

MENTAL HEALTH AND COMMUNITY RESOURCES



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

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EMERGENCY HOTLINES & SUPPORT SERVICES

SERVICE	CONTACT INFO	NOTES
Emergency Services (Canada-Wide)	 911	<ul style="list-style-type: none">Available 24/7For life-threatening emergencies, accidents, fires, medical crises, or if you witness a crime in progress.You can also request a wellness check on someone if you're concerned for their immediate safety.
Suicide Crisis Helpline (Canada-Wide)	  988	<ul style="list-style-type: none">Available 24/7 – Call or TextOffers immediate, free and confidential mental health support for people in emotional distress, those experiencing thoughts of suicide, or anyone concerned about someone else.Trained crisis responders provide support, resources, and safety planning.
Mental Health & Addictions Crisis Line (NL)	 811  Toll-Free (NL): 1-888-737-4668	<ul style="list-style-type: none">24/7 – Call or TextFree, confidential crisis support for mental health or addiction concerns.Staffed by trained crisis responders who can connect callers to mobile crisis teams, local services, and immediate care.: bridgethegapp.ca
Emergency Housing Line (NL Housing)	 St. John's: (709) 724-2444  Toll-Free (NL): 1-833-724-2444	<ul style="list-style-type: none">For individuals or families in urgent need of shelter or emergency housing across Newfoundland and Labrador.Available 24/7Support includes finding temporary accommodations, referrals, and safety planning
Report Child, Youth, & Adult Abuse or Neglect (NL)	 1-833-552-2368	<ul style="list-style-type: none">Confidential reporting line to protect vulnerable individuals from abuse, neglect, or exploitation.For children, youth, adults, and seniors in need of protection.Callers can remain anonymous.Available 24/7

Sexual Assault Crisis Centre (NL)	☎ 1-800-726-2743	<ul style="list-style-type: none"> • Available 24/7 – Confidential Line • Support for survivors of sexual violence, recent or past. • Services include crisis counseling, emotional support, information on reporting options, and referrals to local resources. • 🌐: endsexualviolence.com
Poison Control (Atlantic Canada)	☎ 1-844-764-7669	<ul style="list-style-type: none"> • Available 24/7 – Call Anytime • For accidental poisonings, overdoses, exposures to household products, medications, or chemicals. • Staffed by registered nurses and pharmacists trained in toxicology. • Can advise whether you need to go to the hospital or how to treat symptoms at home. • 🌐: atlanticcanadapoisoncentre.ca

HELPFUL TIPS

- Save these numbers in your phone or post them in a visible place at home.
- Always remain calm when you call.
- Provide your location and details clearly.
- If you're unsure whether something is an emergency, **call anyway** - the dispatcher can guide you.



NON-EMERGENCY CONTACTS

SERVICE	CONTACT INFO	NOTES
RNC (Non-Emergency Line)	☎ (709) 729-8000	<ul style="list-style-type: none">• Use For: Reporting non-urgent crimes, suspicious activity, property damage, or requesting police assistance where there is no immediate danger.• Availability: 24/7 – Call
RCMP (Non-Emergency Line)	☎ 1-800-709-7267 (RCMP)	<ul style="list-style-type: none">• Use For: Reporting non-emergency incidents in areas of Newfoundland and Labrador served by the RCMP.• Availability: 24/7 – Call
Crime Stoppers (Anonymous Tip Line)	☎ 1-800-363-8477 (TIPS)	<ul style="list-style-type: none">• Use For: Anonymously reporting information about crimes or suspicious activity. You can remain anonymous and may be eligible for a cash reward.• Availability: 24/7 – Call or Submit Online• 🌐: www.nlcrimestoppers.com
Victim Services (NL Department of Justice and Public Safety)	☎ (709) 729-0900	<ul style="list-style-type: none">• Use For: Support for victims of crime including emotional support, assistance navigating the justice system, and safety planning.• Services Available: In-person and over the phone• 🌐: www.gov.nl.ca/victimservices
Newfoundland & Labrador Human Rights Commission	☎ (709) 729-2709	<ul style="list-style-type: none">• Use For: Filing complaints or seeking guidance regarding discrimination, harassment, or violations of human rights in housing, employment, and public services.• Availability: Monday–Friday, during regular business hours• 🌐: www.justice.gov.nl.ca/hrc
211 NL – Community & Social Services Navigation	☎ 211 (toll-free, confidential)	<ul style="list-style-type: none">• Use For: Accessing information and referrals for mental health services, food assistance, housing, employment supports, childcare, legal aid, and more.• Availability: 24/7 – Call, Text, or Chat Online (Confidential and Free)• 🌐: nl.211.ca



