

**Newfoundland and Labrador  
Directory:**

**Mental Health and Addictions  
Clinicians  
and  
School District Contact  
Information**

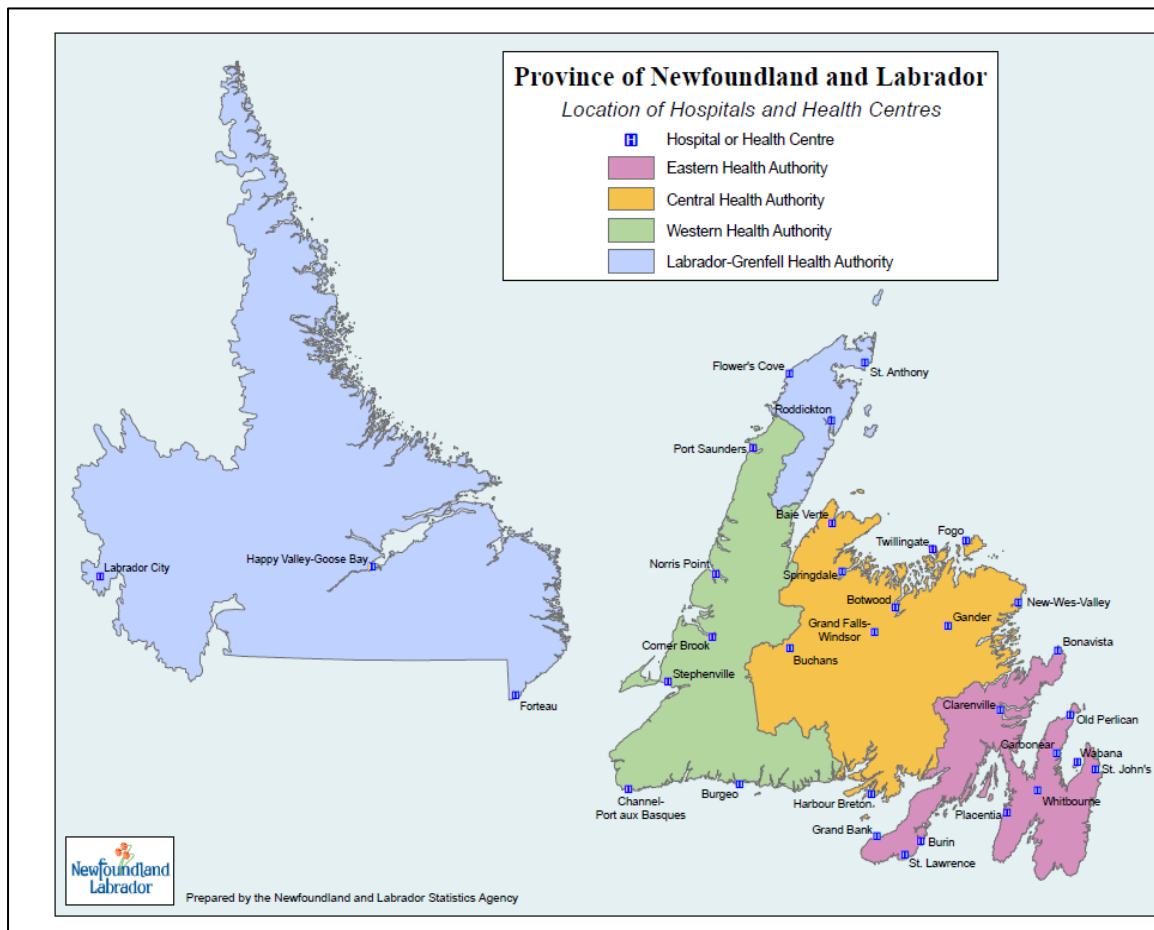


This document is a province wide directory combining child and youth mental health and addictions clinicians and guidance counselors. The purpose of this directory is assist guidance counselors and mental health and addictions clinicians to connect with each other and in order to best serve the students within the school system.

This directory is organized by region of the province and is then split into each Regional Health Authority and School District. Below is a map of both jurisdictions, respectively.

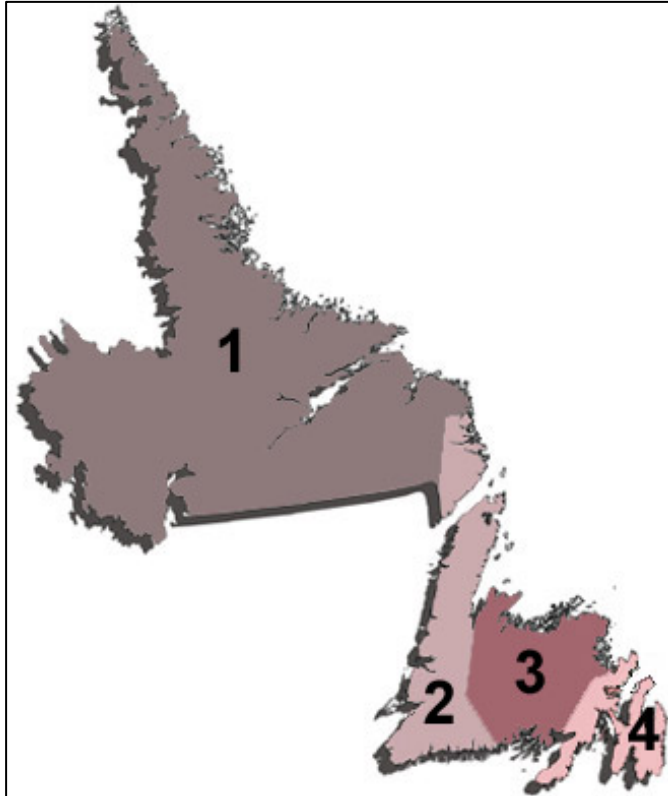
The area code for all telephone and fax numbers in Newfoundland and Labrador is 709.

