



# 2024

## DIRECTORY OF MENTAL HEALTH SERVICES IN BARBADOS

National Mental  
Health Commission

## **ABOUT THIS DIRECTORY**

The National Mental Health Commission under the Ministry of Health and Wellness is charged with acting as advisor, facilitator, enabler and supporter of the national approach to the mental health reform programme. In fulfilling this mission, public awareness of options for accessing mental health and social services was identified as a key element that required improvement. The Mental Health Directory was developed to close this gap.

**The directory and database contain a list of mental health services offered in Barbados including:**

1. Public providers
2. Private providers (*psychologists, psychiatrists, occupational therapists*) registered with the Paramedical Council as of 2023).
3. Civil Society Organisations (*CSOs*) and Faith-Based Organizations.
4. Mental Health Support Services for Students
5. Hotlines
6. Mental Health Advocacy and Educational Groups

This document is intended to be a living document to reflect any changes in services. Any individual or organization who currently provides mental health services and feels that they have been excluded in error may contact the National Mental Health Commission by emailing **[nationalmentalhealthcommission@health.gov.bb](mailto:nationalmentalhealthcommission@health.gov.bb)** and provide proof of registration or documentation indicating the service provided.

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SECTION 1

# PUBLIC PROVIDERS

## Albert Cecil Graham Development Centre

Outpatient clinic catering to children with disabilities (*physical, mental or intellectual*). The multidisciplinary team includes a psychologist, a social worker, a speech therapist, an audiologist, an occupational therapist, physiotherapist, a neurologist and a paediatrician.



Ladymeade Gardens,  
Jemmotts Lane, St. Michael



246 536-3361 | 536-3362

## Barbados Probation Service

Caters to children, adults and families. Offers counselling services to persons placed on probation in order to assist in the rehabilitation of criminal offenders.



33 Roebuck Street, St Michael



246 536-0403 | 836-5735



[www.barbadosprobationservice.gov.bb](http://www.barbadosprobationservice.gov.bb)

SECTION 1

PUBLIC PROVIDERS

### Child Care Board

Responsible for the protection of children (*under 18 years*). Provides counselling for children and families. Staff include social workers / child care officers as well as a psychologist.



The Fred Edghill Building,  
Cheapside, Bridgetown,  
St Michael



246 535-2800



childcareboard.gov.bb

### Division of Youth Affairs

#### Ministry of Youth, Sports & Community Empowerment

See Sec 5 for Hotline

Caters to youth, ages 15 - 29. Provides vocational training and assessment, training in conflict resolution and team building through the Barbados Youth Advance Corps. Mental health support offered via hotline.



Skymall, Haggatt Hall, St Michael



246 535-3845



www.youthaffairs.gov.bb

### Family Conflict Unit

#### Barbados Police Force

Provides counselling and intervention for victims and perpetrators of domestic violence.



Old Black Rock Police Station,  
Black Rock, St. Michael



246 430-7316 / 7323

### Juvenile Liaison Scheme

#### Barbados Police Force

Provides counselling services for youth offenders or those at risk of offending. Strengthens problem solving and coping skills in a safe environment.



Inga Lodge, Pinfold Street, St. Michael



246 430-7159 / 7160 / 7174 /  
7234 / 7632 | 836-1438

SECTION 1 PUBLIC PROVIDERS

### Lady Meade Reference Unit

Offers counselling and social support to those affected by HIV/AIDS.



Ladymeade Gardens,  
Bridgetown, St. Michael



246 536-3315

### National Assistance Board

See Sec 5 for Hotline

Provides both residential, home care support and recreational services for the elderly including the psychogeriatric population, a homeless shelter for men (*The Clyde Gollop Shelter for Homeless Men*). Bereavement support services and hotline are provided to those grieving the death of a loved one.



Murrell House,  
Country Road, St. Michael



246 535-3131

### National Council on Substance Abuse

See Sec 5 for Hotline

Offers a non-residential outpatient rehab program for individuals with mild to moderate substance use issues. Provides counseling for families affected by substance use disorders and for individuals dealing with mild to moderate depression, anxiety, stress, self-esteem, and anger management concerns.



