

DIRECTORY OF

GOVERNMENT MENTAL HEALTH & PSYCHOSOCIAL SUPPORT SERVICES

A CHILD AND YOUTH-FRIENDLY VERSION

BARBADOS





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/reachout246.



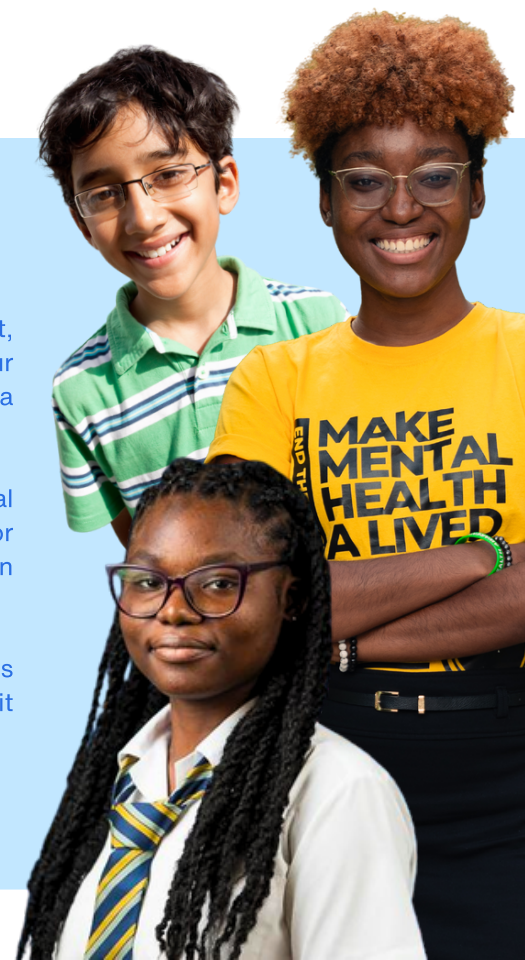
THANK YOU.

The Healthy Caribbean Coalition/Healthy Caribbean Youth, Let's Unpack It, US AID and UNICEF for the Eastern Caribbean Area would like to extend our gratitude to all the Government stakeholders who participated in the data collection to make the development of this Directory possible.

Special thank you to the Let's Unpack It & UNICEF Caribbean Youth Mental Health Focal Points and the Government of St. Vincent & The Grenadines 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 Barbados. 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





CHILDREN AND FAMILY SERVICES AND SOCIAL DEVELOPMENT SERVICES

Children and Family Services focuses on protecting children by meeting obligations as set out in the Child Protection Act 2019 while also ensuring that the family unit is adequately supported and empowered. **Social Development Services** aims to improve the well-being of every individual in society, however, certain individuals are particularly vulnerable, older persons, persons with disabilities, and persons and families in crisis.

SERVICES OFFERED:

- ➔ Anger Management
- ➔ Conflict Resolution
- ➔ Crisis Intervention
- ➔ Mediation
- ➔ Relationship Counseling
- ➔ Social Work Services

ACCESSIBILITY:   

THE DETAILS:

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

Language: English

Address: Ministry of Social Development,
Government of Anguilla, P.O.Box 60,
The Valley, Anguilla

Contact Details:

Primary Phone Number: 1-264-497-2317

Secondary Phone Number: 1-264-476-4528

24/7 Hotline: 1-264-235-2317 or
1-264-476-4528

ACCESSING SERVICES:

UNDER 18?:

You can access services by **walk-in**.

Your parent doesn't need to come with you, but you do **need their consent**.

Referrals, which can be issued by school, court or a parent are **mandatory**.

You can be accompanied by a trusted adult.

18 AND OVER?:

You **need an appointment** to access services.

You can make appointments over the phone, on Whatsapp, or by visiting the facility.

Wait time for appointment: Less than 1 week
Typical length of session: 30 to 45 minutes

You can also access services by referral.

★ **Gentle Reminder:** In a moment of crisis, reaching out is the kindest thing you can do for yourself.