### Regional Health Authorities of Newfoundland and Labrador



School Districts of Newfoundland and Labrador

- District 1 - Labrador School District
- District 2 - Western School District
- District 3 - Nova Central School District
- District 4 – Eastern School District
- District 5 - Conseil Scolaire Francophone (Entire Province)



## Table of Contents

1.0	Provincial Child/Youth Mental Health and Addictions Services.....	1
2.0	Eastern Regional Health Authority .....	2
3.0	Eastern School District.....	6
4.0	Central Regional Health Authority .....	12
5.0	Nova Central School District .....	14
6.0	Western Regional Health Authority .....	17
7.0	Western School District.....	19
8.0	Labrador-Grenfell Regional Health Authority .....	22
9.0	Labrador School District.....	23
10.0	Community Support Groups.....	24

## 1.0 Provincial Child/Youth Mental Health and Addictions Services

Provincial services are located within a regional health authority but accept referrals province-wide. Below is a list of provincial services for child /youth mental health and addictions:

<b>Provincial Services</b>	
<b>Program/Services</b>	<b>Telephone</b>
Recovery Centre (16+)	752-4980
Addictions Library	752-4120
The Rowan Centre: Adolescent Addictions Services	752-4924
HOPE - Health Opportunities for People with Eating Disorders	777-2041

### **Crisis and Help Line Information**

<b>MENTAL HEALTH CRISIS LINE</b> 1-888-737-4668 (24-hr. crisis line)	<b>GAMBLING HELP LINE</b> 1-888-899-4357 (24-hr. crisis line)
<b>MOTHER RISK HELP LINE</b> 1-877-327-4636 (24-hr. crisis line)	<b>KIDS HELP LINE</b> 1-800-668-6868 (24-hr. crisis line)
<b>PARENT 24-HR HELP LINE</b> 1-888-603-9100	<b>SMOKERS HELP LINE</b> 1-800-363-5864
<b>HEALTH LINE:</b> 1-888-709-2929	

## 2.0 Eastern Regional Health Authority



### In St. John's

In Eastern Health, all phone call inquiries within the St. John's area regarding child and adolescent mental health and addiction services and programs can be directed to **Central Intake at 709-777-2200. The fax number for central intake is 777-2211. Self-referrals are welcome.**

Programs that are accessed through the Central Intake referral process (777-2200) include:

- **Janeway Family Centre:** Located at Southcott Hall in St. John's. This is an outpatient service comprised of social workers and psychologists. The center provides a combination of individual, family, and group interventions for children and youth.
- **Janeway Child and Adolescent Psychiatry:** Inpatient, day patient, and outpatient programs offer a team approach that includes the parent/guardians along with a team of health professionals.
- **BRIDGES:** Has the mandate to provide brief and rapid intervention to youth (ages 12 – 17 years) with an acute mental illness or mental health crisis.
- **Youth Mental Health Counselors**
- **Adolescent Addictions Services (Rowan Centre):** Supports youth ages 12 - 18 years, to make healthy decisions regarding substance use. Individuals may self-refer or be referred by a family member or professional through the central intake number.
  - Services include comprehensive assessment, individual/group counseling, on-site schooling, recreational therapy/activities, life skills, family/identified support counseling, psychiatric consultation, and follow up and ongoing support.

**Outside St. John's**

If **outside the St. John's**, area, please direct all calls related to child and adolescent mental health and addictions services to the nearest mental health and addictions office, as listed below.

<b>Bay Roberts</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	786-5224	786-5221

<b>Bell Island</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	488-2701	488-2703

<b>Bonavista</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	468-5318	468-7690

<b>Burin</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	891-5025	897-5096

<b>Clarenville</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	466-5700	466-5718

<b>Conception Bay South</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	834-7906	834-7918

<b>Ferryland</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Ferryland	432-2931	432-2012

<b>Harbour Grace</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	945-6512	945-6588

<b>Holyrood</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	229-1551	229-1591

<b>Placentia</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	227-1624	227-4749

<b>Portugal Cove</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	895-7056	895-7050

<b>Shea Heights</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	752-4313	752-4302

<b>Torbay</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	437-2210	437-2207

<b>Trepassey</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	438-2802	438-2375

<b>Whitbourne</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	759-3373	759-3377



<b>Witless Bay</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	334-3944	334-3940

### 3.0 Eastern School District



Eastern School District				
<i>School Name</i>	<i>Contact Person</i>	<i>Telephone</i>	<i>Fax</i>	<i>Email Address</i>
Acreman Elementary	Chad Stokes	582-2448	582-2551	<a href="mailto:chadstokes@esdnl.ca">chadstokes@esdnl.ca</a>
All Hallows Elementary	Lisa Marie Skanes	786-3691	786-3695	<a href="mailto:lisamarieskanes@esdnl.ca">lisamarieskanes@esdnl.ca</a>
Amalgamated Academy	Michael O'Driscoll	786-0280	786-1243	<a href="mailto:michaelodriscoll@esdnl.ca">michaelodriscoll@esdnl.ca</a>
Anthony Paddon Elementary	Susan Wiseman	467-2785	467-4357	<a href="mailto:susanwiseman@esdnl.ca">susanwiseman@esdnl.ca</a>
Ascension Collegiate	Tony McCarthy	786-3400	786-0660	<a href="mailto:tonymccarthy@esdnl.ca">tonymccarthy@esdnl.ca</a>
Baccalieu Collegiate	Krystle Mercer	587-3210	587-3212	<a href="mailto:krystlemercerc@esdnl.ca">krystlemercerc@esdnl.ca</a>
Baltimore School Complex	Jennifer Gosse	432-2090	432-2262	<a href="mailto:jennifergosse@esdnl.ca">jennifergosse@esdnl.ca</a>
Beachy Cove Elementary	Miranda Gosse	895-2241	895-2767	<a href="mailto:mirandagosse@esdnl.ca">mirandagosse@esdnl.ca</a>
Beaconsfield Junior High	Peggy Campbell	368-0146	368-0325	<a href="mailto:peggycampbell@esdnl.ca">peggycampbell@esdnl.ca</a>
Bishop Abraham Elementary	Heather Martin	579-9071	579-0090	<a href="mailto:heathermartin@esdnl.ca">heathermartin@esdnl.ca</a>
Bishop Feild Elementary	Michael Walsh	722-3103	722-1058	<a href="mailto:michaelwalsh@esdnl.ca">michaelwalsh@esdnl.ca</a>
Bishop White School	Stewart Churchill	464-3501	464-3243	<a href="mailto:stewartchurchill@esdnl.ca">stewartchurchill@esdnl.ca</a>
Bishops College High	Glenda Jackson	579-4107	579-4109	<a href="mailto:glendajackson@esdnl.ca">glendajackson@esdnl.ca</a>
Booth Memorial High School	Jillian Mercer	579-6465	579-2564	<a href="mailto:jillianmercerc@esdnl.ca">jillianmercerc@esdnl.ca</a>
Brother Rice Junior High	Gloria Pynn	753-6453	753-8527	<a href="mailto:gloriapynn@esdnl.ca">gloriapynn@esdnl.ca</a>
Cabot Academy	Stephanie Finn	598-2270	598-2231	<a href="mailto:stephaniefinn@esdnl.ca">stephaniefinn@esdnl.ca</a>

