

Mental Health Resources in Bermuda

FAMILY CENTRE



What do you do:

Family Centre is an internationally accredited Bermuda charity. We provide a continuum of services that offers support from prevention to intensive intervention. Our counselling services are offered island-wide to families with children between the ages of 4-18 years old. Counselling is offered through one-on-one engagement with a counsellor and through various therapeutic groups and specialized camps. Through our services, children and families develop effective coping skills and learn to develop and maintain healthy relationships.

How to make a Referral:

During our work-from-home mandate, please contact Family Centre at 232-1116. Please leave a message on our confidential answering machine. Kindly share your full name, telephone numbers, and that you are interested in our counselling services. A staff member will contact you within 24-hours.

Contact Information:

Call 232-1116 and ask to make an appointment with a screener

Telephone: 232-1116

Email: info@tfc.bm

Website: www.tfc.bm

Facebook: <https://www.facebook.com/familycentrebda>

Twitter: <https://twitter.com/FamilyCentreBDA>

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MID-ATLANTIC WELLNESS INSTITUTE (MWI)



Bermuda Hospitals Board

What do you do:

MWI provides hospital and community based care for people with mental health issues. There are five inpatient units and three outpatient programs; children's services and adult services are distinct and located in separate areas on the MWI campus. We also offer 24hr access to services for children / adults in the event of Psychiatric Emergencies. The Intellectual Disability service provides day care services, inpatient assessments and treatment and respite services for select clients; this program also operates 13 group homes in the community to enable independent living for adults with intellectual disabilities.

How to make a Referral:

Referrals for outpatient services can be made by calling 239-6344 for children's services and 249-3432 for adult services; you may also visit our facility for immediate assessment if you are having a crisis.

Contact Information:

Tawanna Wedderburn
Telephone: 249-3221
Email: Tawanna.wedderburn@bhb.bm

Mental Health Resources in Bermuda

BERMUDA HOSPITALS BOARD TURNING POINT



Bermuda Hospitals Board

What do you do:

Provide holistic addiction treatment services. Services include: detoxification, medication assisted treatment, individual counselling, psycho education groups, psychiatric and psychological intervention.

How to make a Referral:

Individuals can contact Turning Point at 239-2038. They will speak with a counselor and be provided with an intake appointment to initiate services.

Contact Information:

Dr. Ernest Peets, Clinical Manager

Telephone: 239-2038

Fax: 272-4357

Mental Health Resources in Bermuda

EMPLOYEE ASSISTANCE PROGRAM (EAP) BERMUDA



What do you do:

We provide assessment and referral, short-term counseling, crisis intervention, training and workshops and management consultations. We provide counseling (typically 6-8 sessions) for a variety of issues including: marital/relationships, family dynamics, emotional and psychological, grief and loss, alcoholism and drug abuse, gambling and other addictive behaviors, financial and legal, and work-related issues. We also provide management consultations, trainings, mediations, critical incident debriefings, and group processes.

How to make a Referral:

Email info@eap.bm or call 292-9000 to make an appointment if you work for one of our Member companies.

Contact Information:

Shana Williams, Office Manager

Email: info@eap.bm

Telephone: 292-9000

Website: www.eap.bm

Facebook: <https://www.facebook.com/Employee-Assistance-Programme-EAP-Bermuda-401666280573255>

Mental Health Resources in Bermuda

SOLSTICE BERMUDA



What do you do:

Solstice provides expert, comprehensive and evidence-based mental healthcare and EAP services for people of all ages. We combine traditional approaches such as psychiatry, clinical psychology, group therapy and counselling with newer interventions such as surf therapy, climbing therapy and yoga therapy to create bespoke treatment packages that are safe and effective.

How to make a Referral:

Please email info@solstice.bm or call 2923456 to organise a free 15 minute consultation with a Clinical Psychology Assistant who will identify the clinician(s) best able to meet your needs. Alternatively, you can request a clinician of your choice and we will accommodate you as far as possible. We accept referrals from doctors, schools, businesses and charities as well as self-referrals.

Contact Information:

Email: info@solstice.bm

Telephone: 292-3456

Website: www.solstice.bm

Facebook: <https://www.facebook.com/solsticeinternational>