



SUBSTANCE USE IN PREGNANCY

A Review of Patient Resources

Bridge the gApp

This link provides a general overview of addictions and specific resources, including how to find help.

- Website: <https://www.nl.bridgethegapp.ca/>

St. John's Status of Women's Centre

Counsellors provide therapy to women and non-binary people (18 and over in the St. John's area).

- Services include (all FREE):
 - low barrier, drop-in individual counselling
 - group counselling and support
 - Boutique Program which provides clothing/personal care products
 - drop-in social programs
 - holistic and recreational programming that encompass mind, body, soul
- Website: www.sjwomenscentre.ca
- Phone: (709) 753-0220
- Email: reception@sjwomenscentre.ca

Mental Health and Addictions System Navigator

A central point of contact for individuals and family members to make connections and find services.

- Phone: 752-3916 or 1-877-999-7589
- Email: barry.hewitt@nlhealthservices.ca

Mental Health Crisis Line

- **Call 811.** HealthLine nurses are available 24/7 to listen, provide support, and connect you to services in your area.
- Crisis text Line. Text to Talk: 686868

Doorways

Fast access to mental health and addictions counselling.

- Visit www.nl.bridgethegapp.ca or call 811 to find one close to you.

Healthy Baby Clubs

Prenatal nutrition and education support program. The objective is to support healthy nutrition during the pregnancy and early post-natal period and to promote healthy pregnancy and newborn outcomes. Uses a peer support model with a team approach.

- Website: <https://www.gov.nl.ca/education/childcare/healthy-baby-clubs/>

Choices for Youth

Housing/shelter and other support for Youth 16-29.

- Website: www.choicesforyouth.ca
- Phone: (709) 754-0446

Momma Moments Program

This special program is a part of Choices for Youth. It is wrap around services and peer-peer support for pregnant persons and mothers aged 16-29.

- Contact Choices for Youth

Lifewise

Brings hope to and reduces stigma, for those individuals living with mental health and addiction issues.

- The Warm Line: offers support and information from trained peer supporters.
- Website: www.lifewisenl.ca
- Phone: (709) 753-0220, 1-855-753-2560 (10am-12 pm)



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CAST

(Concurrent, Addictions, Specialized Treatment)

Specialized treatment for those with mental illness and addiction issues.

- Website: <https://mha.easternhealth.ca/adults/cast/>
- Phone: (709) 777-5074

Treatment Centres

- The Recovery Centre (St. John's)- Provides priority support and detox for pregnant women
- Grace center (Harbour Grace)
- Humberwood (Corner Brook)
- For more information, contact your local Mental Health and Addictions office or your health care provider
- Website: <https://www.gov.nl.ca/hcs/mentalhealthcommittee/mentalhealth/treatment-centres/>

Iris Kirby House

Safe shelter for women with or without children that are fleeing family violence.

- Phone: (709)753-1492 or text (782)821-7463

SWAP (Street Work Access Program)

Education and assistance for those who use drugs (including clean supplies).

- Website: <https://acnl.net/services/swap/>
- Phone: (709) 757-7927 (call or text)

Opioid Dependence Treatment Hubs

Rapid access to Methadone/ Suboxone.

- Website: <https://mha.easternhealth.ca/adults/opioid-treatment-and-naloxone/>
- Phone: (709) 752-4478

Alcoholics Anonymous (AA)

- Website: <https://www.aa.org/>
- Phone: 1-888-579-5215 or (709) 579-6091 (meeting info)

Narcotics Anonymous (NA)

<http://www.nlareana.ca/>

Managed Alcohol Program (MAP)

- Program focused on harm reduction for women and gender-diverse people who drink
- Website: <https://sjswc.ca/managed-alcohol-program/>
- Call/text: (709) 725-8700
- Email: sherriesjwomenscentre.ca

Take Home Naloxone Kits

<https://www.gov.nl.ca/hcs/naloxonekits/>