<b>Eastern School District</b>				
<b>School Name</b>	<b>Contact Person</b>	<b>Telephone</b>	<b>Fax</b>	<b>Email Address</b>
Cape St. Francis Elementary	Niki Christian	335-2962	335-2964	<a href="mailto:nikichristian@esdnl.ca">nikichristian@esdnl.ca</a>
Carbonear Collegiate	Darrell Noel	596-3911	596-0462	darrellnoel@esdnl.ca
Catalina Elementary School	Beverley Walters	469-2265	469-2515	beverleywalters@esdnl.ca
Christ the King School	Trudy Whittle-Upshall	443-2293	443-2323	<a href="mailto:trudywhittleupshall@esdnl.ca">trudywhittleupshall@esdnl.ca</a>
Clarenville High School	John Russell	466-2713	466-1009	johnrussell@esdnl.ca
Clarenville Middle School	Arlene Barnes	466-7558	466-2407	arlenebarnes@esdnl.ca
Coley's Point Primary	Deanna Harvey	786-9052	786-2048	<a href="mailto:deannaharvey@esdnl.ca">deannaharvey@esdnl.ca</a>
Cowan Heights Elementary	Catherine Tremblett	745-1700	745-2694	catherinetremblett@esdnl.ca
Crescent Collegiate	Lawrence Parsons	759-3126	759-3135	lawrenceparsons@esdnl.ca
Davis Elementary	Maggie Warren	596-7096	596-5013	marymargaretwarren@esdnl.ca
Discovery Collegiate	Ashley Pardy	468-2323	468-1116	ashleypardy@esdnl.ca
District School	N/A	753-9124	753-1145	
Donald C. Jamieson Academy	Florence Strang	891-1431	891-1814	<a href="mailto:florencestrang@esdnl.ca">florencestrang@esdnl.ca</a>
Dunne Memorial Academy	Rhonda O'Leary	525-2330	525-2777	rhondaoleary@esdnl.ca
Elizabeth Park Elementary	Tara Lynch	782-8488	782-2662	taralynch@esdnl.ca
Epiphany Elementary	Chad Stokes	588-2470	588-2301	<a href="mailto:chadstokes@esdnl.ca">chadstokes@esdnl.ca</a>
Fatima Academy	Tracey Shea	337-2500	337-2042	traceyshea@esdnl.ca
Fortune Bay Academy	Trudy Whittle-Upshall	461-2225	461-2749	<a href="mailto:trudywhittleupshall@esdnl.ca">trudywhittleupshall@esdnl.ca</a>
Frank Roberts Junior High	Denise King	834-9847	834-6069	deniseking@esdnl.ca
Gonzaga Regional High	Tom Moret	753-7510	753-2117	thomasmoret@esdnl.ca
Goulds Elementary	Elizabeth (Liz) Tulk	368-8351	368-6966	<a href="mailto:listulk@esdnl.ca">listulk@esdnl.ca</a>
Harbour Grace Primary	Maggie Warren	596-2333	596-3033	marymargaretwarren@esdnl.ca

<b>Eastern School District</b>				
<b>School Name</b>	<b>Contact Person</b>	<b>Telephone</b>	<b>Fax</b>	<b>Email Address</b>
Hazelwood Elementary	Ruth Mandville	368-2123	368-7701	ruthmandville@esdnl.ca
Heritage Collegiate	Gail Burry	467-2717	467-2152	gailburry@esdnl.ca
Holy Cross Elementary	Linda McAlister	229-3939	229-7266	<a href="mailto:lindamcalister@esdnl.ca">lindamcalister@esdnl.ca</a>
Holy Cross Elementary	Blair Macdonald	579-4131	579-2267	blairmacdonald@esdnl.ca
Holy Cross Junior High	Jacqueline Taylor-Myles	579-0443	579-2265	jacquelinetaylormyles@esdnl.ca
Holy Family Elementary	John Young	592-2341	592-2033	johnyoung@esdnl.ca
Holy Family Elementary	Sonya Abbott	781-1440	781-1444	sonyaabbott@esdnl.ca
Holy Heart of Mary Regional High	Judith Furlong-Mallard	754-1600	754-0855	judithfurlongmallard@esdnl.ca
Holy Name of Mary Academy	Amy C. Pennell	873-2069	873-2033	amycpennell@esdnl.ca
Holy Redeemer Elementary	Leona Gillard	786-9056	786-6017	leonagillard@esdnl.ca
Holy Spirit High	Glenda Reddick	834-1031	834-1040	glendareddick@esdnl.ca
Holy Trinity Elementary	Rodney Mitchell	437-6433	437-1134	rodneymitchell@esdnl.ca
Holy Trinity High	Sharon Brenton	437-5563	437-5707	sharonbrenton@esdnl.ca
Immaculate Conception Elementary	Linda McAlister	229-4664	229-1025	<a href="mailto:lindamcalister@esdnl.ca">lindamcalister@esdnl.ca</a>
Janeway Hospital School	N/A	777-4439	777-4454	
John Burke High School	Sherri Matthews	832-2990	832-0003	sherrimatthews@esdnl.ca
Lake Academy	Sherri Matthews	832-2100	832-0044	sherrimatthews@esdnl.ca
Larkhall Academy	Nicole Doyle	722-7012	722-0153	<a href="mailto:nicoledoyle@esdnl.ca">nicoledoyle@esdnl.ca</a>
Laval High School	Connie Newhook	227-2041	227-2155	connienewhook@esdnl.ca
Leary's Brook Junior High	Paula George	726-9889	726-2547	paulageorge@esdnl.ca
Macdonald Drive Elementary	Robin Flynn	753-6020	753-3809	<a href="mailto:robinflynn@esdnl.ca">robinflynn@esdnl.ca</a>
Macdonald Drive Junior High	Joan McCue	753-8240	753-1243	joanmccue@esdnl.ca