“The Armaira Building,” Corner  
1st Avenue Belleville & Pine Road,  
St Michael



246 535-6272



[www.ncsa.gov.bb](http://www.ncsa.gov.bb)

### National Disabilities Unit

Provides social support services to persons with disabilities.



Maxwelton, Lower Collymore Rock,  
St. Michael



246 536-3600 / 3612

SECTION 1

PUBLIC PROVIDERS



## Psychiatric Hospital

See **Sec 5** for **Hotline**

Provides both acute and chronic residential care and out-patient services. It caters to adults as well as special populations including children and adolescents and forensic clients. Provides a range of services to assist in rehabilitation including occupational therapy, recreational therapy, Quarterway House, psychology, social work and community services. The latter are based in the polyclinics. A 24-hour emergency or information hotline is also available



Black Rock, St. Michael



246 536-3001



[fb.me/psychihospital.bb](https://fb.me/psychihospital.bb)

### Psychology Department

246 536-3053

Head of Department

**Carol-Ann Fergusson-Chase**

### Social Work Department

246 536-3059

Head of Department

**Cecilia Ramsay**

### Occupational Therapy

246 536 -3046

Head of Department

**Danette Lynch**

### Recreational Therapy

246 536-3036


Head of Department

**Andrea Roach-Estwick**

SECTION 1 PUBLIC PROVIDERS

COMMUNITY BASED SERVICES  
Mental Health Clinics

**Branford Taitt Polyclinic**

 246 536-3049 / 3050 / 3051

Tues 8:30am - 4:00pm

**David Thompson Health & Social Services Complex**

 246 536-4450

Wed 8:30am - 4:30pm

**Edgar Cochrane Polyclinic**

 246 536-3141


Mon & Fri  
8:30am - 4:30pm

**Eunice Gibson Polyclinic**

 246 536-4021


Thur 8:30am - 4:00pm

**Frederick Miller Polyclinic**

 246 536-3971 / 3972


Tues 8:30am - 4:30pm  
Thur 8:30am - 2:00pm

**Maurice Byer Polyclinic**

 246 536-3244 / 3245


Mon & Fri  
8:30am - 4:00pm

**Randal Phillips Polyclinic**

 246 536-4342 / 4343


Tues 8:30am - 2:00pm  
Fri 8:30am - 4:30pm

**Six Roads Polyclinic**

 246 536-4253 / 4254 / 4255


Tues & Thurs  
8:30am - 4:30pm

**St. Andrew Outpatient Clinic**

 246 536-4075 / 4080


Mon 9:00am-1:00pm

**St. Joseph Outpatient Clinic**

 246 536-3282 / 3283

Alternate Thurs  
8:30am - 1:00pm

**Winston Scott Polyclinic**

 246 536-3447 / 536-3462

Wed 8:30am-4:30pm



SECTION 1

PUBLIC PROVIDERS

### Queen Elizabeth Hospital (QEH)

See Sec 5 for Hotline

Provides emergency and acute inpatient psychiatric services as well as an outpatient psychiatric clinic, psychological services to children as part of the paediatric services and social work intervention. Operates a hotline for patient advice.



Martindales Rd, Bridgetown, St. Michael



246 436-6450

### Welfare Department

Social work services aimed at addressing individual and family problems. Assist with poverty alleviation, those affected by disasters or crises and empowerment of those with disabilities.



