Catholic TT

MENTAL WELLNESS

RESOURCE DIRECTORY

FIRST EDITION

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Introduction

In Trinidad and Tobago, we know the strength of family—not just in our homes, but in how we rally as a community to lift each other.

This Mental Wellbeing Resource Directory is an extension of that sacred bond, offering practical tools and well-being support to nurture integral human development—mind, body, and soul.

These resources reflect our shared belief: healing happens when we walk together, just as the Good Samaritan stopped, cared for, and walked with the injured man to a place of healing.

Within these pages, you'll find Vicariate and Commission-led counselling services, support groups, and trauma-informed care rooted in both faith and our Caribbean context.

Whether you're carrying grief, stress, or the weight of unresolved pain, remember: our Archdiocese stands with you as family.

Let this directory be your first step toward hope because no one should suffer alone. Together, we'll build resilience, honour our stories, and create a future where every heart finds peace.

"Who is my neighbour?" In Trinidad and Tobago—where the village raises the child and no pot cooks for one—this question finds its answer in our Catholic community: family. As Christ taught in Luke 10:29-37, the Good Samaritan saw beyond borders to bind wounds; so too must we, as one Archdiocesan family, "love your neighbour as yourself" (Mark 12:31)

Disclaimer:

The information provided in this directory is for general informational purposes only. The listings and content do not substitute for professional medical advice, diagnosis, or treatment. Inclusion in this directory does not imply an endorsement or recommendation of any specific provider. We do not guarantee the credentials, accuracy, or quality of the services provided by listed professionals. We are not liable for any actions, services, or outcomes resulting from your contact with any listed provider. If you are experiencing a mental health emergency, please contact emergency services or go to the nearest emergency room immediately.

Users are encouraged to independently verify all relevant information, including contact details, qualifications, credentials, areas of practice, professional memberships, availability, fees, scope of service, and suitability, directly with the listed provider, ministry, group, organization, or agency before engaging any service.

National Emergency & Crisis Helplines

Crisis Helplines:

ChildLine (24/7) for children and young persons up to age 25)

Website: www.childlinett.org

- 131 (bmobile)
- 800-4321 TOLL FREE

Child Protection Unit

- 628-1911

Coalition Against Domestic Violence

- 131 (bmobile)
- 800-4321 TOLL FREE (any network)

Domestic Violence Hotline

- 800-SAVE (7283) TOLL FREE
- 220-3636 National Domestic Violence Hotline (24 hours) (FLOW to FLOW)

Families in Action (24-hour hotline)

- 628-2333

GROOTS T&T (24/7)

Adults, LGBTQ+, Youth, Women

- 384-4722 (Mobile Hotline)
- 383-8464 (WhatsApp)
- 230-2307 (Landline Helpline)
- 220-5986 (Office Number)

Judiciary Domestic Violence Hotline

- 866-DVCT (3828) TOLL FREE
- Available: 8:00 a.m. - 4:15 p.m.

Lifeline (24-hour–suicide prevention)

- 800-5588 TOLL FREE
- 866-5433 TOLL FREE

Ministry of Health

4-6 Queen's Park East,

Port-of-Spain

Head Office: +1 (868)-217-4MOH (4664)

Mental Health Unit

Website: mentalhealth@health.gov.tt

- 1 868 217-4664 Ext. 12502 - 12510

National Family Services Division

- 800-CO19 (2619) TOLL FREE
- 623-2608

National Suicide Prevention

- 800-COPE (2673) Toll Free

North West Regional Health Association

National Family Services Division

624-8218 or 627-1163

Child Guidance Clinic

726-1324

Older Persons Information Centre (OPIC)

- 800-OPIC (6742) TOLL FREE

PEAPSL Consultancy Limited

- 344-HELP (4357)
- 235-5327
- 658-1291

Rape Crisis Society (24-hour hotline)

- 627-7273
- Bilingual Hotline Ayudate: 866-7428 TOLL FREE (6 p.m. – 6 a.m.)