SUMMARY OF GOVERNMENT SERVICES

HOTLINES:

LIFELINE BARBADOS
(2:00PM - 6:00AM)

536-4500

YOUTH HOTLINE

1-246-539-4357

**PSYCHIATRIC HOSPITAL
ASSESSMENT UNIT**

1-246-536-3091

**MINISTRY OF PEOPLE
EMPOWERMENT AND ELDER
AFFAIRS CRISIS HOTLINE**

1-246-535-4357

PSYCHIATRIC HOSPITAL ASSESSMENT UNIT

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

Crisis Hotline: 1-246-536-3091
(available 24/7)

Secondary Phone: 1-246-536-3033

PSYCHIATRIC HOSPITAL OUTPATIENT CLINIC

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

Primary Phone: 1-246-536-3091

MINISTRY OF PEOPLE'S EMPOWERMENT AND ELDER AFFAIRS

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

Primary Phone: 1-246-535-1601

WELFARE DEPARTMENT

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

Primary Phone: 1-246-535-1000

SUMMARY OF GOVERNMENT SERVICES

COMMUNITY MENTAL HEALTH SERVICES POLYCLINICS AND HEALTH CENTRES

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

**Any person experiencing mental health challenges.*

Edgar Cochrane

Primary Phone: 1-246-536-4100

Winston Scott

Primary Phone: 1-246-536-3400

Branford Taitt

Primary Phone: 1-246-536-3091

**Currently located at the Psychiatric Out Patient Clinic*

St. Philip

Primary Phone: 1-246-536-4200

Frederick Miller

Primary Phone: 1-246-536-3940

St. Joseph Outpatient Clinic

Primary Phone: 1-246-536-3282/83

Maurice Byer

Primary Phone: 1-246-536-3200

Eunice Gibson

Primary Phone: 1 246-536-4000

St. Andrew Outpatient Clinic

Primary Phone: 1-246-536-4071

Randall Phillips

Primary Phone: 1-246-536-4300

David Thompson Health and Social Services Complex

Primary Phone: 1-246-536-4441



HEALTH



LIFELINE BARBADOS - (HOTLINE)

The hotline will provide information, emotional support and crisis intervention services to individuals who may be struggling emotionally, as well as their friends and families, and any member of the public seeking information on mental health and wellbeing.

*Information taken from CBC Barbados

Note: Callers will not be provided with treatment via the hotline



THE DETAILS:

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

Language: English

Hours to Operation: Daily
2:00PM - 6:00AM

Crisis Hotline: 536-4500



PSYCHIATRIC HOSPITAL- OUTPATIENT

The Outpatient Unit at the Psychiatric Hospital provides Mental Health Services to all Barbadians

SOME SERVICES OFFERED:

- ➔ Clinical Mental Health Counselling;
- ➔ Cognitive Behaviour Therapy;
- ➔ Crisis Intervention;
- ➔ General Counselling;
- ➔ Pharmacy;
- ➔ Psychiatric Assessments;
- ➔ Psychotherapy;
- ➔ Suicide Prevention

ACCESSIBILITY:

ACCESSING SERVICES:

UNDER 18?:

You can make an appointment by **telephone** and by **visiting the facility**. **Appointments are not mandatory.**

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

You are **required** to be accompanied by an adult to access services.

THE DETAILS:

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

Language: English

Address: Black Rock, St. Michael, Barbados

Hours to Operation: Monday - Friday
8:30AM - 4:30PM

Contact Details:

Primary Phone: 1-246-536-3091

Email: psychiatrichospital@caribsurf.com



Psychiatric Hospital Barbados



@psychihospital

18 AND OVER?:

You can make appointments by **phone** and **by visiting the facility**. **Appointments are not mandatory.**

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

Wait time for appointment: Times Vary
Typical length of session: 1 - 2 hours

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

PSYCHIATRIC HOSPITAL- ASSESSMENT UNIT

Psychiatric Assessment Unit provides mental health assistance for crisis and emergency situations.

