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**LET'S
UNPACK
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



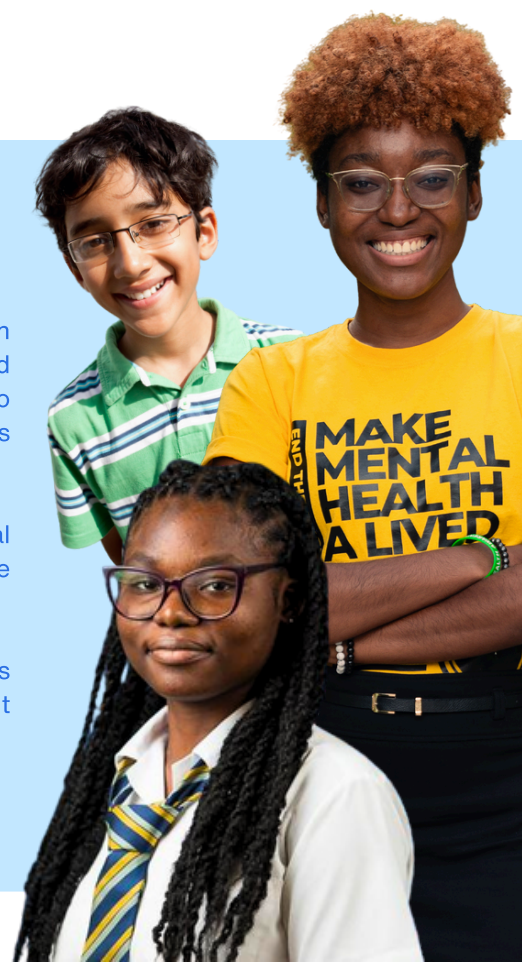
THANK YOU.

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 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



Accommodations made
for those with cognitive
impairments



Accommodations made
for those with hearing
impairments



Tik Tok



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

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)
Ext. 3333

Secondary Phone: 1-868-323-0624

Carenage Mental Health & Wellness Centre

Address: Constabulary Street,
Western Main Road,
Carenage

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

Primary Phone: 1-868-343-4946

Barataria Mental Health & Wellness Centre

Address: 135 Eastern Main Rd,
Barataria

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

Primary Phone: 1-868-325-8883

Secondary Phone: 1-868-325-9263

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.*

Diego Martin Health and Wellness Centre

Address: Wendy Fitzwilliam Blvd,
Diego Martin

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

Primary Phone: 1-868-488-1502

Petit Valley Health Centre

Address: Corner Simeon and
Morne Coco Road,
Petit Valley

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

Outpatient Clinic: **Every Wednesday**
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 FindCareTT!



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 / **Every 2nd Wednesday**
Injections: **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 FindCarett!



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



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



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

Address: Paradise Pasture,
Independence Avenue,
San Fernando

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

Outpatient Clinic: **Wednesday**
8:00AM - 12:00PM

Substance Abuse Clinic: **Monday**
8:00AM - 12:00PM

S/A Support Group: **2nd & 4th Fridays**
9:00AM - 11:00AM

Memory Clinic: **Tuesday**
8:00AM - 12:00PM

Memory Support Group: **Every 1st Tuesday**

Primary Phone: 1-868-225-4325
Ext: 3057 or 3371

Ward 1 In Patient Unit

Address: Ground Floor,
Independence Avenue,
San Fernando

Hours of Operation: **24/7**

Primary Phone: 1-868-225-4325
Ext: 3220 or 3221 or
3222 or 3224

Point Fortin Hospital

Address: Corner of Techier Road and
Point Fortin Main Road,
Point Fortin

Hours of Operation: **Every 1st & 3rd Wednesday**
8:00AM - 1:00PM

Primary Phone: 1-868-225-4325
Option 5
Ext: 4168 or 14810

South Oropouche Health Centre

Address: Main Road,
South Oropouche

Hours of Operation: **Every 2nd Friday**
8:00AM - 12:00PM

Primary Phone: 1-868-677-7305

Siparia District Health Facility

Address: Corner High Street &
Grell Street, Siparia

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

New Outpatient Cases: **Every 1st & 3rd Thursday**

Re-visiting Outpatient: **Every 2nd & 4th Thursday**

Occupational Therapy: **Tuesdays**

9:00AM
Primary Phone: 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

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

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

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

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

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

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

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





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 FindCareTT!