South West Regional Health Association

Child Guidance Clinic

225-4325 Ext 4306

The Shelter: A Safehouse for Victims of Domestic Violence

Website: https://trinidadshelter.com/

(868) 345-4218

The Children's Authority

Website: https://ttchildren.org/

- 996
- 800-2014 TOLL FREE
- 866-8872 TOLL FREE
- WhatsApp: 349-1034

Tobago Regional Health Association

Child & Adolescent Centre

660-4744 Ext3400 or 3401

Trinidad and Tobago Red Cross Society

7a, Fitzblackman Drive Wrightson Road Extension

Port of Spain Trinidad, West Indies

(868) 612-2724

info@ttrcs.org

Victim and Witness Support

- 624-8853
- 612-2577 (8:00 a.m. - 4:00 p.m.)
- 612-0301 (8:00 a.m. - 4:00 p.m.)

National Emergency Numbers

Ambulance: 811

Counter Trafficking Unit: 800-4288

Children's Authority: 800-2014/996

Domestic Violence Hotline: 800-SAVE

ChildLine: 800-4321/131

Crime Stoppers: 800-TIPS

Anti-Crime Hotline: 555

Child Protection Unit: 628-1911

Police: 999

Fire: 990

ODPM: 511

TEMA: 211

"For I know well the plans I have in mind for you—oracle of the LORD—plans for your welfare and not for woe, so as to give you a future of hope"
—Jeremiah 29:11

Breaking the stigma:
Why Mental Health Matters

Mental health struggles are not signs of weakness—they're part of being human. Yet stigma stops many people from seeking the help they deserve.

Just as we see doctors for physical illness, therapy provides expert support for our emotional well-being. Breaking this stigma starts with normalising conversations about mental health and recognising that seeking help is courageous, not shameful.

When we openly discuss our struggles and treatment, we give others permission to do the same. Professional support offers evidence-based tools, perspective, and healing that friends and family, despite their love, cannot always provide.

Starting the conversation:

If someone you care about needs help but resists therapy, try this approach:

1. **Choose the right time and place**—private, calm, and when neither of you is rushed or emotional.
2. **Lead with love and specific observations:** "I care about you, and I've noticed you've been struggling with sleep and seem really overwhelmed lately. I'm worried about you."
3. **Avoid judgement or ultimatums:** Instead of "You need therapy," try "I wonder if talking to a professional might help you feel better?"
4. **Normalise it**: Share your own experiences or mention that "lots of people find therapy helpful" to reduce shame.
5. **Address their specific fears**—whether it's cost, time, stigma, or not knowing where to start. Offer to help research options together.
6. **Respect their autonomy while keeping the door open:** "I understand you're not ready right now. Just know I'm here whenever you want to talk about it."

About The Samaritan Movement

Born from crisis, The Samaritan Movement, formerly the Office of Ministry in Trauma Services, is pioneering a revolutionary from-the-ground-up approach that puts community voices at the centre of healing.

The Samaritan Movement was born from a powerful partnership between Archbishop Charles Jason Gordon, and Father Jerry McGlone, SJ, PhD, of Georgetown University—two minds united by a shared vision to heal the Caribbean's mental health.

Formed in response to the Catholic Children's Homes Report (2022), the Samaritan Movement prioritises listening to the most marginalised voices across our three core areas to create 'Community as Family' in our schools:

- Transforming Children's Care Homes
- Empowering School Communities
- Building a National Clinical Resources Database

Our work builds upon the work of generations of dedicated mental health professionals and confirms a profound truth: while their efforts have been valiant, our current capacity is insufficient for the depth of crisis facing Trinidad and Tobago.

This reality drives our commitment to listen first and to be continuous in our interventions. Through workshops in eight pilot schools across Trinidad, we've engaged more than 300 faculty and staff members. Now, we're extending this crucial conversation directly to students themselves—hearing their realities firsthand to shape solutions that truly work.