<b>Eastern School District</b>				
<b>School Name</b>	<b>Contact Person</b>	<b>Telephone</b>	<b>Fax</b>	<b>Email Address</b>
Mary Queen of Peace Elementary	Amanda Gaultois	753-7950	753-4973	amandagaultois@esdnl.ca
Mary Queen of the World Elementary	Perry Bonnell	368-0710	368-2242	perrybonnell@esdnl.ca
Marystown Central High School	Susan Bursey	279-2313	279-3031	susanbursey@esdnl.ca
Matthew Elementary School	Beverley Walters	468-7242	468-1137	beverleywalters@esdnl.ca
Mobile Central High	Geri-Lynn Devereaux	334-2525	334-2078	gerilynndevereaux@esdnl.ca
Morris Academy	Kerri Lynn Spurrell	368-2121	368-0204	kerrispurrell@esdnl.ca
Mount Pearl Intermediate	Kim Power	364-1423	364-1871	kimpower@esdnl.ca
Mount Pearl Senior High	Michelle Short	364-8456	364-7744	michelleshort@esdnl.ca
Newtown Elementary	Allison Kirkland	368-0116	368-0605	<a href="mailto:allisonkirkland@esdnl.ca">allisonkirkland@esdnl.ca</a>
O'Donel High School	Cynthia Rose	364-5305	364-5317	<a href="mailto:cynthiarose@esdnl.ca">cynthiarose@esdnl.ca</a>
Paradise Elementary	Tracy Penney	782-3000	782-0763	tracypenney@esdnl.ca
Pearce Junior High School	Amanda Belliveau	891-1310	891-2422	<a href="mailto:amandabelliveau@esdnl.ca">amandabelliveau@esdnl.ca</a>
Perlwin Elementary	Chad Stokes	583-2810	583-2818	<a href="mailto:chadstokes@esdnl.ca">chadstokes@esdnl.ca</a>
Persalvic Elementary	Stephanie Flynn	596-2441	596-2598	<a href="mailto:stephanieflynn@esdnl.ca">stephanieflynn@esdnl.ca</a>
Prince of Wales Collegiate	Carolyn Westin	576-4061	576-4920	carolynwestin@esdnl.ca
Queen Elizabeth Regional High	Sophia Slaney	834-2081	834-7121	sophiaslaney@esdnl.ca
Random Island Academy	Corine Billard-Penney	547-2379	547-2549	corinebillardpenney@esdnl.ca
Rennie's River Elementary School	David Lynch	754-2690	754-4737	<a href="mailto:davislynch@esdnl.ca">davislynch@esdnl.ca</a>
Riverside Elementary	Colette Oldford-Short	466-7552	466-7592	<a href="mailto:coletteoldfordshort@esdnl.ca">coletteoldfordshort@esdnl.ca</a>
Roncalli Central High	Rosemary O'Neill	229-3381	229-4435	rosemaryoneill@esdnl.ca
Roncalli Elementary	David Lynch	576-4731	576-0087	<a href="mailto:davidlynch@esdnl.ca">davidlynch@esdnl.ca</a>
Sacred Heart Academy	Amy Keough	279-2051	279-4351	<a href="mailto:amykeough@esdnl.ca">amykeough@esdnl.ca</a>

<b>Eastern School District</b>				
<b>School Name</b>	<b>Contact Person</b>	<b>Telephone</b>	<b>Fax</b>	<b>Email Address</b>
Southwest Arm Academy	Sharon Spurrell-Drodge	548-2363	548-2484	sharonspurrelld@esdnl.ca
St. Andrew's Elementary	Venessa Trask-Nichols	726-3682	726-1012	<a href="mailto:venessatrasknichols@esdnl.ca">venessatrasknichols@esdnl.ca</a>
St. Anne's Academy	Tracey Shea	227-3192	227-2069	traceyshea@esdnl.ca
St. Anne's School	N/A	428-3561	428-3114	
St. Augustine's Elementary	Tina Ford	488-3349	488-2355	tinaford@esdnl.ca
St. Bernard's Elementary	Kevin Parsons	334-2222	334-2333	kevinparsons@esdnl.ca
St. Catherine's Academy	Rhonda O'Leary	521-2090	521-2638	rhondaoleary@esdnl.ca
St. Edward's School	Kelly Brenton	834-4421	834-1855	<a href="mailto:kellybrenton@esdnl.ca">kellybrenton@esdnl.ca</a>
St. Francis of Assisi Elementary	Niki Christian	437-6663	437-1010	<a href="mailto:nickichristian@esdnl.ca">nickichristian@esdnl.ca</a>
St. Francis School	Maggie Sullivan	596-3452	596-2154	<a href="mailto:maggiesullivan@esdnl.ca">maggiesullivan@esdnl.ca</a>
St. George's Elementary	Brenda Scott	834-2069	834-6645	brendascott@esdnl.ca
St. John Bosco School	Tamar Kelly-Duff	753-8850	753-7870	tamarkellyduff@esdnl.ca
St. Joseph's Academy	Amy C. Pennell	857-2790	857-2036	amycpennell@esdnl.ca
St. Joseph's All Grade	Katrina Vanta	662-2201	662-2008	<a href="mailto:katrinavanta@esdnl.ca">katrinavanta@esdnl.ca</a>
St. Kevin's High	Valerie Davis	745-9731	745-0607	valeriedavis@esdnl.ca
St. Kevin's Junior High	Natalie Bonnell	745-8980	745-1151	<a href="mailto:nataliebonnell@esdnl.ca">nataliebonnell@esdnl.ca</a>
St. Lawrence Academy	Brittan Giovannini	873-2660	873-2711	<a href="mailto:brittangiovannini@esdnl.ca">brittangiovannini@esdnl.ca</a>
St. Mark's School	Stewart Churchill	447-6211	447-2126	stewartchurchill@esdnl.ca
St. Mary's Elementary	Francine Doyle	753-9892	753-9220	francinedoyle@esdnl.ca
St. Matthew's Elementary	Janice Kelly	745-1513	745-3618	janicekelly@esdnl.ca
St. Michael's High	Larry Elliott	488-2828	488-3800	larryelliott@esdnl.ca
St. Paul's Junior High	Todd Osmond	753-6630	753-4974	toddosmond@esdnl.ca
St. Peter's	Leona Gillard	589-2464	589-2210	leonagillard@esdnl.ca