Health Science Centre
300 Prince Philip Dr.

☎ (709) 777-6300



L.A. Miller Centre
100 Forest Road

☎ (709) 777-6555



**St. Clare's Mercy
Hospital**
*154 LeMarchant
Road*

☎ (709) 777-5000



**Janeway Children's
Health Centre**

*300 Prince Philip
Drive*

☎ (709) 777-6300



**Mental Health &
Addictions Centre
(MHAC)**

300 Prince Philip Drive

☎ (709) 777-3300



CRISIS & MENTAL HEALTH SUPPORT

























SERVICE	CONTACT INFO	NOTES
Mental Health & Addictions Crisis Line (NL)	☎ 811 ☎ Toll-Free (NL): 1-888-737-4668	<ul style="list-style-type: none">• 24/7 – Call or Text• Free, confidential crisis support for mental health or addiction concerns.• Staffed by trained crisis responders who can connect callers to mobile crisis teams, local services, and immediate care.• 🌐: bridgethegapp.ca
Crisis Text Line National	💬 Text “WELLNESS” to 741741	<ul style="list-style-type: none">• Free, 24/7 text support for any mental health crisis.• 🌐: crisistextline.org
Mental Health and Addictions Systems Navigator	☎ St. John's: (709) 752-3916 ☎ Toll-Free: 1-877-999-7589	<ul style="list-style-type: none">• Helps individuals and families navigate services available through regional health authorities and community programs.
Lifewise Warm Line	☎ St. John's: (709) 753-2560 ☎ Toll-Free: 1-855-753-2560	<ul style="list-style-type: none">• Peer support for anyone feeling isolated or in distress.• ⌚ Available Daily: 10 AM – 12 AM
WOW (Warn Other Workers) - Bad Date Line	☎ 1-800-726-2743	<ul style="list-style-type: none">• 24/7 line for sex workers to report and share info about dangerous clients anonymously.
Domestic Violence Help Line (NL)	☎ 1-888-709-7090	<ul style="list-style-type: none">• 24/7 call or text support for those experiencing intimate partner violence or domestic abuse.• Offers crisis support, safety planning, and referrals.
Hope for Wellness Help Line (First Nations & Inuit)	☎ 1-855-242-3310	<ul style="list-style-type: none">• 24/7 culturally appropriate mental health support for Indigenous peoples in Canada.• Services available in English, French, Cree, Ojibwe, and Inuktitut.
Trans Lifeline Hotline	☎ 1-877-330-6366	<ul style="list-style-type: none">• Peer support line run by and for transgender people.

2SLGBTQIA+ Warm Line	☎ 1-866-230-8041	<ul style="list-style-type: none"> Confidential support from a peer with lived experience. 🕒 Wednesday – Sunday: 6 PM – 10 PM Chat Link: www.plannedparenthoodnlshc.com/warmline.html
The Pottle Centre	☎ (709) 753-2143	<ul style="list-style-type: none"> Drop-in social center for adults living with mental health challenges. 🕒 Monday – Friday: 8:30 AM – 4:30 PM 📍 200 Water St, St. John's
Ches Penney Centre of Hope (Salvation Army)	☎ (709) 739-0290	<ul style="list-style-type: none"> Offers housing support, addiction services, mental health support, and life skills programming. 📍 18 Springdale St, St. John's 📄 Centre of Hope Brochure (PDF)
Doorways Walk-In Counselling	☎ (709) 752-4903	<ul style="list-style-type: none"> No appointments are required. For brief intervention and support related to mental health or addictions. 🕒 Mon/Wed/Fri: 8:30 AM – 4:30 PM 🕒 Tues/Thurs: 11:00 AM – 7:00 PM 📍 532 Pleasantville Ave (Back of Building), St. John's 🌐 mha.easternhealth.ca/doorways/
Ruah Counselling Centre	☎ (709) 579-0168	<ul style="list-style-type: none"> Faith-based, professional counselling for mental health, grief, relationships, and more. 🌐 ruahcounselling.ca
CAST (Concurrent Addictions Specialized Treatment Program)	☎ (709) 777-5074	<ul style="list-style-type: none"> Specialized program for individuals experiencing both mental health and substance use disorders. 🌐 mha.easternhealth.ca/adults/cast/