Contact information:

Contact number: 235-5329 Ext. 262

Website: samaritanmovement.org

Email: samaritanmovement@catholictt.org

Faculty and staff trained in trauma-informed care

300+ Faculty and staff trained in trauma-informed care

Our surveys show educators started with low trauma knowledge but retained training

48% **Pre-workshop knowledge of trauma-informed principles**

95% **Trauma-informed knowledge retention six months after training**

260+ **STUDENTS TRAINED IN TRAUMA-INFORMED PEER-TO-PEER SUPPORT**

5000+ **STUDENTS SUPPORTED ACROSS 12 SCHOOLS**

Over 90% **of students reported confidence in supporting peers**

Mental Health in the Workplace

Looking to improve your workplace culture and support your team?

The Samaritan Movement offers workplace mental health sessions rooted in psychological insight, and data-driven practice.

Topics include:

Understanding Trauma

How trauma can affect behaviour, communication, and performance.

Trauma-Informed Workplaces

Building safer, more compassionate, and supportive work environments.

Organisational Climate

Strengthening trust, communication, leadership, and team wellbeing.

Addictions and Mental Health

Understanding stigma, coping patterns, and pathways to support.

Social Media and Mental Health

Exploring the impact of digital habits, stress, and constant connectivity.

Self-Care and Resilience

Practical tools for stress management, boundaries, and sustainable service.

Create a workplace where people feel seen, supported, and equipped to thrive.

Be attentive. Be compassionate. Be a Good Samaritan.

Website: samaritanmovement.org

Phone: 235-5329 Ext. 262

Email: samaritanmovement@catholictt.org

A data-driven approach: Trini solutions

The Trini Toolkit: A Culturally Rooted, Step-by-Step Healing Process

THIS IS MORE THAN ASSESSMENT —IT'S THE FIRST STEP TOWARD REWRITING OUR STORIES.

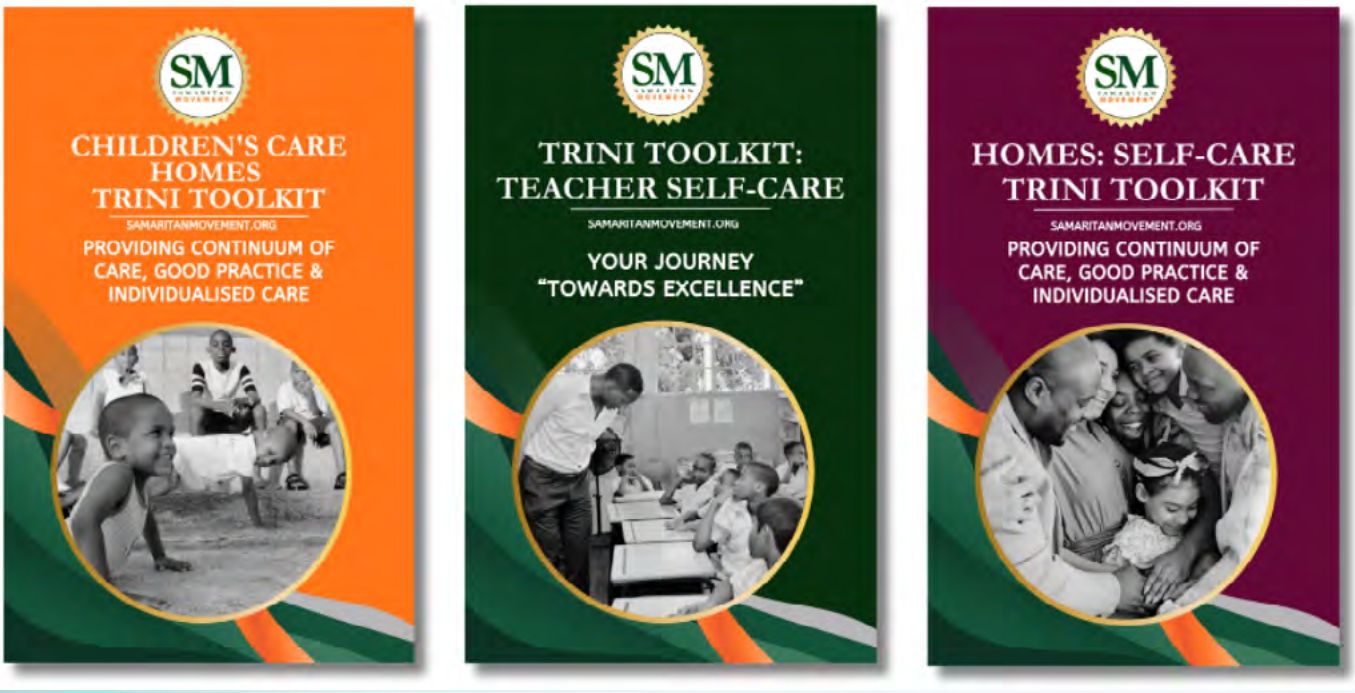
Our Trini Trauma Toolkits aren't guesswork—they're built on real-world data from our work within schools, as well as our research team and parenting committees, designed to meet our communities where they are. The Trini Toolkit transforms lived experiences found in our homes and schools into practical healing solutions to be shared. Teachers, parents, and caregivers co-create these resources, ensuring they speak in our rhythms that honour our traditions.