<b>Eastern School District</b>				
<b>School Name</b>	<b>Contact Person</b>	<b>Telephone</b>	<b>Fax</b>	<b>Email Address</b>
Elementary				
St. Peter's Elementary	Minnie Anne Balan	368-7002	364-1533	minnieannebalan@esdnl.ca
St. Peter's Junior High	Trent Langdon	368-0189	368-4806	trentlangdon@esdnl.ca
St. Teresa's Elementary	Charlotte O'Leary	579-9111	579-2448	charlotteo'leary@esdnl.ca
Stella Maris Academy	Wilfred Sutton	438-2361	438-2442	wilfredsutton@esdnl.ca
Swift Current Academy	Don Chafe	549-2377	549-2109	donchafe@esdnl.ca
Topsail Elementary	Susan Taite-Beiger	834-2968	834-6429	susantaitebieger@esdnl.ca
Tricentia Academy	Sandi Baker	463-2283	463-2193	sandibaker@esdnl.ca
Tricon Elementary	Krystle Mercer	587-2550	587-2320	krystlemercerc@esdnl.ca
Upper Gullies Elementary	Cassandra Locke	744-3141	744-2283	cassandralocke@esdnl.ca
Vanier Elementary	Wanda Pelley	754-2440	754-1805	wandapelley@esdnl.ca
Villanova Junior High	Kathleen Brenton	834-3916	834-4064	kathleenbrenton@esdnl.ca
Virginia Park Elementary	Deana Ward	753-7924	754-2295	deanaward@esdnl.ca
Whitbourne Elementary	John Young	759-2640	759-2839	johnyoung@esdnl.ca
Woodland Elementary	John Young	582-2310	582-3082	johnyoung@esdnl.ca

#### 4.0 Central Regional Health Authority



The Central Health Regional Health Authority has a variety of services available for children and adolescents with mental health and addiction issues. Please contact the number in your region for additional information and support.

<b>Baie Verte</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health Case Manager	532-5219	532-4632

<b>Fogo</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Social Worker	266-3426	266-2409

<b>Gander</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Team	256-2813/5438	256-5667

<b>Grand Falls-Windsor</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Team	489-8180	489-8182

<b>Lewisporte</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Team	535-0906	535-0360

<b>Twillingate</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Social Worker	884-4253	884-5842



<b>New-Wes-Valley</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Team	536-1135	536-1160

<b>Springdale</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Team	673-3268/4314	673-4959

<b>St. Alban's</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Team	538-3738/3624	538-3899

5.0 Nova Central School District



Nova Central School District				
<i>School Name</i>	<i>Contact Person</i>	<i>Telephone</i>	<i>Fax</i>	<i>Email</i>
A.R. Scammell Academy (K-12)	Marina Fudge	621-3391	621-6361	marniafudge@ncsd.ca
Bay d'Espoir Academy (K-12)	Lydia Walsh	882-2500	882-2302	lydiawalsh@ncsd.ca
Bayview Primary (K-3)	Michelle Moore	255-3201	225-3120	michellemoore@ncsd.ca
Botwood Collegiate (7-12)	Gloria Cooper	257-2497	257-4502	gloriacooper@ncsd.ca
Brian Peckford Primary (K-3)	Christina Pelley	263-2512	263-2397	christinapelley@ncsd.ca
Cape John Collegiate (7-12)	Michelle Moore	675-2510	675-2063	michellemoore@ncsd.ca
Centreville Academy (K-9)	Stefan Miffen	678-2833	687-2063	stefanmiffen@ncsd.ca
Charlottetown Primary (K-3)	Florence Gosse	664-3301	664-4491	florencegosse@ncsd.ca
Copper Ridge Academy (K-12)	Mary Lou Stuckless	532-4288	532-4499	maryloustuckless@ncsd.ca
Cottrell's Cove Academy (K-12)	Gloria Cooper	485-2410	485-2806	gloriacooper@ncsd.ca
Dorset Collegiate (7-12)	Christina Pelley	652-3190	652-3172	christinapelley@ncsd.ca
Exploits Valley High (10-12)	Keith Collins	489-4374	489-1477	keithcollins@ncsd.ca
Exploits Valley Intermediate (7-9)	John Hatt	489-5608	489-1473	johnhatt@ncsd.ca
Fitzgerald Academy (K-12)	Harvey Jackman	888-3426	888-3428	harveyjackman@ncsd.ca
Fogo Island Central Academy	Maranda Walbourne	266-2560	266-2384	marandawalbourne@ncsd.ca
Gander Academy (K-6)	Kellie O'Reilly Mercer & Amber Milley	256-8531	256-8551	kelliemercer@ncsd.ca
Gander Collegiate (10-12)	Trina Connors	256-2581	651-2986	trinaconnors@ncsd.ca
Gill Memorial Academy (K-12)	Debra Moores	655-2121	655-2037	debramoores@ncsd.ca
Glovertown Academy (K-12)	Florence Gosse	533-2443	533-1136	florencegosse@ncsd.ca