COMMUNITY OUTREACH & SUPPORT SERVICES

SERVICE	CONTACT INFO	NOTES
StreetReach – Thrive	☎ (709) 743-2536	<ul style="list-style-type: none"> Street-based outreach for youth and adults experiencing homelessness, exploitation, or marginalization. Provides food, clothing, crisis intervention, and referrals.
Community Youth Network – Thrive	☎ (709) 754-0536	<ul style="list-style-type: none"> Individualized support for people experiencing challenges with housing, justice, mental health, addictions, or physical health. 📍 807 Water Street, St. John's 🌐: www.thrivecyn.ca
Choices for Youth	☎ (709) 754-3047	<ul style="list-style-type: none"> Support for at-risk and homeless youth (ages 16–29) through housing, education, employment, and family support. 🌐: choicesforyouth.ca
Stella's Circle	☎ (709) 738-8390	<ul style="list-style-type: none"> Integrated support for adults facing barriers due to mental health, criminal justice involvement, or homelessness. Services include housing, counselling, employment training, and more. 🌐: stellascircle.ca
SWAP (Safe Works Access Program)	☎ (709) 757-7927	<ul style="list-style-type: none"> Needle Exchange Provides access to clean supplies, harm reduction education, and referrals to addiction treatment.
Planned Parenthood NLSHC	☎ (709) 579-1009	<ul style="list-style-type: none"> Sexual and reproductive health services, inclusive education, and 2SLGBTQIA+ support. 🌐: plannedparenthoodnlsbc.com
First Light	☎ (709) 726-5902	<ul style="list-style-type: none"> Indigenous-led organization offering cultural, wellness, and housing programs for urban Indigenous and non-Indigenous individuals. 🌐: firstlightnl.ca





St. John's Women's Centre	 (709) 753-0220  (709) 770-4312	<ul style="list-style-type: none"> Provides free programs, peer support, drop-in services, and a clothing boutique for women and gender-diverse individuals. : sjwomenscentre.ca
Recovery Centre (Eastern Health)	 (709) 752-4980	<ul style="list-style-type: none"> Provides withdrawal management and addiction recovery support.
AIDS Committee of Newfoundland & Labrador (ACNL)	 1-800-563-1575	<ul style="list-style-type: none"> Support, prevention, and education for individuals living with or at risk of HIV/AIDS and Hepatitis C. : acnl.net
Athena Clinic	 (709) 754-3572	<ul style="list-style-type: none"> Primary healthcare clinic offering confidential services related to sexual health, reproductive care, and pregnancy options.
Single Parent Association of NL (SPANL)	 Admin: (709) 738-3401  Food Bank: (709) 739-0709	<ul style="list-style-type: none"> Advocacy, food assistance, education support, and resources for single parent families. : spanl.ca
Al-Anon	 (709) 579-6091	<ul style="list-style-type: none"> Support for families and friends of individuals struggling with alcoholism. : www.al-anonnl.ca
Alcoholics Anonymous (AA)	 (709) 579-6091	<ul style="list-style-type: none"> Peer-led recovery support for individuals with alcohol dependency.  Find a Meeting: area82aa.org/find-a-meeting
Gambling Help Line (NL)	 1-888-899-4357	<ul style="list-style-type: none"> 24/7 confidential support for those affected by problem gambling.
Narcotics Anonymous (NA)	 (709) 579-4290	<ul style="list-style-type: none"> Peer-led support for those recovering from substance use disorders. : canadanatl.org
Smokers' Helpline	 1-800-363-5864  (709) 700-7002	<ul style="list-style-type: none"> Free quit-smoking coaching, planning, and motivational support. : smokershelp.net
Quadrangle NL	 (709) 769-2355	<ul style="list-style-type: none"> A 2SLGBTQIA+ community centre providing education, peer support, advocacy, and programming for gender and sexual diversity. : www.thequadnl.com
Office to Advance Women Apprentices (OAWA)	 (709) 757-5434	<ul style="list-style-type: none"> Increases employment opportunities for women in skilled trades, offering mentorship, training, and networking. : womenapprentices.ca