Weymouth Corporate Center, Roebuck St. Bridgetown, St. Michael



246 535-1000





SECTION 2

# PRIVATE PROVIDERS

## Psychiatrists

**Dr. Cyralene  
Bryce**



**PCC Services  
Medical Centre**

Sunnyside Complex, Suite  
4, Black Rock, St Michael



246 **421-7782**

**Dr. Cherriann  
Catwell**



Towers, Rockley Main Road,  
Rockley, Christ Church



246 **823-8233**



mmprioritymedical246  
@gmail.com

**Dr. Beresford  
Connell**



**Riverside Medical  
Clinic**

Normavilla-River Rd,  
St Michael



246 **417-3536 / 850-1989**

SECTION 2

PRIVATE PROVIDERS

## Psychiatrists

### Dr. Maisha Emmanuel



**Windsor Medical Center**

Corner of Pine Plantation Road & Government Road, St. Michael



246 622-4070

### Dr. Sharon Harvey



35, Kingston Terrace, Welches, St. Michael



246 429-7144

### Dr. Sylvia Turjanski



Freights Bay Mews, Enterprise Coast Road, Christ Church



246 235-6037



silvia@loustric.com

### Dr. Stacy -Ann Cushnie -Lowe



**Elevating Lives Clinic Inc**



246 282-3792



elevatinglivesinc@gmail.com

### Dr. Nya Maughn



**Urgent Care Barbados Medical Centre**

The Commercial Centre, The Estates at St. George, Boarded Hall, St. George



246 538-3838

### Dr. June Price-Humphrey



ElizabethMed # 3 Kyro Rockley Terrace, Christ Church



246 247-7238



elizabethmed.bb@gmail.com

### Dr. Elizabeth Rochester



Appleby, St. James



246 432-7751

SECTION 2 PRIVATE PROVIDERS

Psychologists

Clinical Psychologist

**Angie V. Bailey**

 246 267-4282

 abailey.psychologist@gmail.com


Clinical Psychologist

**DeAnn A. S. Beckles-Lewis**

 246 250-6483

Clinical Psychologist

**Mary Frances Bello**

 **Family Health Clinic**  
Corner of Sharon and Arthur Seat Road, St. Thomas

 246 537-2099

Counselling Psychologist

**Akilah A. Bishop-Blackman**

 **Sure Life Consultancy**  
Husband Heights, St. James

 246 288-0085

 surelife@gmail.com

Counselling Psychologist

**Sonia Cadogan**


 **Transformation Counselling Hub**


 246 262-0292

 transformationhubsc@gmail.com

Clinical Psychologist

**Dr. Lisa Cossy**

 **Lisa Cossy Psychotherapy and Assessment Services**  
'The Nest', Wildey, St. Michael

 246 248-5934 / 424-2266

 dr.lisa.cossy@gmail.com

Educational Psychologist

**Dr. Andrea I. Dennison** Med, PsyD

 **Dr. Andrea Psychology Services**

 246 231-0270

 drandreap@gmail.com

Counselling Psychologist

**Kwayne Farrell**

 **Empathic Interventions Counselling & Consultation Services**  
Neils Road, Highway 4, Haggatt Hall, St. Michael

 246 230-9860

 empathicinterventionsccs@gmail.com

Counselling Psychologist

**Ramana L. Fields**

 246 285-2493

 ramana.fields@outlook.com

SECTION 2

PRIVATE PROVIDERS

Psychologists

Counselling Psychologist

**Cheryl Fitzpatrick-Payne**



**Transitions Counselling and Consulting**

#52 Tino Terrace, Warners, Christ Church



246 262-5661



cfitzpatrickpayne@gmail.com

Educational & Counselling Psychologist

**Dr. Deanne J. Ford**



Kendall Hill, Christ Church



246 418-6634 | 830-1177



deanne.ford@gmail.com

Counselling Psychologist

**Felicia A. Gill**



**Purposeful Psychological Services**

Medford Office Complex, Whitehall Main Road, St. M



246 241-4814



purposefulpsychology@gmail.com



<https://cutt.ly/F-Gill>

Counselling Psychologist

**Shivonne Gittens**



Gittens Wellness Center Husbands, St. James



246 261-9994



gittenswellnesscenter@gmail.com

Counselling Psychologist

**Dr. Ayodele O. Harper**



**Unshackled Counselling Services**

Kingsland Garden, Ch Ch



246 230-7062



ayodele.harper@hotmail.com

Clinical Psychologist

**Dr. Katherine Herbert**



246 253-9509



dr.kate.herbert@gmail.com



- [www.drkherbert.com](http://www.drkherbert.com)
- <https://cutt.ly/K-Herbert>

Counselling Psychologist

**Rasheeda J. Howell**



**Mindful Counselling Solutions**



246 823-7376



mindfulcounsellingsolutions@gmail.com

Clinical Psychologist