Our data-driven approach begins with each of us! Take the ACE and PACE quiz, because healing starts when we courageously measure our resilience levels, transforming personal awareness into collective strength for Trinidad & Tobago.

The ACE & PACE Resilience Quiz, for ages 18 and up, is a transformative tool to discover your resilience score and unpack generational patterns. Healing begins with truth—knowing where we've been to chart where we're going.

ACE REVEALS CHILDHOOD ADVERSITY; PACE MAPS HOPE'S PROTECTIVE POWER. THE TWO COMBINED MAP INDIVIDUAL RESILIENCE. WHAT'S YOUR SCORE?

TAKE THE QUIZ TODAY!



SAMARITAN MOVEMENT

Building Resilient Communities Through Faith, Care, and Evidence-Based Support

At the Samaritan Movement, we are committed to walking with individuals, schools, workplaces, and communities through care, formation, and hope. Rooted in Catholic values, psychological insight, and data-driven practice, our work seeks to build safer, healthier, and more resilient Trinidad and Tobago.

Inspired by the call to be a Good Samaritan, we help equip persons and communities to recognize need, respond with compassion, and support one another with practical tools and informed care.

WE OFFER:

TRAUMA-INFORMED TRAINING

Supporting greater awareness and understanding of trauma-informed practices in:

- Schools (Teacher and Administration Training)
- Businesses and organizations (Workplace Training)

SUICIDE FIRST AID

Providing practical tools to help identify risk, respond with care, and connect persons to appropriate support.

- Mental Health First Aid and Suicide First Aid are available for:
  - Youth
  - Adults who work with youth
  - Adults
  - Men

MENTAL HEALTH FIRST AID

Equipping individuals with the skills to recognize, support, and respond to persons experiencing mental health challenges.

PEER-TO-PEER SPIRITUAL AND MENTAL HEALTH FIRST AID RETREATS FOR STUDENTS

Creating safe spaces for students to reflect, and support one another, growing in faith, compassion, and emotional wellbeing.

FOR MORE INFORMATION OR TO SCHEDULE A SESSION, CONTACT US:

Website: samaritanmovement.org

Phone: 235-5329 Ext. 262

Email: samaritanmovement@catholictt.org

SM
SAMARITAN MOVEMENT
TOGETHER WE HEAL

Our Archdiocesan resources

In Trinidad and Tobago, stigma around seeking help often silences struggles. This directory represents our ongoing commitment to breaking barriers. We've carefully compiled—and continue to expand—a list of mental health professionals who understand both clinical care and Catholic values.

From grief counsellors to trauma specialists, these resources honour our unique cultural context, including unresolved generational pain. This directory exists because your healing matters, and our Catholic community stands ready to walk with you.

> *"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit."* –Romans 15:13

ARCHDIOCESAN FAMILY LIFE COMMISSION (AFLC)

The Archdiocesan Family Life Commission (AFLC) is dedicated to proclaiming God's plan for marriage and family life, fostering renewal in family, Church, and nation. Rooted in a culture of encounter, the AFLC provides pastoral care through four pillars: prayer, formation, accompaniment, and advocacy, reaching families across homes, parishes, schools, and communities.