**Nova Central School District**

<b>School Name</b>	<b>Contact Person</b>	<b>Telephone</b>	<b>Fax</b>	<b>Email</b>
Green Bay South Academy (K-6)	Christina Pelley	652-3493	652-3162	christinapelley@ncsd.ca
Greenwood Academy (K-9)	Angela Wilmott	261-2360	261-2362	angelawilmott@ncsd.ca
H. L. Strong Academy (K-12)	Tammy Richards	626-4481	626-3120	tammyrichards@ncsd.ca
Helen Tulk Elementary (K-6)	Janine Taylor-Cutting	258-6472	258-6487	janinetaylorcutting@ncsd.ca
Heritage Academy (K-3)	Lynn Cochrane	269-3366	269-3114	lynncochrane@ncsd.ca
Hillside Elementary (K-6)	Michelle Moore	675-2298	675-2489	michellemoore@ncsd.ca
Hillview Academy (K-9)	Jared Hogg	653-2529	653-2579	jaredhogg@ncsd.ca
Holy Cross School (K-12)	Florence Gosse	677-2120	677-2378	florencegosse@ncsd.ca
Indian River Academy (K-6)	Tammy Richards	673-3714	673-4480	tammyrichards@ncsd.ca
Indian River High (7-12)	Calvin Whalen	673-3775	673-2181	calvinwhalen@ncsd.ca
J. M. Olds Collegiate (7-12)	Anne Marie Dalley	884-5931	884-5281	annemarietalley@ncsd.ca
Jane Collins Academy (10-12)	Stefan Miffen	537-2188	537-2374	stefanmiffen@ncsd.ca
John Watkins Academy (K-12)	Meghan Power	883-2480	883-2148	meghanpower@ncsd.ca
King Academy (7-12)	Meghan Power	885-2319	885-2161	meghanpower@ncsd.ca
Lakeside Academy (K-12)	Paula Hayes	672-3985	672-3669	paulahayes@ncsd.ca
Lakewood Academy (K-12)	Kieron Downton	679-2162	679-5627	kieron@ncsd.ca
Leading Tickles Primary (K-3)	Jared Hogg	483-2580	483-2053	jaredhogg@ncsd.ca
Leo Burke Academy (7-12)	Janine Taylor-Cutting	258-6337	258-6093	janinetaylorcutting@ncsd.ca
Lewisporte Academy (K-6)	Glenda Ball	535-2115	535-0480	glendab@ncsd.ca
Lewisporte Collegiate (10-12)	Angela Wilmott	535-6929	535-2356	angelawilmott@ncsd.ca
Lewisporte Intermediate (7-9)	Glenda Ball	535-2424	535-3048	glendab@ncsd.ca
Long Island Academy (K-12)	Christina Pelley	264-3526	264-3107	christinapelley@ncsd.ca
Lumsden Academy (K-9)	Lynn Cochrane	530-2311	530-2747	lynncochrane@ncsd.ca
MSB Regional Academy (K-12)	Michelle Moore	252-2905	252-2101	michellemoore@ncsd.ca
Memorial Academy, Botwood (K-6)	Jared Hogg	257-2346	257-4630	jaredhogg@ncsd.ca

**Nova Central School District**

<b>School Name</b>	<b>Contact Person</b>	<b>Telephone</b>	<b>Fax</b>	<b>Email</b>
Millcrest Academy (4-6)	Christian MacKinnon	489-3805	489-3265	cmackinnon@ncsd.ca
New World Island Academy (K-12)	Crystal Bower	629-3241	629-7447	crystalbower@ncsd.ca
Pearson Academy (K-12)	Lynn Cochrane	536-2254	536-2185	lynncochrane@ncsd.ca
Phoenix Academy (K-12)	Debra Moores	534-2840	534-2076	debramoores@ncsd.ca
Point Leamington Academy (K-12)	Gloria Cooper	484-3432		gloriacooper@ncsd.ca
Riverwood Academy (K-12)	Marina Fudge	676-2009	676-2382	marinafudge@ncsd.ca
Sandstone Academy (K-6)	Debra Moores	670-3201	670-2146	debramoores@ncsd.ca
Smallwood Academy (K-12)	Glendene Barrow	674-5336	674-4244	glendenebarrow@ncsd.ca
Sprucewood Academy (K-6)	Paula Hayes	489-2127	489-8491	paulahayes@ncsd.ca
St. Gabriel's All Grade (K-12)	Florence Gosse	669-3331	699-5551	florencegosse@ncsd.ca
St. Joseph's Elementary (K-6)	Meghan Power	885-2407	885-2443	meghanpower@ncsd.ca
St. Paul's Intermediate (7-9)	Heather Caines-Hamlyn	256-8404	256-8793	heatherhamlyn@ncsd.ca
St. Peter's Academy (K-12)	Mary Lou Stuckless	224-5111	224-6161	maryloustuckless@ncsd.ca
St. Peter's All Grade (K-12)	Lidwina Walsh	846-3311	846-4103	lydiawalsh@ncsd.ca
St. Stephen's All Grade (K-12)	Harvey Jackman	848-3516	848-3106	harveyjackman@ncsd.ca
Twillingate Island Elementary	Anne Marie Dalley	884-2871	884-5362	annemarietalley@ncsd.ca
Valmont Academy (K-12)	Calvin Whalen	268-2205	268-2298	calvinwhalen@ncsd.ca
Victoria Academy (K-12)	Lidwina Walsh	841-3151	841-7111	lydiawalsh@ncsd.ca
William Mercer Academy (K-9)	Lynn Cochrane	537-2184	537-2387	lynncochrane@ncsd.ca
Woodland Primary (K-3)	Patricia Shea-Hynes	489-4373	489-1025	patriciasheahynes@ncsd.ca

## 6.0 Western Regional Health Authority



The contact numbers in the Western Regional Health Authority are for regional offices only; please contact the office in your region for information on child and adolescent mental health and addiction services.

<b>Corner Brook - Addictions Services</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Addiction Services	634-4506	634-0160

<b>Blomidon Place (under 19 years)</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health Services for those under 19 years of age	634-4171	634-0833

<b>Stephenville</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	643-8740/ 8720/ 8741	643-9054

<b>Deer Lake</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	635-7830	635-5211

<b>Burgeo</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	886-2185	886-2301

<b>Port Aux Basques</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	695-4629	695-4549

<b>Norris Point/Cow Head</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	458-2381 Ext. 266	458-2943

<b>Port Saunders</b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions Services	861-9125	861-3762