**JaDon A. Knight**



**JDK Psychology**

Delaware Medical Centre, Jemmotts Lane, St. Michael



246 421-6232



office@jdkpsychology.com

Clinical Psychologist

**Rev. Dr. Marcus G. Lashley**



**Synapse Psychological Services Inc.**

Corner of Sharon & Arthur Seat Road, St. Thomas



246 537-2099



synapseps@gmail.com

SECTION 2 PRIVATE PROVIDERS

Psychologists

Counselling Psychologist

**Shamar Lynton**



**Step by Step Counselling Inc.**

Lower Estate, St. Michael



246 **238-1259**



scounsellinginterventions@gmail.com

Counselling Psychologist

**Roland Maloney**



**Kairos Counselling Services**

#1 Welches, St. Michael



246 **249-2510**



kairoscountellingservices@gmail.com

Counselling Psychologist

**Joana Matthews**



**The Specialist Centre**

Black Rock, St. Michael



246 **842-0033**



counsellingsolutions46@gmail.com

Counselling Psychologist

**Gabrielle Mayers**



Corner of 4<sup>th</sup> Avenue  
Rendezvous Gardens,  
Christ Church



246 **263-8512**



gmayerscounselling@gmail.com

Counselling Psychologist

**Dr. Natalie J. Moore**



**Rock Dundo Medical Clinic**

White Hall Main Road,  
St. Michael



246 **250-9509**



nataliemoore.cmhc@gmail.com

Counselling Psychologist

**Jo-ann Prosper-Chase**



**MindScape Counselling Services**

Unit 3B, Building 2, Pelican  
Industrial Estate, St. Michael



246 **262-0208**



Mindscape.cs@gmail.com

Counselling Psychologist

**Brenda Roach**



#12, 10th Ave., Belleville  
St. Michael



246 **622-2359**



brenda@jrbmedicalcentre.com



www.rebalancechat.com

Clinical Psychologist

**Christa N. Soleyn**



**Soleyn Psychological Services**

Maxwell Main Road,  
Christ Church



246 **236-3934**



soleynwellness@gmail.com  
soleynpsychologicalservices@gmail.com

Counselling Psychologist

**Dr. Nicora Stubbs-Young**



246 **624-9354**



nicorastubbs@hotmail.com

SECTION 2

PRIVATE PROVIDERS

## Psychologists

Educational Psychologist

**Janice Thorne**

 246 233-1926

Counselling Psychologist

**Shauntée L. O. Walters**

 **Life Intervention & Support Services**

George Street, Belleville, St. Michael

 246 268-1221

 [liss.walters@lifeinterventionandsupport.com](mailto:liss.walters@lifeinterventionandsupport.com)

Clinical Psychologist

**Alana Warren**

 **Alana Warren Psychological Services Inc.**

Wilkey, St. Michael

 246 424-2266

 [Alana.warren@yahoo.com](mailto:Alana.warren@yahoo.com)

 [www.alanawarren.com](http://www.alanawarren.com)

Counselling Psychologist, DBT Therapist

**Lydia A. Worrell**

 **Next Steps Family Centre**  
Upper Collymore Rock, St. Michael

 246 258-6537

 [nextstepsfc@gmail.com](mailto:nextstepsfc@gmail.com)

## Occupational Therapists

Occupational Therapist with Mental Health Focus

**Lorin Brathwaite**

 **Tree of Hope Therapy Service**

 246 266-3996

 [treeofhopetherapy@gmail.com](mailto:treeofhopetherapy@gmail.com)



SECTION 3

# MENTAL HEALTH SUPPORT SERVICES FOR STUDENTS

## Barbados Community College

Counselling and Placement Centre



Eyrie, Howells' Road, St Michael



Direct Line  
246 426-3278



PBX  
246 426-2858

Ext:

Front Desk  
5137

Director  
5135 or 426-3278

Counsellors  
5136 / 5139

Placement Officer  
5138

## Derrick Smith School and Vocational Centre

Provides educational and counselling services to children ages 12-18 with special needs.



Jackman's, St. Michael



246 271-2607



**SECTION 3 MENTAL HEALTH SUPPORT SERVICES FOR STUDENTS**


See **Sec 5** for **Hotline**

**Lockerbie College**

Psychological assessment and therapy for children and their families.

 Brittons Cross Road, St. Michael


 246 537-3673

 edpsych@lockerbiecollege.com

**Ministry of Education, Technological & Vocational Training**

**Student Support Services**

Team of a psychologist, social workers, guidance counsellors and safety officers providing counselling and psychoeducation for students and families, psychological and educational testing, career advice and social support.


