene. A solid purple horizontal bar with a torn-paper effect at the ends is overlaid on the image, containing the word 'EDUCATION' in a bold, black, sans-serif font.

# EDUCATION



## STUDENT SUPPORT SERVICES DIVISION (SSSD) MINISTRY OF EDUCATION

The Student Support Services Division (SSSD) delivers an array of psycho-social, educational and behavioural services for students to provide environments which support their healthy development, enabling them to become responsible, productive citizens. The Division provides a comprehensive and well-coordinated array of psycho-social support services to students which include specialised services for children with moderate and severe Special Educational needs, behavioural issues, clinical issues and career guidance.

### SOME SERVICES OFFERED:

- Anti-bullying Programmes
- Clinical Mental Health Counselling
- Peer counselling
- Positive Parenting Programmes
- Referrals
- Social Work Services
- Support Groups

### ACCESSIBILITY:

### ACCESSING SERVICES:

#### UNDER 18?:

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

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

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

### THE DETAILS:



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

**Language:** English

**Trinidad Address:** Education Towers, No. 5 St Vincent Street, Port of Spain  
**Tobago Address:** Dutch Fort Plaza, Dutch Fort, Scarborough, Tobago

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

#### Contact Details:

**Trinidad Phone:** 1-868-622-2181 ext. 1033 - 1036

**Tobago Phone:** 1-868-299-0781 ext. 3109

**Email:** [corporate.communications@moe.gov.tt](mailto:corporate.communications@moe.gov.tt) [studentsupportservices@moe.gov.tt](mailto:studentsupportservices@moe.gov.tt)

**Website:** [moe.gov.tt](http://moe.gov.tt)

 [Ministry of Education - TT](#)

 [@ministryofeducationtt](#)

 [Ministry of Education - TT](#)

#### 18 AND OVER?:

If you are 18 or over and still in secondary school, you can make an appointment by **phone** or by **visiting the facility**. However, **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 45 minutes

 Take a moment to be still and breathe.



## STUDENT SUPPORT SERVICES DIVISION: HELPLINES



### THE DETAILS:

#### All Education Districts

Primary Phone: 1-868-724-1010

#### St. Patrick District

Primary Phone: 1-868-347-0975

#### Caroni District

Primary Phone: 1-868-786-1835

#### St. George East District

Primary Phone: 1-868-749-5853

#### North Eastern District

Primary Phone: 1-868-678-9027

#### Victoria District

Primary Phone: 1-868-495-7575

#### South Eastern District

Primary Phone: 1-868-685-2180

#### Port of Spain District

Primary Phone: 1-868-714-2587



Scan the QR Code to get more details about mental health care resources in Trinidad and Tobago on FindCaret!t



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

# CHILD PROTECTION AND SOCIAL SERVICES





# NATIONAL FAMILY SERVICES DIVISION (NFSD)

## MINISTRY OF SOCIAL DEVELOPMENT AND FAMILY SERVICES

The **National Family Services Division (NFSD)** is mandated to promote healthy family functioning through preventive, developmental and remedial programmes and services. The National Family Services was founded based on the overriding problems in communities throughout Trinidad and Tobago that arose from poverty, child abuse and spousal abuse.

### **SOME SERVICES OFFERED:**

- Alcohol/Drug Abuse Prevention
- Anger Management
- Couples therapy
- Family therapy
- General Counselling
- Group therapy/Interventions
- Positive Parenting Programmes
- Social Work Services
- Suicide Prevention
- Violence Prevention

### ACCESSIBILITY:

### ACCESSING SERVICES:

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

You are **required** to have parent consent to access services and be accompanied by a parent or guardian when accessing services.

Referrals are **mandatory** for counselling services and must come from either the school or legal system.