## 7.0 Western School District



Western School District				
School	Counsellor	Telephone	Fax	E-Mail
Appalachia High School	Harvey Hoddinott	647-3381	647-3723	harvey.hoddinott@wnlsd.ca
Basque Memorial	Darcy Hancock	920-2066	920-2180	darcy.hancock@hotmail.com
Bayside Academy	Jeanette Russell	960-0252	960-0375	jeanette.russell@wnlsd.ca
Bayview Regional Collegiate	Shawn Wells	623-2922	623-2226	shawn.wells@wnlsd.ca
Belanger Memorial School	Michael Fennell	955-2940	955-2620	michael.fennell@wnlsd.ca
Bonne Bay Academy	Leslie Ward	453-2206	453-2460	leslie.ward@wnlsd.ca
Burgeo Academy	Ruby Penney	886-2590	886-2161	ruby.penney@wnlsd.ca
C.C. Loughlin Elementary	Anne Humphries	639-8988	639-1496	anne.humphries@wnlsd.ca
Canon Richards Memorial Academy	Emma Genge	456-2010	456-2020	emma.genge@wnlsd.ca
Cloud River Academy	Sharona Ricketts	457-2430	457-2409	<a href="mailto:sharona.ricketts@wnlsd.ca">sharona.ricketts@wnlsd.ca</a>
Corner Brook High School	Debbie Lindahl	634-5258	634-8696	debbie.lindahl@wnlsd.ca
	Gerard Lowe			gerard.lowe@wnlsd.ca
Douglas Academy	N/A	496-4116	496-3351	
E.A. Butler	Michael Fennell	645-2330	645-2633	michael.fennell@wnlsd.ca
Elwood Elementary	Nicole Wight	635-2337	635-2995	nicole.wight@wnlsd.ca
Elwood High School	Lori Chynn	635-2895	635-5985	lori.chynn@wnlsd.ca
French Shore Academy	Gene Shave	861-2592	861-3258	gene.shave@wnlsd.ca
G.C. Rowe Junior High	Frank Foo	639-9541	639-9551	frank.foo@wnlsd.ca
Grandy's River Collegiate	Crystal Rose	698-3582	698-3180	crystal.rose@wnlsd.ca
Gros Morne Academy	Deanna Hardy	458-2457	458-2302	deanna.hardy@wnlsd.ca

Western School District				
School	Counsellor	Telephone	Fax	E-Mail
H. G. Fillier Academy	Sharona Belbin	866-2326	866-2120	sharona.belbin@wnlsd.ca
Hampden Academy	Leslie Ward	455-3231	455-2107	leslie.ward@wnlsd.ca
Harriot Curtis Collegiate	Shawn Wells	454-8414	454-0021	shawn.wells@wnlsd.ca
Holy Cross AG	Gene Shave	898-2413	898-2539	gene.shave@wnlsd.ca
Humber Elementary	Joanne Hulan	634-6333	634-8953	joanne.hulan@wnlsd.ca
J. J. Curling Elementary	Bev Allen	785-2814	785-2042	bev.allen@wnlsd.ca
Jakeman All Grade	Leslie Ward	451-3381	451-2165	leslie.ward@wnlsd.ca
James Cook Memorial	Shawn Wells	249-4196	249-3053	shawn.wells@wnlsd.ca
Labrador Straits Academy	Darcy Hancock	927-5411	927-5521	darcy.hancock@wnlsd.ca
LeGallis Memorial	Crystal Rose	698-3722	698-3083	crystal.rose@wnlsd.ca
Long Range Academy	Deanna Hardy	243-2252	243-2169	deanna.hardy@wnlsd.ca
Lourdes Elementary	Krystal Lee Hann	642-5822	642-5442	krystalee.hann@wnlsd.ca
Main River Academy	Leslie Ward	482-2422	482-2129	leslie.ward@wnlsd.ca
Mary Simms AG	Sharona Ricketts	865-3151	865-2111	<a href="mailto:sharona.ricketts@wnlsd.ca">sharona.ricketts@wnlsd.ca</a>
Our Lady of Mercy Elementary	Harvey Hoddinott	647-3902	647-3629	harvey.hoddinott@wnlsd.ca
Our Lady of the Cape School	Krystal Lee Hann	644-2180	644-2005	krystalee.hann@wnlsd.ca
Pasadena Academy	Shelly Green-Cornick	686-5091	686-5654	shelly.greencornick@wnlsd.ca
Pasadena Elementary School	Shelly Green-Cornick	686-2621	686-5623	shelly.greencornick@wnlsd.ca
Pathfinders	N/A	643-4360	643-5490	
Piccadilly Central High	Krystal Lee Hann	642-5752	642-5983	krystalee.hann@wnlsd.ca
Presentation Junior High	Susan Daniels	634-7616	634-0690	susan.daniels@wnlsd.ca
Raymond Ward Memorial	Jeanette Russell	988-4207	988-4207	jeanette.russell@wnlsd.ca
Sacred Heart All Grade	Sharona Ricketts	622-3511	622-3501	<a href="mailto:sharona.ricketts@wnlsd.ca">sharona.ricketts@wnlsd.ca</a>
Sacred Heart Elementary	Bev Allen	785-5119	785-2257	bev.allen@wnlsd.ca
St. Anthony Elementary	Shawn Wells	454-8324	454-0003	shawn.wells@wnlsd.ca



<b>Western School District</b>				
<b>School</b>	<b>Counsellor</b>	<b>Telephone</b>	<b>Fax</b>	<b>E-Mail</b>
St. Boniface All Grade	Ruby Penney	625-2283	625-2151	ruby.penney@wnlsd.ca
St. Gerard's Elementary	Krista Baldwin	639-8945	639-1698	krista.baldwin@wnlsd.ca
St. James All Grade	Audrey Atkins	681-2620	681-2019	audrey.atkins@wnlsd.ca
St. James Elementary	Wendy Osmond	695-3186	695-9589	wendy.osmond@wnlsd.ca
St. James Regional High	JoAnn O'Brien	695-3551	695-9704	joann.obrien@wnlsd.ca
St. Lewis Academy	Jeanette Russell	939-2245	939-2233	jeanette.russell@wnlsd.ca
St. Mary's AG	Jeanette Russell	921-6245	921-6358	jeanette.russell@wnlsd.ca
St. Michael's Elementary	Brad Roach	646-2822	646-5263	brad.roach@wnlsd.ca
St. Peter's Academy	Audrey Atkins	789-2761	789-3288	audrey.atkins@wnlsd.ca
St. Simon and St. Jude Academy	Ruby Penney	842-3371	842-4121	ruby.penney@wnlsd.ca
St. Thomas Aquinas	Nancy MacDonald	648-2260	648-9512	nancy.macdonald@wnlsd.ca
Stephenville Elementary	Dale Mclean	643-2927	643-6120	dale.mclean@wnlsd.ca
Stephenville High	Rhoda Mulrooney	643-9672	643-5044	rhoda.mulrooney@wnlsd.ca
Stephenville Middle School	Nancy MacDonald	643-5101	643-5103	nancy.macdonald@wnlsd.ca
Stephenville Primary	Dale Mclean	643-2331	643-9335	dale.mclean@wnlsd.ca
Templeton Academy	Darryl Fost	783-2780	783-2113	darryl.fost@wnlsd.ca
Truman Edison Memorial	Shawn Wells	623-2010	623-2105	shawn.wells@wnlsd.ca
Viking Trail Academy	Emma Genge	247-2008	247-2207	emma.genge@wnlsd.ca
William Gillett Academy	Jeanette Russell	949-0223	949-0370	jeanette.russell@wnlsd.ca
Xavier Junior High	Peter McBrearity	635-2196	635-3372	peter.mcbrearity@wnlsd.ca