 Elsie Payne Complex, Constitution Road, St. Michael


 246 535-0852 / 53

**UWI Cave Hill**  
Office of Student Services & Development


**Student Health Clinic**

Provides health services to registered students. Staff include a psychologist and a psychiatrist.

 Cave Hill, St. Michael

 246 417-4165

**Ross University**  
RUSM Wellness & Counseling Center

 246 627-7839


**Emergencies 8am - 5pm**  
246 245-1622


**5pm - 8am**  
832-3838

 rusmwellnessandcounseling@rossu.edu

**Samuel Jackman Prescod Institute of Technology**

Provides general counselling services for students.

 Wildey, St. Michael

 PBX 246 535-2200



SECTION 4


# CIVIL SOCIETY ORGANIZATIONS

## Domestic Violence

### Business and Professional Women’s Club of Barbados

See Sec 5 for Hotline

Operates the Shelter for Battered Women for victims of domestic violence. Operates a 24-Hour Crisis Hotline as well as a walk-in Crisis & Resource Centre. The BPW Shelter offers crisis intervention services to women and children victims of domestic violence, human trafficking and other forms of Gender-Based Violence. They also offer legal advocacy and transitional housing.

 P.O. Box 381, Bridgetown, St. Michael

 246 280-5068


### SAVE Foundation

See Sec 5 for Hotline

Counselling services provided for those affected by domestic violence. 24-hour hotline offered.

 3 Durants Terrace, Christ Church

 246 537-7283

 savefoundation246@gmail.com

SECTION 4

CIVIL SOCIETY ORGANIZATIONS

Faith Based

**Barbados Association of Muslim Ladies**

Counselling and social support for Muslim women and girls.



#32 Orchid Close,  
Husbands Terrace, St James



246 266-6675 / 234-9709



www.bamlbb.org

**Family Heartbeat International Network Inc.**

Christian based counselling services for families, couples and individuals.



P.O. Box 51, Welches, St Michael



246 429-5757



www.familyheartbeat.org

**The Door Christian Fellowship**

Christian based counselling services for couples and families.



Building 1, Hinds Transport Complex,  
Kendal Hill, Christ Church



246 825-5275



www.thedoorcfcbarbados.com

Substance Abuse & Other Mental Conditions

**Alcoholics Anonymous/  
Narcotics Anonymous**

Support group for persons suffering from substance use disorders.



P. O. Box 858E, Eagle Hall,  
St. Michael



246 426-1600



aabarbados.org

**Centre for Counselling Addiction Support Alternatives (CASA)**

Offers individual, group, and family counseling for addictions (*drugs, alcohol, gambling, etc.*). Provides drug testing, walk-in treatment, and aftercare programs. Also offers anger management and youth services to improve social, coping, and life skills.



Ground Floor, President Kennedy Medical Centre, Cnr.  
St Leonards Ave & Westbury Road, St Michael



246 427-5953



casa.bb

SECTION 4

CIVIL SOCIETY ORGANIZATIONS

## Substance Abuse & Other Mental Conditions

### Drug Education and Counselling Services

Counselling (*group or individual*), psychoeducation and behavioural therapy offered to young people under the age of 25 who have substance abuse, behavioural or anger management problems



#82 Roebuck St,  
Bridgetown OR  
Greenidges, St Lucy



246 435-8148 / 439-8148

### Substance Abuse Foundation Inc.

#### Verdun & Marina House

Provides outpatient and residential drug rehabilitation and aftercare for males and females. Offers individual and group counseling for families of those struggling with addiction. Special services for youth address anger management, behavioral challenges, self-esteem, peer pressure, conflict resolution, and emotional regulation.



Pool, St. John



246 433-3488 / 433-2233



[www.thesafinc.com](http://www.thesafinc.com)

## The Homeless

### Barbados Red Cross

Provides counselling and social services to vulnerable persons and communities. e.g. the homeless. Some of these services include “meals-on-wheels” and educational services such as training in Psychological First Aid.



Henry Dunant Road, Warrens,  
St Michael



246 417-2727

### The Barbados Alliance to End Homelessness

Operates both a Night Shelter and At The Crossroads (ATC) residential programme aimed at reintegration of the homeless into society. Offers individual and group counselling and assistance with anger management, stress management, parenting skills and financial literacy for those who utilize the services.



