

Mental Health and Addictions

change
starts
here



Investment

- + \$236.5 million spent in the area of mental health and addictions in 2020-21, which represents 7.11 per cent of total health care spending.

Access

- + There are 43 per cent fewer people waiting for mental health and addictions counselling services since the implementation of Towards Recovery in March 2017.
- + Referrals have increased by 44 per cent since March 2017; yet wait times continue to be reduced.

Supports and Services

- + Doorways walk-in mental health and addiction counselling is available in over 60 locations, including all adult correctional facilities. Over 16,000 Doorways visits/calls occurred in 2020-21 compared to 11,392 in 2019-20.
- + Uptake of e-mental health services accessible from Bridge the gapp (BTG) NL continue to grow. Bridge the Gapp saw a 233 per cent increase with over 103,000 users compared to 48,000 in 2019-20.
- + The number of incoming and outgoing calls to the Provincial CHANNAL Warm Line increased by 300 per cent since the program began in 2016 with over 20,000 calls in 2020-21.
- + The Provincial Mental Health Crisis Line received over 17,000 calls in 2020-21, which is up from 14,000 calls in 2019-20.
- + In 2020-21, almost 10,000 Mindwell-U user sessions occurred in Newfoundland and Labrador, with 1,835 users registered for the 30-day mindfulness challenge.

- + Mobile crisis response teams are available in St. John's, Gander, Grand Falls-Windsor, Corner Brook, Labrador West and Happy Valley-Goose Bay.
- + Two assertive community treatment (ACT) and 13 flexible assertive community treatment (FACT) teams throughout the province are providing services to almost 1,000 individuals with severe and persistent mental illness or concurrent disorders.
- + Opioid Dependency Treatment hubs are now available in all four regions of the province and provide rapid access to treatment, usually within same day or next day.

Infrastructure

- + Construction is well underway on a new adult mental health and addictions facility in St. John's, with the net present value of the contract estimated at \$330 million.
- + Construction is underway on a new \$6.1 million mental health and addictions unit in Happy Valley-Goose Bay.

Focusing on our Next Priorities

- + Release of Alcohol, and Life Promotion Suicide Prevention action plans.
- + Implementation of provincial stepped-care model, and further expansion of e-mental health tools for substance use treatment and suicide prevention.
- + Increased community-based services with a focus on care and treatment for individuals with severe and persistent mental illness.
- + Increased capacity and access to programs and services that strengthen families, foster resiliency and build protective factors.
- + Improved awareness of new and existing mental health and addictions services, and how to access them.