



MENTAL HEALTH RESOURCES

BARBADOS



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Here's a gentle reminder that you don't ever have to struggle alone or in silence. There is no shame in having a mental health condition. **There is no shame in needing a helping hand. Reaching out and seeking help is brave and admirable.** And, in a moment of crisis, it is the most compassionate thing you can do for yourself.



Mental Health Crisis/ Support Hotlines

[Lifeline Barbados 24/7 Hotline](#)

246-233-4249

[Centre for Counselling Addiction Support Alternatives \(CASA\) Hotline:](#)

246-264-7151

[Youth Support Hotline \(Ministry of Youth\):](#)

246-539-HELP [4357]

youth.support@barbados.gov.bb

[Barbados Family Planning Association \(BFPA\) Mental Health Crisis Hotline:](#)

246-233-4249

[Business & Professional Women's Club Safe Haven for Women Crisis Hotline:](#)

246-435-8222 or 246-253-5071
or 246-232-8476

[Barbados Association of Muslim Ladies \(BAML\) 24/7 Support Hotline](#)

246-231-1069 or 246-234-9709

[Psychiatric Assessment Unit \(The Psychiatric Hospital\):](#)

246-536-3091

Emergency

[Ambulance:](#) [Police:](#)

511

211

Scan the QR code for other Mental Health and Psychosocial Support Hotlines and Resources throughout the Caribbean region, or visit youngcaribbeanminds.com.

And, help us to build hope, boost awareness and demand action on mental health, by following us on all socials [@letsunpackitco](https://www.instagram.com/letsunpackitco).



Key Government Agencies

[Child Care Board Barbados](#)

246-535-2800

The Child Care Board advocates for the protection and care of children, provides and maintains care centres for children in need of care and protection, and also offers counselling and other services for children, parents and guardians.



Children’s Development Centre:

246-436-9027

An agency which seeks to protect the rights and enhance the quality of life for persons in Barbados who are physically and mentally challenged.

Child Guidance Clinic (Brandford Taitt Polyclinic, Black Rock):

246-536-3119

The Child Guidance Clinic, staffed by two psychiatrists and a nurse, provides high quality mental health care to children. The service can be accessed by referral from school administration or by appointment.

Division of Youth Affairs, Ministry of Youth, Sports & Community Empowerment:

246-535-3835

The Division of Youth Affairs is the government agency mandated to facilitate the needs and aspirations of the Barbadian youth population. Accordingly, the agency offers a wide range of programmes and initiatives in the interest of youth development,

Juvenile Liaison Department, Barbados Police Service:

246-535-2800

The Juvenile Liaison Department, in collaboration with the Prince’s Trust, offers programmes targeting disadvantaged and vulnerable youth, with an aim to boost personal skills and development.

Ministry of Education, Technological and Vocational Training:

246-535-2800

Ministry of People Empowerment and Elder Affairs:

246-535-1600/1/2/3

Psychiatric Hospital Barbados:

246-536-3001

Queen Elizabeth Hospital Barbados:

Main Switchboard: 246-436-6450
Help Desk: 246-536-4800

The Welfare Department:

246-535-1000 or 246-535-1023

Counselling & Therapy Resources

Barbados Family Planning Association (BFPA) Counselling Support:

246-426-2027

The Barbados Family Planning Association is a civil society organization which aims to serve and empower people with their sexual & reproductive rights. BFPA offers a range of services, including psychosocial support and counselling.



Centre for Counselling Addiction Support Alternatives (CASA):

246-427-5953 | casa.bb

CASA Barbados is a non-profit, community-based treatment centre, offering a range of services including crisis intervention, substance abuse rehabilitation, and counselling.

Inkblot Psychological Services

246-537-3553 or 246-843-3553

Inkblot Psychological Services is a boutique mental health practice with a team of trained psychologists offering evidence-based therapeutic interventions both online and in-person.

Mindful Counselling Solutions

246-823-7376

Mindful Counselling Solutions is a psychological service offering individual, group, family, couples and career counselling, along with workshops, seminars and parenting classes.

Next Steps Family Centre: Child, Adolescent, and Adult Counselling Services:

246-258-6537 or 246-263-5215

Next Steps Family Centre supports and equips individuals and families with vital tools to meet their emotional, behavioural, social and relationship needs.

Peaceful Mind Counselling

246-244-2416

Peaceful Mind Counselling is a psychological service operated by a Registered Counselling Psychologist. This practice offers a wide variety of counselling and consultation services.

Psychotherapy in Nature Barbados

246-283-3279 | psychotherapyinnature.com

Psychotherapy in Nature Barbados offers a broad range of therapies as alternatives for clients who find it hard to open up in a clinical setting, including equine facilitated psycho — therapy and canine assisted therapy. Short and long-term options are available and are tailored to meet clients' individual needs and goals.