1<sup>st</sup> Floor Spry Street, Bridgetown,  
St. Michael



246 538-2480

SECTION 4

CIVIL SOCIETY ORGANIZATIONS

## Other Civil Organisations

### Autism Association of Barbados

in association with the **Barbados Council for the Disabled**

Provides support for persons diagnosed with Autism Spectrum Disorder and their families.



Harambee House,  
The Garrison, St Michael



246 629-0574



autisminbarbados@gmail.com

### Barbados Alzheimer's Association

Counselling, psychoeducation and support services for caregivers of persons suffering from Alzheimer's Disease.



1-149 Diamond Close, Ealing Park  
South, Christ Church



246 418-0741



www.alzbarbados.com

### Barbados Association of Endometriosis & PCOS

Offers psychological, emotional and financial support to those diagnosed with endometriosis or polycystic ovarian syndrome.



"Diarlo", Pegwell,  
Christ Church



246 252-6874



www.endoandpcosbb.com

### Barbados Council for the Disabled

Provides support to disabled persons and their families e.g. transportation and accessible housing.



Harambee House,  
The Garrison, St Michael



246 629-0574

### Barbados Family Planning Association

Provides counselling and psychosocial support for both adults and children.



Harmony Hall, Bridgetown, St Michael



246 437-3561 / 426-2027 / 427-6611



www.bfpaonline.com

## SECTION 4

## CIVIL SOCIETY ORGANIZATIONS

## Other Civil Organisations

**Hope For Children**

Provides counselling, education and advocacy services for children including those with special needs e.g. ADHD.



Clarissaville, No. 126, Seclusion Rd,  
Atlantic Shores, Christ Church



246 420-4788



hopeforthechildreninbarbados  
@yahoo.org

**Jabez House**

Group and individual counselling for female sex workers to empower them to transition to alternative employment opportunities. Provides vocational training and housing assistance.



#116, 4<sup>th</sup> Ave Wanstead Terrace,  
St James



246 256-4615



jabezhouse.org

**PAREDOS**

Offers counseling and psychoeducation for individuals, couples and families intended to improve parenting, co-parenting and interpersonal skills and enables parents to better cope with problematic behaviours of their children.



#4 St Clair Gardens, Perry Gap,  
Roebuck Street, Bridgetown,  
St Michael



246 427-2777



www.paredos.org

**The Barbados Association  
for Children with Brain Injury**

Aids with the transportation of children with disabilities and the social welfare concerns of these children and their families.



No. 23 Retreat Terrace,  
Black Rock, St Michael



246 424-8917 / 263-0585



bacbi2022@gmail.com

## SECTION 5

# HOTLINES

### Assessment Unit Psychiatric Hospital

24-hour hotline that primarily provides information to the public and records concerns that are reported to the community mental health nurses.



246 536-3091

### Bereavement Hotline

#### National Assistance Board

Provides counselling and support to grieving persons



246 535-3630

### Crisis Hotline

#### Business and Professional Women's Club of Barbados

A 24-hour hotline primarily for women victims of gender-based violence, with operators also trained to handle related mental health issues.



246 435-8222

246 253-5071

246 287-9344

### Lifeline Barbados Ministry of Health and Wellness

Operates 24-hours, including holidays. The hotline provides information, emotional support, crisis intervention services and referrals



246 536-4500

### Mental Health Crisis Hotline Barbados Family Planning Association

24-hour hotline providing counselling support for persons with mental health concerns.



246 233-4249

### Mental Health Crisis Hotline Centre for Counselling Addiction Support Alternatives

Operates from 5pm -11pm every day and provides general mental health counselling and support.



246 264-7151

### QEH Help Desk Patient Advice and Liaison Service

This hotline operates from 9am to 9pm (closed on public holidays) and offers information, guidance, and advice on healthcare and QEH related matters.



246 536-4800

### My Child Helpline App Developed by UNICEF

This hotline operates 24hours and can be used to report all forms of child abuse. It also provides parenting tips and facilitates the scheduling of counselling sessions.

Calls are routed to the Child Care Board



Download on the  
App Store



Available on  
Google Play

## SECTION 5

## HOTLINES

**SAVE Hotline**

Assists victims of domestic violence but operators are also trained to offer intervention for other mental health concerns.