Recognising that many families carry profound pain, the AFLC especially accompanies parents, married couples, persons preparing for marriage, persons who are separated, divorced, widowed, grieving, parents of children with same-sex attraction, offering compassionate, non-judgmental support grounded in faith and mercy. The AFLC also walks alongside parents bereaved by a child's death by suicide, providing grief support, healing resources, and a community of care to help them process trauma and find hope.

Through parish Family Life Units (FLUs), the AFLC connects families to support that build a culture of life, provide healing amid loss and brokenness, and lead every person toward God's love, affirming that each family member can realize their full potential as God's child.

AFLC Contact Information:

Phone: 299 1047; 235-5329 ext 240
Email: familylife@catholictt.org
Website: aflcrc.org
Facebook and Instagram: @familylifecommission

Ann Alexis– Arima
Areas of Practice: Education; Counselling and Family Life Education; Grief & Loss; Conflict Resolution – Individuals, Family and Couples

Barbara Alleyne– Port of Spain
Psychoanalytic
Area of Practice: Individuals age 18+

Sharon Bermudez– La Romaine, and Palo Seco
Registered Allied Mental Health Professional (Trinidad and Tobago Association of Psychologists)
Qualifications: MSc Marital and Family Therapy; Master of Pastoral Counselling; Executive Masters in Business
Areas of Practice: Marriage and Family; Pastoral counselling; Anxiety and Depression; Bereavement; EAP services and Training; Age 18+

Georgina Fletcher
Psychotherapist
Qualifications: MA – Counselling Psychology; BBA; Associate degree – Management Certificate, HR Management.
Areas of Practice: Counselling Psychologist; Mental Health Therapist–Anxiety, Depression, Grief; Group, Couples, Individuals, Youth, and Adults.

Dianne Habib–San Fernando
Registered: American Psychological Association
Qualifications: MSc Clinical Psychology, Early Childhood Educator, Trauma Certified, Behavioural Therapy
Areas of Practice: Psychotherapy, Counselling. Individuals, Children 8 years +, Adolescents, Adults Anxiety, Depression, Trauma, Grief and Loss, Emotional and Behavioural Disorders

Alicia Hoyte
Clinical Psychologist
Qualifications: Masters in Clinical Psychology
Areas of Practice: Educational and psychological evaluations (children and adults) Individual psychotherapy (adults)

Tynisa Hudlin-George
Registered Psychologist (Trinidad and Tobago Association of Psychologists)
Qualifications: MSc Counselling Psychology
Areas of Practice: Psychotherapy/Counselling, Marriage, Couples.
Post graduate diploma in loss grief and trauma management Mona Campus Jamaica

Gregory Isaacs
Area of Practice: Marriage and Family, Youth Education age 12+
Services are mainly targeted towards community needs

Wendy Jeremie
Registered Psychologist (Trinidad and Tobago Association of Psychologists)
Qualifications: M.Sc. Clinical Psychology; Certified Mediator
Areas of Practice: Psychotherapy/Counselling; Training in Schema Therapy; Anger and Stress Management; Loss and Grief; Conflict Resolution; Relationships; Depression; Anxiety; Self-Esteem; Family and Couples.

Luscia Kanneh
Registered Psychologist (Trinidad and Tobago Association of Psychologists)
Qualifications: MSc Clinical Psychology, DipEd, Post Graduate Diploma in Loss, Grief and Trauma Management
Areas of Practice: Psychotherapy/Counselling, Assessment, Training, Assessments – 6+, Therapy – 13+. Individual, Family, and Couples Therapy

Liza Parsanlal
Registered Psychologist (Trinidad and Tobago Association of Psychologists)
Qualifications: MSc Clinical Psychology
Areas of Practice: Psychotherapy/Counselling; Training; Assessment; Trauma-Informed Care; Adult, Child and Adolescent

Amanda Pedro
Registered Allied Mental Health Professional (Trinidad and Tobago Association of Psychologists)
Qualifications: MSc Counselling; BA Psychology
Areas of Practice: Eye Movement Desensitization and Reprocessing Therapy International Association (EMDRIA) certified therapist; EMDRIA-approved Consultant; Person-centred and Existential approaches, as well as CBT and REBT; EMDR Existential Counselling; Rational Emotive Behaviour Therapy

Claire Peters
Clinical Psychologist
Qualifications: MSc Clinical Psychology
Areas of Practice: Individual, Marriage and Group Intervention Therapy.