## 8.0 Labrador-Grenfell Regional Health Authority



The contact numbers in the Labrador-Grenfell Regional Health Authority are for the larger regional offices only. Although there are regional offices and mental health and addiction services available in smaller communities, it is recommended to call one of the numbers below and these individuals can direct you to the appropriate contact.

<b><i>St Anthony, Curtis Memorial Hospital</i></b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions	454-0326	454-4041

<b><i>Labrador City, CWJM Hospital</i></b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions	944-9307/9251	944-3927

<b><i>Happy Valley Goose-Bay, Labrador Health Centre</i></b>		
<b>Program/Service</b>	<b>Telephone</b>	<b>Fax</b>
Mental Health and Addictions	897-2355/2343	896-4900

## 9.0 Labrador School District



**LABRADOR**  
DISTRICT SCHOOL BOARD  
Board Chairperson: Goronwy Price



<b>Labrador School District</b>			
<b><i>School</i></b>	<b><i>Contact Person</i></b>	<b><i>Telephone</i></b>	<b><i>email</i></b>
A.P. Lowe Primary	Marina Collier	944-5231	mcollier@lsb.ca
Menihek High School	Yvonne Smith	944-7731	ysmith@lsb.ca
J.R. Smallwood Collegiate	Steve Loder	282-3251	sloder@lsb.ca
Peacock Primary	Valerie Sheppard	896-3896	vsheppard@lsb.ca
Queen of Peace Middle School	Lenora Smith	896-5315	lsmith@lsb.ca
Mealy Mountain Collegiate	Deanna Miles	896-3366	dmiles@lsb.ca
Henry Gordon Academy	Corby Roberts	938-7291	croberts@lsb.ca

## **10.0 Community Support Groups**

Community Support Groups play a vital role in support for mental health and addictions issues. While this list is not exhaustive, the contacts below can provide guidance for community supports in your area.

### **Choices for Youth- St. John's**

Choices for Youth is an organization based in St. John's that serves the needs of youth. They provide housing as well as various support programs for young people. For more information, please visit [www.choicesforyouth.ca](http://www.choicesforyouth.ca) or call (709) 754-3047.

### **Thrive (formerly Community Youth Network) - St. John's**

Based in St. John's, Thrive provides support to youth in several forms, including employment support, education (and upgrading), literacy, and community support. For more information, please visit [www.thrivecyn.ca](http://www.thrivecyn.ca) or call (709) 754-0536

### **Community Youth Networks**

There are many Community Youth Networks (CYN) located throughout the province. The mandate of CYN is to provide a variety of services for youth living in or at risk of poverty. The network resulted from a need to decrease barriers to education and/or employment, and improve the quality of life for young people. There are various contact numbers for each network, so visit the website for contact information: <http://www.communityyouthnetwork.ca/>

### **Eating Disorders Foundation of Newfoundland and Labrador**

The Eating Disorders Foundation is based in St. John's but provides provincial support through education session as well as teleconferences. The Foundation supports both individuals with eating disorders but also family members in need of support. There are support group meetings throughout the year. Please visit [www.edfnl.ca](http://www.edfnl.ca) or call (709) 722-0500 for more information about their services.

### **Canadian Mental Health Association**

The Canadian Mental Health Association (CMHA-NL) promotes a better understanding of mental health and mental illness in Newfoundland and Labrador. CMHA also provides educational sessions to high school students on mental health as well as workplace mental health to organizations who are interested. For more information, please visit [www.cmhanl.ca](http://www.cmhanl.ca) or contact one of their regional offices:

St. Johns: (709)753-8550

Grand Falls-Windsor: (709) 489-3302

Stephenville: (709) 643-5553

### **Schizophrenia Society of Newfoundland and Labrador**

The goal of the Schizophrenia Society of Newfoundland and Labrador (SSNL) is to improve the quality of life for those affected by Schizophrenia and Psychosis through education, support programs, public policy and research. For more information, please visit <http://ssnl.org> or contact one of the following regional offices:

St. John's: (709) 730-3908

Corner Brook: (709) 640-5163

Grand Falls: (709) 424-3272

### **Stella Burry Community Services**

Stella Burry is a social services agency in St. John's providing programs for adults and youth who have experienced personal or family breakdown brought about by mental health issues, addictions, abuse, illiteracy and the lack of education as well as poverty. Stella Burry's primary roles include counseling and support, housing, and employment. If you would like more information, please visit [www.stellaburry.ca](http://www.stellaburry.ca) or call (709) 738-8390.

### **Consumers' Health Awareness Network of Newfoundland and Labrador (CHANNAL)**

CHANNAL is a provincial organization that exists to build and strengthen a self-help network among individuals who live with mental health issues. CHANNAL's aim is to combat isolation for those living with mental illness, to provide a forum for mental health consumers' concerns, to educate the public on issues relevant to mental health consumers and to offer advocacy, social and emotional support to mental health consumer/survivors. For more information, please visit [www.channal.ca](http://www.channal.ca) or call (709) 753-7710.

### **The Community Mental Health Initiative (CMHI)**

CMHI is located in Corner Brook, NL. CMHI is committed to working with and on behalf of the whole community to provide individuals with the opportunity to develop in responsible and beneficial ways. They aim to help identify mental health needs and promote the general well-being of all persons through the integration of services in a partnership of collaboration and cooperation. For more information, please visit [www.envision.ca/webs/cmhi/](http://www.envision.ca/webs/cmhi/) or call (709) 634-4117.