### **THE DETAILS**

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

**Language:** English

**Address:** 57-59 St Vincent Street,  
Clico Building,  
Port of Spain

**Hours of Operation:** Monday - Thursday  
8:00AM - 4:15PM  
Friday  
8:00AM - 4:00PM

#### **Contact Details:**

**Primary Phone:** 1-868-623-2608  
**24/7 Crisis Hotline:** 800-COPE (800-2673)  
**Email:** [info@social.gov.tt](mailto:info@social.gov.tt)  
**Website:** [www.social.gov.tt](http://www.social.gov.tt)

 [Ministry of Social Development and Family Services](#)

 [@msdfstt](#)

 [@Mpsdtnt](#)  [@MSDFSTT](#)

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

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

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

Same day appointments are available.  
Typical length of session: 45 minutes to 1 hour

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



# CHILDREN'S AUTHORITY OF TRINIDAD AND TOBAGO

The **Children's Authority** is responsible for receiving and investigating reports of child abuse, receipt and placement of children in care, case management, referrals and psycho-social intervention, the foster care and adoption systems, licensing and monitoring of community residences, supporting the child justice system.



## SOME SERVICES OFFERED:

- Crisis Intervention
- General Counselling
- Group Therapy/Intervention
- Legal Representation and Services
- Shelter
- Social Work Services
- Suicide Prevention
- Testing for behavioural disorders/conditions
- Trauma-based counselling

\*Support Groups are also available for Foster Parents, and Adoptive Parents

## ACCESSIBILITY:



## ACCESSING SERVICES:

### UNDER 18?:

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

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

### 18 AND OVER?:

Services are not available for persons over the age of 18 years.

Wait time for appointment: Varies based on case  
Typical length of session: 45 minutes to 1 hour



## THE DETAILS:

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

**Language:** English ; Spanish

**Address:** Corner of Dere Street and Queen's Park West, Port of Spain.

*\*Children's Authority (Tobago) uses Trinidad Head Office as their address.*

**Hours of Operation:** Monday - Friday  
8:00AM - 4:00PM  
Emergency Response Team 24/7

### Contact Details:

**24/7 Crisis Hotline:** 996 or 800-2014  
(For both Trinidad and Tobago)

**Primary Phone:** 1-868-627-0748

**Secondary Phone:** 1-868-623-7555

**Email:** [info@ttchildren.org](mailto:info@ttchildren.org)

**Website:** [ttchildren.org](http://ttchildren.org)

 [Children's Authority Of Trinidad and Tobago](#)

 [@childrensauthoritytt](#)

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



## CHILD AND FAMILY SERVICES - TOBAGO DIVISION OF HEALTH, WELLNESS AND SOCIAL PROTECTION

The **Children and Family Services Unit** was established to promote the economic and social well-being of families in Tobago. This unit provides families of Tobago with social services geared towards the holistic development of the family.

### **SOME SERVICES OFFERED:**

- General Counselling
- Group Therapy/Intervention
- Social Work Services
- Parenting Programmes
- Referrals

### **ACCESSIBILITY:**

### **THE DETAILS:**

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

**Language:** English

**Address:** #5 Montessori Drive, Glen Road, Scarborough, Tobago

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

#### **Contact Details:**

**Primary Phone:** 1-868-639-3395

**Secondary Phone:** 1-868-639-1252

**Ext:** 47211

**Email:** [sw@health.gov.tt](mailto:sw@health.gov.tt)

### **ACCESSING SERVICES:**

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

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

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

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

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

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

Wait time for appointment: Varies based on case  
Typical length of session: 45 minutes to 1 hour

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

# EMERGENCY AND DISASTER SERVICES





# OFFICE OF DISASTER PREPAREDNESS AND MANAGEMENT

The **Office of Disaster Preparedness and Management (ODPM)** is a coordinating and managing body that places equal emphasis on all phases of the disaster management cycle (i.e. prevention, mitigation, preparedness, response and recovery).

The Office of Disaster Preparedness and Management (ODPM) does not offer MHPSS Services. They act as coordinating agency and may make referrals to other agencies.

## ACCESSIBILITY:

## THE DETAILS:



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

**Language:** English; Spanish

**Address:** 4A Orange Grove Road, Tacarigua

**Normal Days of Operation:** Monday - Friday

Note: During emergencies, the days of operation may extend to Saturdays and Sundays

### Contact Details:

**24/7 Crisis Hotline:** 800-ODPM (800-6376)

**Primary Phone Number:** 1-868-640-1285

**Email:** [publicinfo.odpm@gmail.com](mailto:publicinfo.odpm@gmail.com)

**Website:** [odpm.gov.tt](http://odpm.gov.tt)



[ODPMTT](#)



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[@ODPM\\_TT](#)



Gentle reminder: Healing is not linear.