Darlene Smith-Oliver
Social Worker, Guidance Officer, Child and Family Therapist.
Qualifications: MSc Project Management. MSc Sociology – Child Abuse ; BSc Social Work, BSc Sociology; Cert in Art Therapy; Cert in Play Therapy
Areas of Practice: Counselling, Marriage, Couples, Children, Career Development; Self -Esteem, Domestic Violence

J'elle Valdez–based in Pt Fortin and San Fernando (in person); telehealth sessions (virtual) Registered Psychologist (Trinidad and Tobago Association of Psychologists)
Qualifications: MEd Counselling Psychology
Areas of Practice: Psychotherapy/Counselling; Training; Cognitive Behavioural Therapy (CBT) with elements of Person Centred/Rogerian Therapy; Depression, Anxiety, Relationships, Self-Esteem, Grief and Trauma; Therapy for individuals and couples and older adolescents (16& up); Psychoeducational Training/Facilitation; Critical Incident Stress Management (CISM)

Nicholas A Voisin, FLMI, MBA, MS – Woodbrook
Registered Psychologist (Trinidad and Tobago Association of Psychologists)
Qualifications: MSc Counselling Psychology
Areas of Practice: Psychotherapy/Counselling; Training; Pre- and post-Marital Counselling; Anxiety; Depression; Trauma; Abuse

CATHOLIC YOUTH COMMISSION

Youth up to age 35 across the Archdiocese could access the Clinical Resources provided by the Franciscan Institute.

Contact Information:
Franciscan Institute: 734-7620
Website: https://catholicttyouth.org/youth-mental-health/
Sharing stories that heal!

Rhonda Dennis
Member, Trinidad & Tobago Association of Psychologists (TTAP)
Qualifications: BSc Psychology (Hons) and MSc Counselling Psychology, Emphasis on Community
Areas of Practice: Psychotherapy/Counselling, Psychological Assessment & Formulation, Crisis Intervention & Risk Assessment, Case Conceptualization, Evidence-Based Interventions, Individual Counselling, Parent & Caregiver Support, Emergency Support Sessions, Youth and Young Adult Mental Health, Trauma-Related Support, Neurodiversity-Affirming Support, Research

COMPANIONS OF THE TRANSFIGURED CHRIST (CTC COMMUNITY)

A Private Association of Christ's Faithful founded in the Archdiocese of Port of Spain with mission territories in Curaçao and Barbados. Our call/charism is to Companion the Transfigured Christ in His Word, in the Eucharist and in His people. The community's mission is to restore, reimage and celebrate Youth, Healthy Masculinity and Family Life.

Contact Information:
Monday to Friday 10:00am to 4:00pm. By appointment.
Other times out of office hours are available upon request
Office Phone: 371-3130 [Primary] OR 355-4420 [Secondary]
Email: taborest@gmail.com OR ctccommunity@gmail.com
Facebook and Instagram: @ctccommunity

Services Provided:
- Two trained Spiritual Directors: Br Kyle Dardaine and Fr Mikkel Trestrail
- Individual Personalised Directed Retreats
- Group Retreats

Integral Human Development Workshops including:

- Conscious Healing and Growth Workshop
- Exploring Self Esteem Workshop
- Healing of the Mother & Father Wound Workshop

Therapeutic/ Clinical Services (by appointment only):

- Couples Counselling
- Family Counselling
- Individual Counselling - Psychological and Pastoral Counselling

EMMANUEL COMMUNITY

Emmanuel Community is a Catholic, charismatic, lay ecclesial community. Our motto is 'In Defense of the Dignity of Life from Conception to Natural Death'. We advocate for the respect of the dignity of life from conception to natural death, through education and activism.