Rebalance Chat

rebalancechat.com

Rebalance Chat is a fully online therapy practice, operated by a Registered Psychologist, designed as a solution for people seeking to restore the balance in their daily lives.

Regional Integrative Solution Agency

246-245-7124

Regional Integrative Solution Agency is a private practice offering an array of counselling services to individuals, couples, families, groups and sports teams. RISA utilizes a holistic, integrative approach to help individuals achieve optimal well-being.



[The Relational Practices Ltd.:](#)

246-233-6758 | therelationalpractices.com

The Relational Practices Ltd is an individual, couple and family therapy and psychiatric virtual practice. The practice's advanced, certified mental health clinicians aim to facilitate individual, couple & family healing.

[Soleyn Psychological Services:](#)

246-236-3934

Soleyn Psychological Services is a clinical practice offering a wide range of individual therapeutic services, with a specific focus on grief, trauma, depression and infertility counselling. SPS also facilitates organizational support, team building workshops and other corporate services.

[Step by Step Counselling Interventions Inc.:](#)

246-238-1259

Step by Step Counselling Interventions is a mental health practice operated by a Registered Counselling Psychologist. This practice offers a variety of services, including individual therapy, marriage and couples therapy, group therapy and career counselling.

[Supreme Counselling for Personal Development \(SCPD\):](#)

246-238-1259 | supremecounsellingbb.org

SCPD is a non-profit organization that offers a range of support programmes, with a focus on crisis intervention. SCPD provides counselling and mentorship services for persons experiencing substance abuse, family and behavioral problems and other challenges,

[Wings of Grace Counselling:](#)

wingsofgracecounselling.com

Wings of Grace Counselling is a mental health practice offering clinical services including individual therapy, couples counselling and family counselling. The WOGC practice also offers a range of corporate and business consulting services.

Substance Abuse/Rehabilitation Resources

[Drug Education & Counselling Services:](#)

246-435-8148 or 246-233-8148 | decsbarbados.com

Drug Education & Counselling Services works with young boys and girls with substance abuse and behavioural issues. DECS provides counselling, mentoring, social services, group therapy, and a range of other psychological services.

[National Council on Substance Abuse](#)

246-535-6272 | ncsa.gov.bb

The National Council on Substance Abuse is a statutory board under the aegis of the Ministry of Home Affairs. NCSA's mandate is to reduce drug use and demand in schools and in the wider community. The council coordinates and implements various awareness programmes and offers a range of treatment and rehabilitative services.

[Verdun House & Marina House — Substance Abuse Foundation Inc.:](#)

246-243-0038 | thesafinc.com

Verdun House and Marina House are residential treatment facilities for substance abuse and addiction, The Substance Abuse Foundation Inc, also offers counselling services in grief, domestic violence, trauma, depression, divorce and anger management,

Psychiatrists

[Dr. Elizabeth Rochester, Child and Adolescent Psychiatrist:](#)

246-432-7751

[Dr. June Price-Humphrey Consultant Psychiatrist:](#)

246-247-7238

[Dr. Maisha Emmanuel, General Adult Psychiatrist:](#)

246-622-4070

[Dr. Nya Maughn, General Adult Psychiatrist](#)

246-538-3838

[Dr. Sharon Harvey, Consultant Psychiatrist](#)

246-429-7144

Other Support Services

[Autism Association of Barbados:](#)

Contact the Barbados Council for the Disabled: 246-629-0574

[Barbados Cancer Society:](#)

246-436-8888 | barbadoscancersociety.com

[Barbados Council for the Disabled:](#)

246-629-0574 | barbadosdisabled.org.bb

[Barbados YMCA](#)

246-537-0118 | barbadosymca.org

[Barbados YWCA](#)

246-537-7308

[Cancer Support Services:](#)

246-228-7081 | css.org.bb

[Heart & Stroke Foundation of Barbados:](#)

246-537-3312 | hsfbarbados.org

[Men Empowerment Network Support](#)

246-826-0615



Multiple Sclerosis Society of Barbados:

246-285-5884 | msbarbados.com

Variety – The Children’s Charity of Barbados Inc.:

246-428-9258 | varietybarbados.org

Online Directories

Barbados Children Directory:

[List of Child Health Resources](#)

Barbados Society of Psychology:

[Directory of Members](#)

Advocacy Groups

Barbados Youth Development Council

bydc246.com

BYDC is a dynamic, youth-led organization which advocates for and addresses the needs of all young people. The council aims to rollout programmes which enhance all aspects of psycho-social development.

Dance4Life Barbados

246-429-6859 | dance4lifebarbados.com

D4L Barbados is part of a global community of Agents4Change. D4L provides young people with the knowledge, skills and confidence to protect their health, promote safe sexual choices, and invest in their futures.

