Resources and Supports

For a comprehensive listing of supports and resources, please visit **THRIVE's Directory of Services.** The Directory is broken down into the following sections:

- **Emergency Hotlines/Supports**. A list of hotlines and supports people can access in St. John's area as well as the province of Newfoundland and Labrador.
- **2SLGBTQIA+**. Resources in the St. John's- Metro Area for 2LGBTQIA+ folx, or individuals looking for resources in related areas.
- **Childcare**. All Child-care related supports and programming, such as registered childcare centres, etc.
- **Community Activities**. Recreational programs involving the arts, athletics, and general social events.
- **Education.** Educational programs and support including childcare facilities, tutoring, libraries, etc.
- **Employment Supports**. All types of employment support and skills development programming.
- **Health**. All health-related supports and programming, including mental health, addictions, food security via nutrition and poverty initiatives, and advocacy and support groups.
- **Housing**. Shelters, housing options, and other related supports.
- **Indigenous**. Supports within the Indigenous Communities providing information and resources etc.
- **Justice.** All justice-related supports and programming including crime prevention and reduction, legal aid, victim supports, courts, advocacy, etc.

911

For emergencies, please call 911 immediately.

You can also contact the Royal Newfoundland Constabulary at:

- Telephone: 1 709 729 8000
- Deaf/Hard of Hearing TTY: 1 800 363 4334

Certain incidents may be reported online using the Royal Newfoundland Constabulary's **Online Reporting Form**:

- Lost Property
- Theft under $5000
- Theft from a Motor Vehicle
- Property Damage
- Damage to a Vehicle
- Motor vehicle accidents

811

In addition to being an access point, **811** is also an e-mental health tool, confidential and free, and staffed by experienced Registered Nurses. It is available to all residents of Newfoundland and Labrador any time, day or night.

Bridge the Gapp

Bridge the Gapp Adult is an online resource designed to support mental wellness for adults.

Bridge the Gapp Youth is an online resource designed to support mental wellness for youth.