



# MENTAL HEALTH

**HOTLINES & RESOURCES  
FOR CARIBBEAN CHILDREN & YOUTH**



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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.



## LOCAL/REGIONAL HOTLINES

### ANGUILLA

#### SAFE (7233) Mental Health and Psychosocial Support Hotline

24/7 Call: 1(264) 772-7233 or 1(264) 476-6688

### ANTIGUA & BARBUDA

#### National Suicide Prevention Hotline

Call: 1(242) 322-2763

### THE BAHAMAS

#### National Suicide Prevention Hotline

Call: 1(242) 322-2763

### BARBADOS

#### BFPA Crisis Support Hotline

Call: 1(246) 233-4249

#### CASA Barbados Mental Health Support Hotline

Call: 1(246) 264-7151  
Active 5PM-11PM Daily

#### Lifeline Barbados Crisis Hotline

Call: 1(246) 536-4500 or 988

#### Youth Support Hotline (Division of Youth Affairs)

Call: 1(246) 539-HELP [4357]  
youth.support@barbados.gov.bb

### BELIZE

#### Mind Health Connect Belize

Visit: [mindhealthconnect.com](http://mindhealthconnect.com)

### BERMUDA

#### National Mental Health Crisis Hotline

Call: 1(441) 239-1111

### CAYMAN ISLANDS

#### Cayman Islands Kids Helpline

Call: 1(345) 649-KIDS [5437]  
Active: Mon - Fri: 10AM - 6PM

#### Cayman Islands Mental Health Support Hotline

Call: 1(800) 534-MIND [6463]  
Active Mon - Fri: 9AM - 5PM

#### Cayman Islands Crisis Helpline

24/7 Call: 1(800) 534-2422

### GUYANA

#### Guyana Safe Space Hotline

Call: 655-SAFE [7233]

#### Guyana National Suicide Prevention Hotlines

Call: 223-0818 or 223-0001 or 223-0009  
623-4444 or 600-7896

### JAMAICA

#### NEW LIFE Mental Health Hotline

Call: 1(888) NEW-LIFE [639-5433]

#### U-Matter Chatline (UNICEF Jamaica/ Ministry of Health & Wellness Jamaica)

Text SUPPORT to @ureportjamaica on IG/FB  
or to 1(876) 838-4897 on WhatsApp or SMS  
Open 24/7/365 to 16-24 year olds

### ST. LUCIA

#### National Suicide Prevention Hotline

Call: #203

### SURINAME

#### Kinder-en Jongerentelefoon

Call: 123  
Visit: [www.bel123.org](http://www.bel123.org)



## TRINIDAD & TOBAGO

### Childline Trinidad & Tobago

Call: 131 or 800-4321

WhatsApp: 1 (868) 760-4471

Visit: [childlinett.org](http://childlinett.org)

### FindCare TT Crisis Support Directory

Visit: [findcarett.com](http://findcarett.com)

### Lifeline TT Crisis Helpline

Call: 800-5588 or 866-5433

Visit: [lifelinett.com](http://lifelinett.com)

## INTERNATIONAL HOTLINE & TEXTLINE NUMBERS

### 988 Suicide & Crisis Lifeline (USA)

24/7 Call or Text: 988

### Talk Suicide Canada

Call: 1 (833) 456-4566

### UK Nat'l Suicide Prevention Hotline

Call: 0800 689 5652

### Samaritans UK Suicide Prevention Hotline

Call: 116 123

## 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](#)

### Find A Helpline

[Find Mental Health Support near You](#)

### Mind — Mental Health Charity

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

### Seize The Awkward

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

### Young Caribbean Minds

[The Digital Mental Health Hub for Caribbean  
Children and Youth](#)

Scan the QR code for more helpful mental health resources.

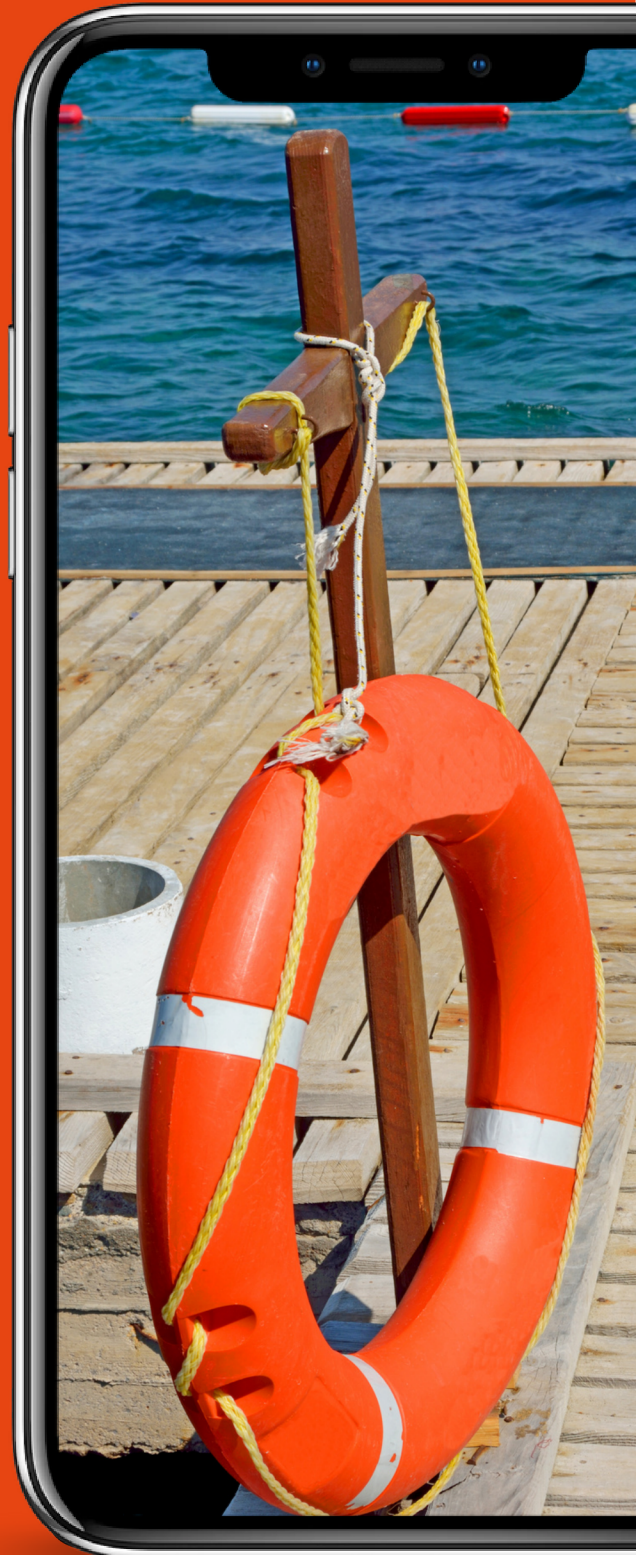
And, help us to build hope, boost awareness and demand action on mental health, by following us on all socials [@letsunpackitco.](#)





# Help is just one phone call away!

With this resource, you will always be equipped to help yourself and others get connected with high quality mental health care and services in the Caribbean. Keep this guide at hand in case you ever need it. And, be kind! Share it with your loved ones.



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