Contact information
46 Rosalino Street, Woodbrook, Port of Spain
Phone: 628-1586/8181/1064
Email: emmanuelcommunitytt@gmail.com
Website http://www.emmanuelcommunitytt.org

Our services include:
- Evangelising meetings
- Life in the Spirit seminars
- Growth in the Spirit seminars
- Healing services
- Eucharistic adoration
- Weekday Mass or eucharistic service
- Individual and family life counselling
- Pregnancy crisis counselling
- Post-abortion counselling
- Compulsive gamblers counselling
- Support for the rehabilitation of compulsive gamblers includes weekly meetings
- Mercy Ministry (distribution of monthly food parcels and other assistance to families in need)
- Sexuality education
- Prayer and intercession

ETERNAL LIGHT COMMUNITY

Contact Information
Email: elc3171@gmail.com
Phone: 645-0525, 360-4850

Sharon Bermudez
Registered Allied Mental Health Professional (Trinidad and Tobago Association of Psychologists)
Qualifications: MSc Marital and Family Therapy; Master of Pastoral Counselling; Executive Masters in Business
Areas of Practice: Marriage and Family; Pastoral counselling; Anxiety and Depression; Bereavement; EAP services and Training; Age 18+

Wendy Ann Jones
Areas of practice: Educational Psychology; Stress & Depression; Death, Grief and Bereavement

Claire Peters
Clinical Psychologist
Qualifications: MSc Clinical Psychology
Areas of Practice: Individual, Marriage and Group Intervention Therapy.

Darlene Smith-Oliver
Social Worker; Guidance Officer; Child and Family Therapist

Other Counsellors:

Jennifer Andrews
Quincy Austin
Lenora Britto-Joseph
Margaret de Vignes-Alfred
John & Monique Garsee
Ann Marie Jordon-Downes
Vernessia Moise
Gemma Pile-John
Sheron Remy
Sharon Smith
Mennen Walker-Briggs
Glenda Augustus
Joicelyn Bartholomew
Raphael Charles
Ann Mary Extavour
Dawn Greenidge
Gail Lamy
Zena Ojoe-Mark
Patricia Prescott
Debra Robinson-Coker
Marilyn Trumpet
Sheila Warner

EVANGELIZATION COMMISSION

Contact Information
Email: evangelization@catholictt.org
Phone: 1-868- 235 5329 ext. 240, 1-868-734 7620

LIVING WATER COMMUNITY

A Catholic, Charismatic, Lay Ecclesial Community.

Contact information
Phone: 235-5510
Email: contact@lwc-tt.com or
Website: lwc-tt.com

Services offered:
- Counselling, Prayer and Spiritual Direction
- Religious Book Store–Encouraging Spiritual Reading
- Cafeteria offering good food for the Soul
- Chapel – a space of silence and adoration before the Blessed Sacrament. Holy Mass is offered to all every day. Check our website for the times of Masses
- Food Bank where underprivileged families register to receive a food hamper every month
- Weekly Prayer meetings for both children and young adults
- Men's Meditation Group every Wednesday at 5 p.m.
- Charismatic Prayer Meeting every Wednesday evening at 6 p.m.
- Life in the Spirit Seminars

Marian House – A home and second chance family for young men at risk.
Henry Street, Port of Spain
(see above Contact Information)

Ave Maria House – A soup kitchen where homeless can share a meal, have a shower and receive a change of clothes.
Duncan Street, Port of Spain.
(see above Contact Information)

Ministry of Integral Human Development – MIHD - serving both the local and refugee populations and addressing their many needs including training in life skills and disaster preparedness for those living in areas at risk of flooding.
(see above Contact Information)

The following projects fall under the MIHD:
- **Disaster Risk Reduction** – Training and psychosocial support to the residents in areas prone to serious flooding
- **World of Work** – Assisting vulnerable persons by preparing them to enter the world of work)
- **Bethlehem Project** – Offered to locals and migrants. Assists children on the spectrum and teaches parents how to cope and better understand their behaviour
- **Spanish for Professionals** – Teaching doctors, the skills and basic language to be able to communicate with migrants in the ER or in the general health system