SERVICE	CONTACT INFO	NOTES
Buckmasters Circle Community Centre	☎ (709) 579-0718	<ul style="list-style-type: none"> Offers community programming, youth activities, and support services for local residents. 📍 129 Buckmasters Circle, St. John's
Froude Avenue Community Centre	☎ (709) 579-0763	<ul style="list-style-type: none"> A hub for after-school programs, family support, community meals, and outreach initiatives. 📍 89 Froude Avenue, St. John's
McSheffrey Resource Centre (formerly MacMorran Community Centre)	☎ (709) 722-1168	<ul style="list-style-type: none"> Provides a wide range of programming and supports for children, youth, and families. 📍 10 Brother McSheffrey Lane, St. John's
Rabbittown Community Centre	☎ (709) 739-8482	<ul style="list-style-type: none"> Offers youth programming, community meals, parenting support, and seasonal events. 📍 26 Graves Street, St. John's
Virginia Park Community Centre	☎ (709) 579-4534	<ul style="list-style-type: none"> Delivers diverse educational, recreational, and family-centered programs for all ages. 📍 51 Harding Road, St. John's www.virginiapark.ca
Paul Reynolds Community Centre	☎ (709) 576-8631	<ul style="list-style-type: none"> Features accessible aquatic facilities, including a lap pool, leisure pool, waterslides, and specialized mobility equipment. 📍 35 Carrick Drive, St. John's Email: recreation@stjohns.ca

Shea Heights Community Centre	 (709) 576-1023	<ul style="list-style-type: none">• Available for community rentals and programming. Amenities include a multipurpose room, kitchen, and wheelchair accessibility.• 📍 130 Linegar Avenue, Shea Heights• Email: recreation@stjohns.ca
H.G.R. Mews Community Centre	 (709) 576 – 8499	<ul style="list-style-type: none">• Offers fitness classes, an open gym, children's programming, and access to recreation spaces for community use.• 📍 60 Blackler Avenue, St. John's• Email: recreation@stjohns.ca








NL PUBLIC LIBRARIES

SERVICE	CONTACT INFO	NOTES
A.C. Hunter Adult Library and Culture Centre	 (709) 737-2133	<ul style="list-style-type: none">• Computer & Internet Access• Technology & Job Search Help• Books, Magazines, & DVDs• Book Club Kits & Board Games• Accessible / Adaptive Technology• Public Programs & Events• 📍 125 Allandale Rd, St. John's
Michael Donovan Public Library	 (709) 737-2621	<ul style="list-style-type: none">• Children's & Adult Programs Books, Audiobooks & DVDs• Free Wi-Fi & Computer Access• Quiet Reading & Study Spaces• 📍 655 Topsail Rd, St. John's
Marjorie Mews Public Library	 (709) 737-3020	<ul style="list-style-type: none">• Family Storytime & Crafts• Community Events• Books, Magazines & Games• Printing, Scanning, & Internet Access• 📍 12 Highland Dr, St. John's
Mount Pearl Public Library	 (709) 368-3603	<ul style="list-style-type: none">• Youth & Teen Programs• Public Computers & Wi-Fi• Books, Music & Movies• Job Support & Community Resources• 📍 65 Olympic Dr, Mount Pearl