# TOBAGO EMERGENCY MANAGEMENT AGENCY

The **Tobago Emergency Management Agency (TEMA)** is a coordinating and managing body for all emergency services in Tobago.

The Tobago Emergency Management Agency (TEMA) does not offer MHPSS Services. They act as coordinating agency and may make referrals to other agencies.

## ACCESSIBILITY:

## THE DETAILS:



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

**Language:** English; Spanish

**Address:** Fairfield Complex,  
Bacolet Street,  
Scarborough, Tobago

**Normal Days of Operation:** Monday - Friday

Note: During emergencies, the days of operation may extend to Saturdays and Sundays

### Contact Details:

**Primary Phone Number:** 1-868-660-7489

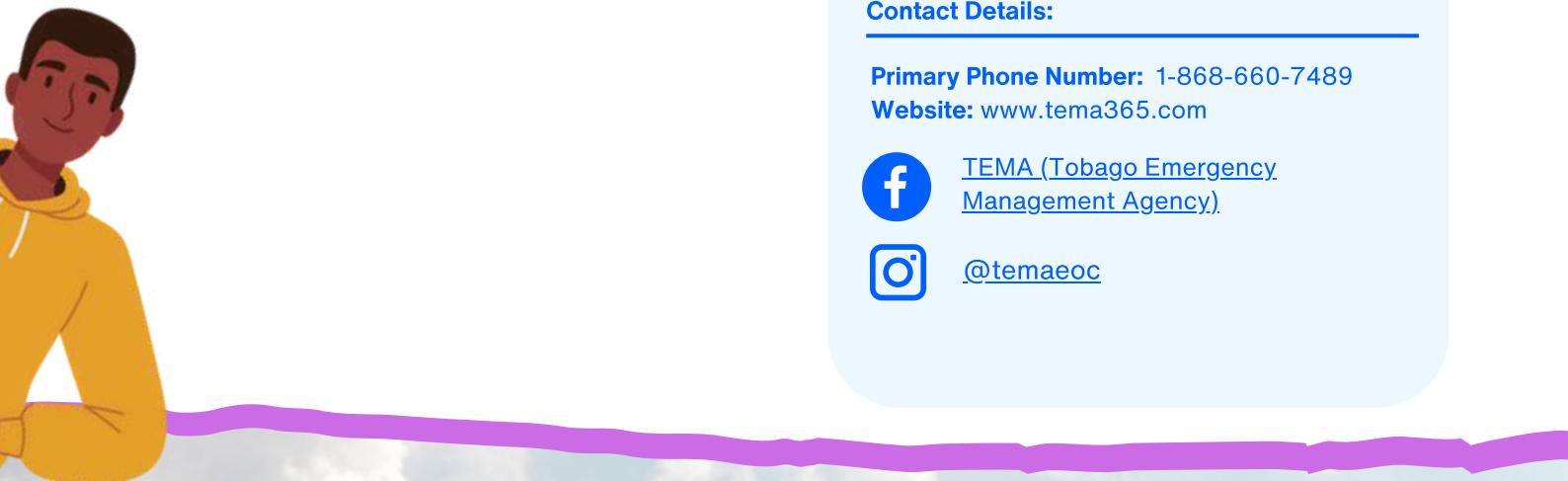
**Website:** [www.tema365.com](http://www.tema365.com)



[TEMA \(Tobago Emergency Management Agency\)](#)



[@temaeoc](#)





JUSTICE



# VICTIM AND WITNESS SUPPORT UNIT

## TRINIDAD AND TOBAGO POLICE SERVICE

The **Victim and Witness Support Unit** provides assistance to all victims and witnesses of crime through psychosocial and investigative support. This includes counselling, updates on police investigations, crime scene support, guidance in the criminal justice process, court accompaniment, liaison with social agencies, psychosocial workshops, victim related seminars, community outreach, other victim services.