SOME SERVICES OFFERED:

- ➔ Clinical Mental Health Counselling
- ➔ Cognitive Behaviour Therapy
- ➔ Crisis Intervention
- ➔ General Counselling
- ➔ Pharmacy
- ➔ Psychiatric Assessments
- ➔ Psychotherapy
- ➔ Suicide Prevention

ACCESSIBILITY:



THE DETAILS:

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

Language: English

Address: Black Rock, St. Michael, Barbados

Hours to Operation: 24/7

Contact Details:

Crisis Hotline: 1-246-536-3091
(available 24/7)

Secondary Phone: 1-246-536-3033

ACCESSING SERVICES:

UNDER 18?:

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

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

You are **required** to be accompanied by an adult to access services.

18 AND OVER?:

You can make appointments by **phone** and **by visiting the facility**. **Appointments are not mandatory.**

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

Wait time for appointment: Same Day
Typical length of session: 1 - 2 hours

COMMUNITY MENTAL HEALTH SERVICES

Outpatient community mental health services offered to all persons via the polyclinic system.

THE DETAILS:



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

**Any person experiencing mental health challenges.*

Language: English

Polyclinics:

Edgar Cochrane Mondays and Fridays
Willey, St. Michael 8:30AM-4:30PM

Primary Phone: 1-246-536-4100

Winston Scott Wednesdays
Ladymeade Gardens, Jemmotts Lane, St. Michael 8:30AM-4:30PM

Primary Phone: 1-246-536-3400

Branford Taitt Tuesdays
Black Rock Main Rd, St. Michael 8:30AM-4:00PM

Primary Phone: 1-246-536-3091

**Currently located at the Psychiatric Out Patient Clinic*

St. Philip Tuesdays and Fridays
Six Roads, St. Philip 8:30AM-4:30PM

Primary Phone: 1-246-536-4200

Frederick Miller Tuesdays and Thursdays
Glebe, St. George 8:30AM-4:00PM

Primary Phone: 1-246-536-3940

**St. Joseph
Outpatient Clinic** Thursdays
Horse Hill, St. Joseph 8:30AM-1:00PM

Primary Phone: 1-246-536-3282/83

Maurice Byer Mondays
Douglas, Saint Peter 8:30AM-1:00PM
Wednesdays
8:30AM - 4:00PM

Primary Phone: 1-246-536-3200

Eunice Gibson Thursdays
Henry Dunant Rd, Saint Michael 8:30AM-4:00PM

Primary Phone: 1 246-536-4000

**St. Andrew
Outpatient Clinic** Even other Monday
Belleplaine, St. Andrew 8:30AM-1:00PM

Primary Phone: 1-246-536-4071

Randall Phillips Tuesdays and Fridays
Oistins, Christ Church 8:30AM-4:00PM

Primary Phone: 1-246-536-4300

**David Thompson
Health and Social
Services Complex** Wednesdays
Glebe Land, St. John 8:30AM-4:00PM

Primary Phone: 1-246-536-4441



COMMUNITY MENTAL HEALTH SERVICES

Outpatient community mental health services offered to all persons via the polyclinic system.

SOME SERVICES OFFERED:

- Alcohol/Drug Abuse Prevention
- Anger Management
- Clinical Mental Health Counselling
- Cognitive Behaviour Therapy
- Couples Therapy
- Crisis Intervention
- General Counselling
- Pharmacological Management
- Psychiatric Assessment
- Relationship Counselling
- Suicide Prevention
- Testing for behavioural disorders
- Peer counselling
- Psychotherapy;
- Psycho-education

ACCESSIBILITY:  

ACCESSING SERVICES:

UNDER 18?:

You can make an appointment by **telephone** and by **visiting the facility**. **Appointments are not mandatory.**

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

Parental consent is usually required before treatment is delivered.

