

Where is help available?

If you or someone you know needs help, reach out.
No one is alone.

911

- ◆ Always call 911 in a medical emergency (including mental health, substance use or addiction emergency)

811 HealthLine

- ◆ Talk to a professional about medical advice, health information, mental health and healthy eating

Doorways

- ◆ A walk-in counselling service at the Labrador Health Centre

Opioid Treatment Centre

- ◆ Call the Labrador Health Centre at 709.897.2125

Dialectical Behavioral Therapy Program

- ◆ A program that helps people learn new skills, re-build their lives, and make life worth living again
- ◆ For more information, call 709.897.2343

Mobile Crisis Response Team

- ◆ Mental health and addictions and police officers are trained to deliver crisis intervention services
- ◆ If you need help, call 709.896.3383

Flexible Assertive Community Treatment Teams

- ◆ Professionals work together to provide treatment of illness, hands-on assistance with daily living activities, and recovery support for people who deal with mental illness
- ◆ Help is available at 709.897.2116

Bridge the gapp

- ◆ Access content that can provide advice, inspiration, assurance, direction and supports from a computer, tablet or smartphone
- ◆ The mental wellness resource for adults and youth includes a chat feature and links to services and supports
- ◆ Go to <https://nl.bridgethegapp.ca> for more information

Action Team Update



What is the Action Team?

- ◆ We are a group of community, Indigenous and Government partners
- ◆ We work together to match needs with services for people who need help in Happy Valley-Goose Bay
- ◆ A person's safety and well-being is important

What does the Action Team do?

- ◆ Team members work together to identify housing, health and support services needs
- ◆ Organizations who are members of the Action Team arrange help for people who are homeless or transiently homeless. They reach out with a helping hand to people who may have mental health and addictions challenges

Who are the Action Team Members?

- ◆ Nunatsiavut Government
- ◆ Innu Nation
- ◆ Innu Round Table Secretariat
- ◆ Sheshatshiu Innu First Nation
- ◆ Mushuau Innu First Nation
- ◆ NunatuKavut Community Council
- ◆ Labrador Friendship Centre
- ◆ Salvation Army
- ◆ Labrador-Grenfell Health
- ◆ RCMP
- ◆ Housing and Homelessness Coalition
- ◆ Provincial and Federal Governments

Why was the Action Team formed?

- ◆ Canada has seen an increase in homelessness since the pandemic
- ◆ Homelessness is not unique to Happy Valley-Goose Bay
- ◆ The cause of homeless and transiently homeless issues can be linked to feelings of isolation, mental health and addictions, job loss and housing shortages
- ◆ Some people suffer from intergenerational trauma
- ◆ Historical events can be passed down through generations and have long-lasting impacts on people

What is the Action Team doing?

Community Outreach

- ◆ Many of the community partners have outreach workers connecting with people who may need help. Outreach can take place at the Housing Hub shelter, the trails, or wherever people hang out
- ◆ They have put together an outreach plan so their efforts are coordinated and effective
- ◆ Indigenous organizations have developed cultural sensitivity sessions to increase awareness of differences and similarities between people

Housing

- ◆ The Labrador Friendship Centre is taking a close look at the housing needs to understand what is happening in the community
- ◆ Action Team members have been working with the NL Housing Corporation and an architect on a new facility for the community
- ◆ The idea is to bring together health, housing and supportive services under one roof
- ◆ A new facility can better support people who are homeless or need help

Case Management

- ◆ Case management is a team of housing and supportive services professionals, and the RCMP, who work directly with people who have needs
- ◆ Team members assess needs and arrange support services for each person

Harm Reduction

- ◆ Work has been done to provide naloxone kits and supplies to the public
- ◆ The Labrador Health Centre has an Opioid Treatment Centre
- ◆ Harm reduction helps keep people safe

Justice and Public Safety

- ◆ The Legal Aid Commission and a Probation Officer works with people at the Housing Hub shelter who may need legal help
- ◆ The Provincial Government provided funds to the Town of Happy Valley-Goose Bay to support security services