COGNITIVE & LEARNING DIVERSITIES

SERVICE	CONTACT INFO	NOTES
Autism Society of Newfoundland and Labrador (ASNL)	☎ (709) 722-4926	<ul style="list-style-type: none">• Support & advocacy for individuals and families• Career & employment services• Community events & recreational programs• Educational workshops and peer networking• 📍 70 Clinch Crescent, St. John's• 🌐: autism.nf.net
Learning Disabilities Association of Newfoundland and Labrador (LDANL)	☎ (709) 753-1445	<ul style="list-style-type: none">• Tutoring in math and reading• Assistive technology training• Support groups for individuals and families• Literacy resources and school advocacy support• 📍 120 LeMarchant Road, St. John's• 🌐: ldanl.ca
Empower: The Disability Resource Centre	☎ (709) 722- 4031	<ul style="list-style-type: none">• Peer support & advocacy services• Career guidance & employment supports• Disability rights education• Technology access programs and training• 📍 4 Escasoni Place, St. John's• 🌐: empowernl.ca
Easter Seals Newfoundland and Labrador	☎ (709) 754-1399	<ul style="list-style-type: none">• Inclusive recreational programs for all ages• Equipment loan program (mobility, communication, and therapy aids)• Career development & job readiness• Accessible playground and outdoor space• 📍 206 Mount Scio Road, St. John's• 🌐: eastersealsnl.ca

<p>Coalition of Persons with Disabilities – NL (COD-NL)</p>	<p> (709) 722-7011</p>	<ul style="list-style-type: none"> • Disability advocacy and accessibility training • Collaboration with government and employers Support for inclusive education & employment • Policy development consultation •  460 Torbay Road, St. John's • : codnl.ca
<p>Inclusion Canada Newfoundland and Labrador</p>	<p> (709) 722-0790</p>	<ul style="list-style-type: none"> • Advocacy for individuals with intellectual disabilities • Family support programs • Workplace inclusion initiatives • Access to legal, education, and healthcare navigation supports • : www.inclusioncanadanl.ca






HEALTH, DISABILITY AND COMMUNITY RESOURCE NETWORKS

SERVICE	CONTACT INFO	NOTES
Canadian Hard of Hearing Association NL	 (709) 753-3224  (709) 753-3225	<ul style="list-style-type: none"> Education, advocacy, and support for people with hearing loss and their families.  chha-nl.ca/learning-resources
Alzheimer Society of Newfoundland and Labrador	 (709) 576-0608	<ul style="list-style-type: none"> Resources and support for individuals and families affected by Alzheimer's and other dementias.  alzheimer.ca/nl
Canadian National Institute for the Blind (CNIB)	 (709) 754-1180 ext. 5804	<ul style="list-style-type: none"> Vision rehabilitation, assistive technology training, advocacy, and peer programs.  Email: infonl@cnib.ca  cnib.ca
Eating Disorder Foundation of Newfoundland and Labrador (EDFNL)	 (709) 722-0500	<ul style="list-style-type: none"> Education, support groups, and advocacy for individuals affected by eating disorders.  edfnl.ca
Epilepsy Newfoundland & Labrador	 (709) 722-0502	<ul style="list-style-type: none"> Education, support services, and advocacy for individuals living with epilepsy and their families.  epilepsynl.com
Heart & Stroke Foundation of NL	 1-888-473-4636	<ul style="list-style-type: none"> Health education, heart/stroke prevention resources, recovery support, and research advocacy.  heartandstroke.ca
Diabetes Canada – NL Region	 1-800-BANTING (1-800-226-8464)	<ul style="list-style-type: none"> Education, advocacy, and support for those living with diabetes.  Email: info@diabetes.ca  diabetes.ca
Newfoundland and Labrador Stuttering Association (NLSA)	 (709) 753-7500	<ul style="list-style-type: none"> Peer support, advocacy, and public awareness for individuals who stutter.  Email: info@nlstuttering.ca  nlstuttering.ca