246 851-SAVE (7283)

**Substance Abuse Foundation Hotline**

24-hour hotline which provides support for at risk youth, those with mental health problems and addiction.



246 243-0038

**Supreme Counselling for Personal Development**

24-hour mental health hotline.



246 836-5601

**Youth Support Hotline**

**The Ministry of Youth, Sports and Community Empowerment**

24-hour hotline providing a safe space for youth to receive mental health support.



246 539-HELP (4357)





SECTION 6

# MENTAL HEALTH ADVOCACY AND EDUCATION GROUPS

WITHOUT DIRECT COUNSELLING SERVICES

## Barbados Association of Psychiatrists

 [barbadospsychiatrists@gmail.com](mailto:barbadospsychiatrists@gmail.com)

 [cutt.ly/peoCXgOs](https://cutt.ly/peoCXgOs)

 [cutt.ly/6eoCCKof](https://cutt.ly/6eoCCKof)

## Barbados Association of Professional Social Workers

 246 240-8572

 [barbadossocialworkers@gmail.com](mailto:barbadossocialworkers@gmail.com)

## Let's Unpack it

 [letsunpackitco@gmail.com](mailto:letsunpackitco@gmail.com)

 [www.letsunpackitco.com](http://www.letsunpackitco.com)

## Mental Wellness Barbados

 [@mentalwellnessbarbados](https://www.instagram.com/mentalwellnessbarbados)


 [www.mentalwellnessbarbados.org](http://www.mentalwellnessbarbados.org)

## The Barbados Society of Psychology

 246 830-1177

 <https://cutt.ly/aeoC5a4H>

 [@barbados\\_society\\_of\\_psychology](https://www.instagram.com/@barbados_society_of_psychology)

 [fb.me/TheBarbadosSocietyofPsychology](https://fb.me/TheBarbadosSocietyofPsychology)

## GLOSSARY OF TERMS

### Occupational Therapist

An occupational therapist is a healthcare provider who helps individuals improve their ability to perform daily tasks. They assist in identifying goals and overcoming physical, mental, and social challenges. Occupational therapists support people with mental health conditions in learning new ways of participating in work, school, and leisure activities by regaining or acquiring new skills, and adapting their environment (*or their response to it*) in ways that facilitate easier participation in various activities.

### Psychiatrist

A medical doctor who diagnoses and treats mental, emotional, and behavioral disorders. Psychiatrists can order a full range of medical laboratory and psychological tests to assist in diagnosis formulation along with the client interview. This allows them to design a treatment plan tailored to the client which may or may not include the use of medication depending on the need.

### Psychologist

A person who specializes in the study of mind and behavior or in the treatment of mental, emotional, and behavioral disorders. They may offer treatment for individuals, couples, families or groups. There are 3 different types of psychologists registered by the Paramedical Professions Council in Barbados: clinical; counseling; educational.

### Clinical Psychologist

A psychologist trained in the assessment, diagnosis, formulation, and psychological treatment of mental health, behavioural, and emotional disorders across the lifespan. They apply theory to clinical practice to understand, prevent, and relieve psychological problems or disorders of varying severity whether mild to severe, chronic, or complex.

### Counselling Psychologist

A psychologist who uses culturally-informed and culturally-sensitive practices to help people improve well-being, prevent and alleviate distress and maladjustment, resolve crises, and increase ability to function. Focus is more on therapy versus testing and diagnosis. Typical clients served are those with mental health challenges not severe mental illness.

### Educational Psychologist

A psychologist who assesses difficulties children may be having with their learning and provides advice and training on how to help children improve their ability to learn more effectively. This may include working with individuals with specific learning challenges such as attention deficit hyperactivity disorder (*ADHD*) or dyslexia.

### Psychiatrist vs Psychologist

Similar to psychiatrists, clinical psychologists can diagnose mental disorders. They can also treat some mental disorders with psychotherapy. They can perform a range of psychological tests to assist in diagnosis that psychiatrists are not trained to perform such as intellectual and personality assessments. However, they cannot prescribe medication like psychiatrists since they are not medical doctors. Psychiatrists and psychologists therefore often work as members of a complimentary team.



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