★ 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, brown, brain-like coral (Diploria labyrinthiformis) with a complex, wavy pattern. To the left, there are yellow, branching corals. In the background, more diverse coral structures are visible, including a large, dark, rounded coral head. Several small, colorful fish are swimming in the clear blue water above the reef.

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:

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
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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
studentsupportservices@moe.gov.tt

Website: moe.gov.tt

 [Ministry of Education - TT](https://www.facebook.com/MinistryofEducation-TT)

 [@moedutt](https://www.tiktok.com/@moedutt)

 [@ministryofeducationtt](https://www.instagram.com/ministryofeducationtt)

 [Ministry of Education - TT](https://www.youtube.com/MinistryofEducation-TT)

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.

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 FindCareTT!



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

A vibrant tropical beach scene with a clear blue sky, turquoise water, and white sand. A large palm tree trunk leans diagonally across the frame from the top left towards the bottom right. The fronds of the palm tree are visible in the upper left corner. In the distance, a small sailboat and a motorboat are visible on the horizon. The overall atmosphere is serene and idyllic.

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:



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

Website: www.social.gov.tt



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



[@msdfstt](#)



[@Mpsdnt](#)



[@MSDFSTT](#)

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.

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



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

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

Website: ttchildren.org



[Children's Authority Of Trinidad and Tobago](https://www.facebook.com/ChildrensAuthorityOfTrinidadandTobago)



[@childreauthoritytt](https://www.instagram.com/childreauthoritytt)



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



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

ACCESSIBILITY:



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

Website: odpm.gov.tt



[ODPMTT](https://www.facebook.com/ODPMTT)



[@odpmttofficial](https://www.instagram.com/odpmttofficial)



[ODPMTT Official](https://www.youtube.com/ODPMTTOfficial)



[@ODPM_TT](https://twitter.com/ODPM_TT)



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



[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:



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



[PoliceServiceTT](#)



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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.

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}

CRISIS SUPPORT DIRECTORY

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

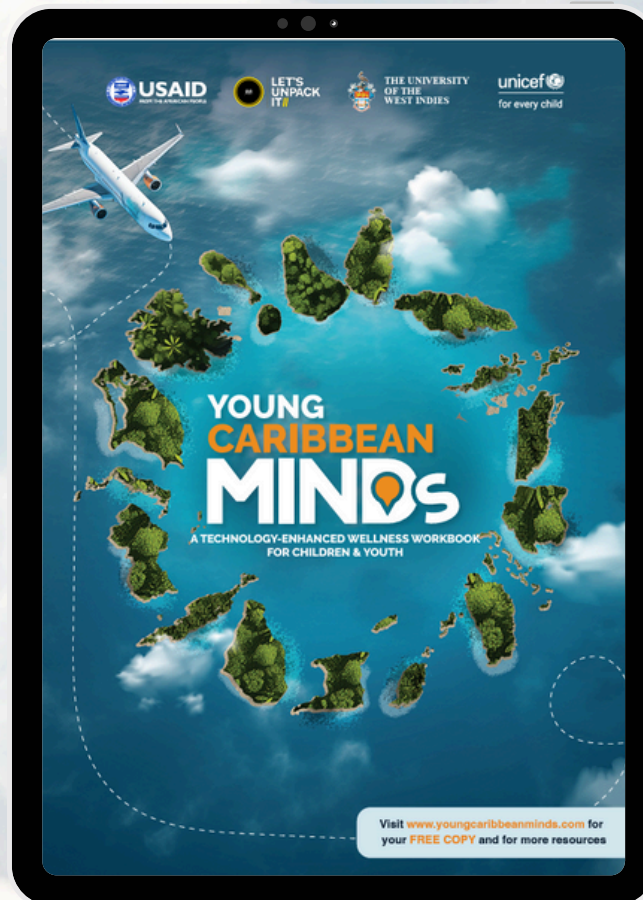
Website: findcarett.com

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





www.youngcaribbeanminds.com



DOWNLOAD THE MENTAL HEALTH AND WELLBEING WORKBOOK!



USAID
FROM THE AMERICAN PEOPLE



**LET'S
UNPACK
IT**

unicef
for every child

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.