Canadian Red Cross – Provincial Office	☎ (709) 758-8400	<ul style="list-style-type: none"> • Emergency response, medical equipment loan program, disaster relief, and community health programs. • 🌐: redcross.ca
Canadian Cancer Society – NL Division	☎ (709) 753-6520	<ul style="list-style-type: none"> • Peer support groups, advocacy, practical support programs (transportation, wigs, etc.). • 🌐: cancer.ca
Schizophrenia Society of Newfoundland and Labrador	☎ 709-777-3335	<ul style="list-style-type: none"> • Support, education, and advocacy for individuals and families living with schizophrenia and psychosis-related illnesses. • 🌐: schizophrenia.ca



RESOURCES FOR NEW CANADIANS

SERVICE	CONTACT INFO	NOTES
Association for New Canadians (ANC)	 (709) 722-9680	<ul style="list-style-type: none">• Settlement Services: Help with housing, health care, and documentation• Language Training: ESL classes, conversation circles, and LINC programs• Employment Assistance: Job search support, resume writing, interview preparation• Youth and Family Services: School orientation, after-school programs• International Student Support• Volunteer and Community Engagement Opportunities• 📍 Head Office: 144 Military Road, St. John's• ✉️ Email: information@ancnl.ca• 🌐: www.ancnl.ca
Multicultural Women's Organization of Newfoundland and Labrador (MWONL)	 (709) 726-0321	<ul style="list-style-type: none">• Empowerment and advocacy for newcomer women• Skills development and educational workshops• Legal and health information sessions• Cultural awareness and integration programs• Peer mentoring and leadership opportunities• ✉️ Email: admin@mwonl.com• 🌐: www.mwonl.org
<p> immigration.ca/guide-for-newcomers</p>		



LEGAL AND FINANCIAL SERVICES










SERVICE	CONTACT INFO	NOTES
Credit Counseling Services of NL	St. John's: (709) 753-5812 Toll-Free: 1-888-738-3328	<ul style="list-style-type: none">• Budgeting and debt management support• Credit education• Bankruptcy alternatives• One-on-one confidential financial counselling• : ccsnl.ca
Income Support (Government of NL)	1-877-729-7888	<ul style="list-style-type: none">• Financial assistance for basic needs (food, rent, utilities)• Support for individuals and families in financial need• Assistance with medical transportation and special benefits• : www.gov.nl.ca/cssd/income-support
NL Legal Aid Commission	(709) 753-7860	<ul style="list-style-type: none">• Free or low-cost legal representation• Criminal, family, and some civil matters• Duty counsel and legal advice• 251 Empire Avenue, Suite 300, St. John's• : www.legalaid.nl.ca
Public Legal Information Association of NL (PLIAN)	St. John's: (709) 722-2643 Toll-Free: 1-888-660-7788	<ul style="list-style-type: none">• Free legal information (not legal advice)• Legal education workshops and public resources• Support understanding legal rights and processes• : www.publiclegalinfo.com
Service Canada	1-800-206-7218	<ul style="list-style-type: none">• Employment Insurance (EI)• Canada Pension Plan (CPP)• Old Age Security (OAS)• Social Insurance Numbers (SIN)• Assistance with government forms• : www.canada.ca/en/employment-social-development







Supreme Court of Newfoundland and Labrador – Family Division	☎ (709) 729-2258	<ul style="list-style-type: none"> • Family law matters (custody, child support, divorce, adoption) • Filing court applications and obtaining court orders • Access to Family Justice Services and court support • 📍 68 Portugal Cove Road, St. John's • 🌐: www.court.nl.ca/supreme/family
Turnings	☎ (709) 754-1010	<ul style="list-style-type: none"> • Support for individuals reintegrating after incarceration • Case management and community referrals • Counselling, life skills, and justice system navigation • 📍 21 Merrymeeting Road, St. John's • 🌐: www.turningsnl.com