Healthy Caribbean Youth

healthycaribbean.org/healthy-caribbean-youth

Healthy Caribbean Youth, the youth arm of Healthy Caribbean Coalition, brings together enterprising health advocates, from across the region, to promote good health and supportive environments for children and youth.

Let’s Unpack It

letsunpackitco.com

Let’s Unpack It is a youth-led, youth-focused mental health advocacy group, campaigning to end stigma, build awareness, and make mental wellness a lived reality for all Caribbean children and youth.

Youth Advocacy Movement Barbados

bfpaonline.com/youth

Youth Advocacy Movement is an active youth arm of the Barbados Family Planning Association. This group utilizes peer-peer education to empower young people to make better decisions regarding sexual health.

Mental Health Facts & Statistics

Centers for Disease Control and Prevention

[Depression Overview](#)

Mind – Mental Health Charity

[Anxiety Overview](#)



National Institute of Mental Health

[Anxiety Disorders Overview](#)

Royal College of Psychiatrists

[Depression in Children & Young People](#)

UNICEF Latin America & The Caribbean

[The State of the World's Children 2021 Brief](#)

World Health Organization

[Mental Health of Adolescents](#)

World Health Organization

[Mental Health Key Facts](#)

World Health Organization

[World Mental Health Report](#)

Other Helpful Resources

Child Mind Institute

[How to Support A Friend](#)

Mind — Mental Health Charity

[Seeking Help for A Mental Health Problem](#)

Seize The Awkward

[How to Talk to Friends about Mental Health](#)

YoungMinds

[Self-Care Guide for Young People](#)

Scan the QR code for more helpful mental health resources.

And, help us to end stigma, boost awareness and demand action on mental health, by following us on all socials [@letsunpackitco.](#)

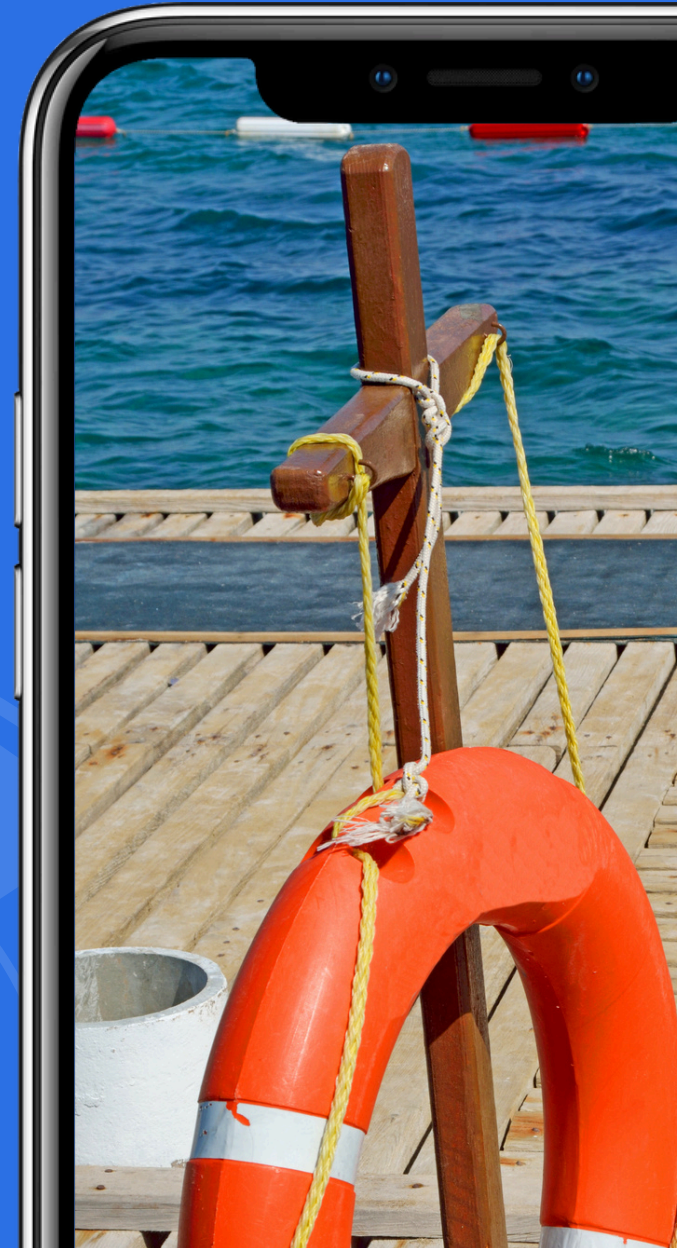


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Help is just one phone call away!

With this resource package, you will always be equipped to help yourself and others get connected with high quality care and services in Barbados. Keep this guide handy just in case you ever need it. And, be kind! Share it with your loved ones.



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