You are **required to be accompanied by an adult to access services.**

18 AND OVER?:

You can make appointments by **phone**, and by **visiting the facility**. **Appointments are only mandatory for those attending clinic for the first time.**

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

Wait time for appointment: Times vary
Typical length of session: 1 - 2 hours

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

CHILD PROTECTION AND SOCIAL SERVICES

YOUTH HOTLINE - MINISTRY OF YOUTH SPORTS AND COMMUNITY EMPOWERMENT

A Youth Hotline which provides first line counselling services and referrals for young people experiencing psycho-social crises.



SOME SERVICES OFFERED:

- ➔ Art Therapy
- ➔ Conflict Resolution
- ➔ Crisis Intervention
- ➔ General Counselling
- ➔ HIV/STI Programmes
- ➔ Mentoring Programmes
- ➔ Violence Prevention



THE DETAILS:

Audience: Adults (18+) and Families

Language: English

Address: Skymall
Haggat Hall
St. Michael, Barbados

Hours to Operation: Monday - Friday
8:15AM-4:30PM

Contact Details:

Primary Phone: 1-246-535-3835

24/7 Crisis Hotline: 1-246-539-4357

Email: info.mysce@barbados.gov.bb
division.youth@barbados.gov.bb



DIVYOUTH246



Division of Youth Affairs

ACCESSING SERVICES:

UNDER 18?:

You are **required** to have **parental consent** to access services and be accompanied by a trusted adult when accessing services.

18 AND OVER?:

You can also access services by **referral**. **Referrals**, which can be issued by Parents, Community Members and Courts, **are mandatory**.

MINISTRY OF PEOPLE EMPOWERMENT AND ELDER AFFAIRS

The organisation is the leading Social Service agency in Barbados providing social protection to vulnerable groups inclusive of children. As it relates to psychological services for children the welfare department and the Child Care Board provide social work services. These include counselling and psychological assessment.



SOME SERVICES OFFERED:

- ➔ Trauma-based Counselling
- ➔ Testing for behavioural disorders/conditions
- ➔ Social Work Services
- ➔ Positive Parenting Programmes
- ➔ HIV/STI Programmes
- ➔ HIV/STI Support
- ➔ General Counselling

ACCESSIBILITY:



THE DETAILS:



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

Language: English

Address: 4th Floor
Warrens Office Complex
Warrens
St. Michael, Barbados

Hours to Operation: Monday - Friday
8:15AM-4:30PM

Contact Details:

Primary Phone: 1-246-535-1601

Crisis Hotline: 1-246-535-4357



peoplebds



peoplebds

ACCESSING SERVICES:

UNDER 18?:

You can also access services by **referral only**.

You are **required** to have parent consent to access services

18 AND OVER?:

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

Wait time for appointment: Between 1-2 months
Typical length of session: 30 to 45 minutes

WELFARE DEPARTMENT

The Welfare Department aims to provide professional social work services geared towards the resolution of individual and family problems, enhancement of personal and social development, alleviation of poverty empowerment and rehabilitation of the disabled, the disadvantaged and those affected by the crisis and natural disaster.

Information taken from the Barbados Integrated Government Website



SOME SERVICES OFFERED:

- ➔ Conflict Resolution
- ➔ Family Therapy
- ➔ General Counselling
- ➔ Referrals
- ➔ Social Work Services
- ➔ Trauma-based Counselling

ACCESSIBILITY:



THE DETAILS:



Audience: Adults (18+), Parents and Families

Language: English

Address: Weymouth Corporate Center
Corner of Roebuck Street and
Country Road
Bridgetown, St. Michael, Barbados

Hours to Operation: Monday - Friday
8:15AM-4:30PM

Contact Details:

Primary Phone: 1-246-535-1000

Email: Welfare.Department@barbados.gov.bb



Barbados Welfare

ACCESSING SERVICES:

UNDER 18?:

The welfare department does not typically serve persons under the age 18. If you are under 18 years age, you must be accompanied by a trusted adult

18 AND OVER?:

You can make an appointment **by phone..** Appointments are not mandatory.

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

Wait time for appointment: Between 1-2 months
Typical length of session: 45 minutes to 1 hour

★ **Note to self:** I don't ever have to struggle in silence.



Scan to access the live
Directory!