FOOD, CLOTHING, AND SHELTER

SERVICE	CONTACT INFO	NOTES
Brian Martin Housing Center (Stella's Circle)	☎ (709) 738-0457	<ul style="list-style-type: none"> Housing support for individuals facing barriers such as mental health challenges, homelessness, or criminal justice involvement. 📍 84 Prescott Street, St. John's 🌐: www.stellascircle.ca
Bridges to Hope	☎ (709) 722-9225	<ul style="list-style-type: none"> Housing support for individuals facing barriers such as mental health challenges, homelessness, or criminal justice involvement. 📍 37 Cookstown Road, St. John's 🌐: www.bridgestohope.ca
Choices for Youth	☎ Main Line: (709) 757-3050 ☎ Emergency Line: (709) 754-0446	<ul style="list-style-type: none"> Youth housing, employment programs, outreach support, and mental health services (ages 16–29). 📍 261 Duckworth Street, St. John's 🌐: www.choicesforyouth.ca
Community Food Sharing Association (CFSA)	☎ (709) 722-0130	<ul style="list-style-type: none"> Food bank coordination across NL – find local food banks and emergency food support. 🌐: cfsa.nf.net/findfood
211 Newfoundland and Labrador – Community Referrals	☎ 211 (toll-free, confidential)	<ul style="list-style-type: none"> 24/7 referral service for housing, food, health, legal, mental health, and other community supports. 🌐: nl.211.ca
The Gathering Place	☎ (709) 753-3234	<ul style="list-style-type: none"> Meals, medical care, showers, clothing, social supports, and shelter for vulnerable individuals. 📍 172 Military Road, St. John's 🌐: www.kindnesswanted.ca
Howard House	☎ (709) 722-2414	<ul style="list-style-type: none"> Residential support for adult males transitioning from incarceration or involved in the justice system. 📍 7 Garrison Hill, St. John's 🌐: www.johnhowardnl.ca

Iris Kirby House	 Crisis Line: (709) 753-1492  Text Support: (782) 821-7463	<ul style="list-style-type: none"> • Emergency shelter and support for women and children fleeing domestic violence. • 📍 196 Waterford Bridge Road, St. John's • 🌐: www.iriskirbyhouse.ca
Jimmy Pratt Memorial Outreach Centre	 (709) 726-8775	<ul style="list-style-type: none"> • Community meals and outreach programs. • 📍 25 Buchanan Street, St. John's
Naomi Centre (Stella's Circle)	 (709) 579-8641	<ul style="list-style-type: none"> • Emergency shelter and support for young women aged 16–30 experiencing homelessness. • 📍 4 Patrick Street, St. John's • 🌐: www.stellascircle.ca
End Homelessness St. John's	 (709) 777-1764	<ul style="list-style-type: none"> • Coordinated access and homelessness prevention strategies in collaboration with local organizations. • 🌐: www.wecanendit.com
NL Housing Corporation (NLHC)	 (709) 724-3000	<ul style="list-style-type: none"> • Public housing, rent supplement programs, and emergency housing assistance. • 🌐: www.nlhc.nl.ca
City of St. John's Housing Division	 (709)-576-8196	<ul style="list-style-type: none"> • Affordable housing applications, subsidies, and supportive housing options. • ✉ Email: housing@stjohns.ca • 🌐: www.stjohns.ca
Pleasant Manor	 (709) 739-7329	<ul style="list-style-type: none"> • Transitional housing for individuals working toward independence and stability. • 📍 44 Bennett Avenue, St. John's
Salvation Army Wisemen Centre	 (709) 739-8355	<ul style="list-style-type: none"> • Emergency shelter and support for adult men experiencing homelessness or crisis. • 📍 714 Water Street, St. John's • 🌐: www.salvationarmy.ca

Single Parent Association of Newfoundland (SPANL)	 Food Bank: (709) 739-0709	<ul style="list-style-type: none">• Food support, clothing, workshops, and parenting resources for single parents.•  472 Logy Bay Road, St. John's• : spanl.ca
Tommy Sexton Centre (AIDS Committee of NL)	 (709) 579-8348	<ul style="list-style-type: none">• Supportive housing and HIV/AIDS services, harm reduction, health education, and outreach.•  47 Janeway Place, St. John's•  www.acnl.net