### **SOME SERVICES OFFERED:**

- ➔ Community Outreach
- ➔ Conflict Resolution
- ➔ Crisis Intervention
- ➔ General Counselling
- ➔ Group Therapy/Interventions
- ➔ Home Interventions
- ➔ Prevention Programmes
- ➔ Referrals
- ➔ Violence Prevention

### **ACCESSIBILITY:**

### **ACCESSING SERVICES:**

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

You can make an appointment by **phone**, **online via the website** 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 do not need an adult to access services.**

### **THE DETAILS:**



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

**Language:** English

**Address:** 2nd Floor Annex Building  
Riverside Plaza, Besson Street,  
Port of Spain

**Hours of Operation:** 24/7

#### **Contact Details:**

**Trinidad Primary Phone:** 1-868-612-1954

**Trinidad Secondary Phone:** 1-868-612-0301  
Ext. 13550-13555

**Tobago Primary Phone:** 1-868-631-1815

**Tobago Secondary Phone:** 1-868-687-2518

**Email:** vwsu@ttps.gov.tt

**Website:** [www.ttps.gov.tt](http://www.ttps.gov.tt)



[PoliceServiceTT](#)



[TTPoliceService](#)



[@ttpoliceservice](#)



[@TTPoliceService](#)



[@TTPoliceService](#)

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

You can make an appointment by **phone**, **online via the website** or by **visiting the facility**. However, appointments are not mandatory.

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: 45 minutes to 1 hour

 **we all need a little extra help sometimes.**

# ADDITIONAL RESOURCES



## FINDCARE TT

**Findcarett.com** is the Directory of MHPSS Services delivered by the Technical Working Group of the Mental Health and Psycho-Social Support Network of Trinidad and Tobago.

Objectives of this Directory of Services-

FindcareTT.com

- To improve community access to quality mental health care in crisis and emergency situations such as COVID-19 Pandemic, Climate Change and Natural Disasters etc
- To foster stronger relationships between service providers by making their services more visible to the network of crisis support
- To foster more effective pathways to crisis support through increased visibility and accessibility to these services and knowledge
- To increase trust and connection in the mental health industry between providers, as well as between the public and the mental health service industry.
- To provide a digital tool and knowledge platform that is accessible, provides equal opportunity to all providers, patients and the public
- To provide a feedback loop between administrative agencies and service provision in Trinidad and Tobago that is confidential and protected
- To prevent suicide through increased access to resources



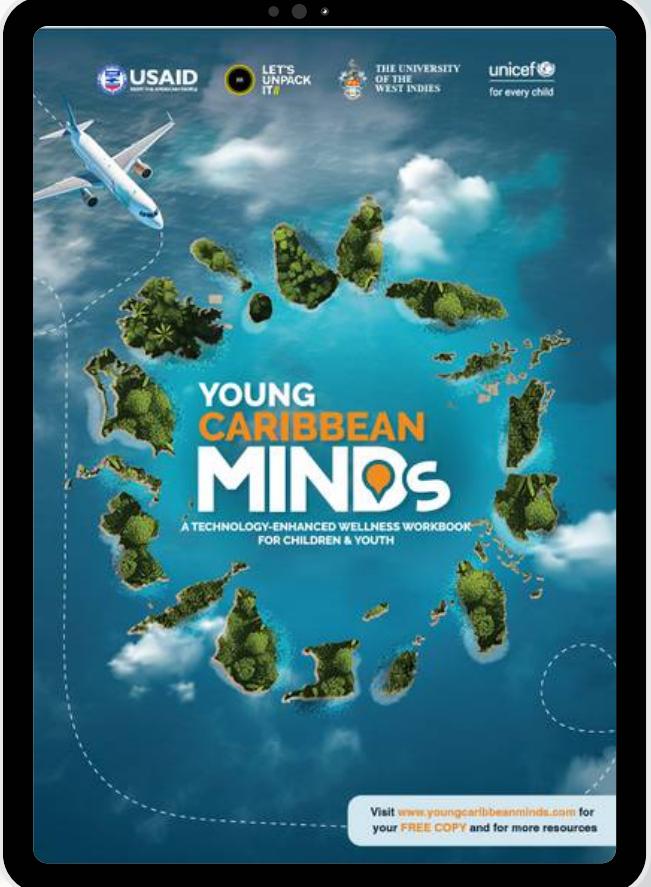
### THE DETAILS

Website: [findcarett.com](http://findcarett.com)

Scan the QR Code to get more details about mental health care resources in Trinidad and Tobago on FindCareTT!



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



**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.