NEW LIFE MINISTRIES – ADDICTIONS TREATMENT CENTRE

(A Ministry of the Living Water Community)

For Men:
Mount St Benedict, via St John's Road, St Augustine
Office: 297-5166
Hotline: 387-2638

For Women:
Beach Road, Palo Seco
Office: 387-2598
Hotline: 387-2606
Email: nlmoffice@hotmail.com

Living Water Community Cancer Hospice
23A Warner Street, Newtown, Port of Spain
Phone: 622-1424

Mercy Home
A Hospice for HIV/Aids Patients
41 Fitt Street, Woodbrook
Phone: 622-6336

Our Lady of the Wayside
A temporary shelter for abused and abandoned infants and children
Phone: 235-5510

LIVING WATER COMMUNITY – SAN FERNANDO (SOUTH TRINIDAD)

Nazareth House
66-68 Marryat Street, San Fernando
Bethany Place, Food Bank
Home for the Elderly
Siparia

Contact Information:
Phone: 234-4977

MINISTRY OF CONSOLATION ST CHARLES, TUNAPUNA

The Ministry of Consolation of St Charles Borromeo RC Church in Tunapuna is a parish-based group that offers support to the bereaved and grieving. The ministry is involved in various events and resources, including producing books and hosting events for those who have experienced loss.

Contact Information:
Phone: 662-5250

PEOPLE OF PRAISE COMMUNITY

Individuals outside the People of Praise Community may request services at reduced rates.

Contact Information:
Email: Winston Garcia at popraisett@gmail.com
Phone: 652-8485

Services provided:
- Healing and Deliverance Ministry
- Silent Retreats
- Bereavement/ Grief support Ministry
- Spiritual Direction
- Pastoral Care and Counselling
- Prison Ministry
- Children's Ministry
- Youth and Young Adult Ministry
- Counselling. Healing prayer & Outreach
- Retreats
- Conferences and Workshops
- Life in the Spirit Seminars
- Faith Formation

SUBURBAN VICARIATE MENTAL HEALTH INITIATIVE

The Suburban Vicariate of Trinidad and Tobago provides mental and emotional support, along with spiritual guidance, to those lacking community-based services. This initiative offers help to address challenges with a faith-based, holistic approach to well-being, integrating Catholic anthropology with practical mental health resources.

FOR IMMEDIATE HELP: 720-6063

Jean-Luc Borel
Counselling Psychologist

Georgiana Fletcher
Psychotherapist
Qualifications: MA Counselling Psychology; Bachelor's Business Administration; Associate Degree – Management Certificate, HR Management.
Areas of Practice: Counselling Psychologist; Mental Health Therapist–Anxiety, Depression, Grief; Group, Couples, Individuals, Youth, and Adults

Janice George
School Counsellor – Children and Parents
Qualifications: LLB; LEC; MSc Mediation – Certified Mediator; Diploma in Guidance and Counselling; BEd; BAA

Fr Mikhail Woodruffe
Social Worker
Qualifications: BSc Social Work Special; Graduate Certificate in Criminal Justice & Reconciliation; MDiv (Master of Divinity)

Christina Joseph
Registered Psychologist (Trinidad and Tobago Association of Psychologists)
Qualifications: MSc Paediatric Neuropsychology and MSc Counselling Psychology
Areas of Practice: Psychotherapy/Counselling; Assessment; Training; Research; Coaching (Executive); Coaching (Performance); Corporate Consulting

Margaret Johnston
Child Mental Health Therapist
Qualifications: MSc Child, Adolescent and Family Mental Health; BA Psychology

Luscia Kanneh
Registered Psychologist (Trinidad and Tobago Association of Psychologists)
Qualifications: MSc Clinical Psychology, DipEd
Areas of Practice: Psychotherapy/Counselling; Assessment; Training; Assessments – 6+; Therapy – 13+; Individual, Family and Couples Therapy

Elizabeth King-Oliver
Educational Psychologist
Qualifications: PhD in Educational Leadership; MEd. in Youth Guidance and Counselling; BEd in Administration/Early Childhood Care and Education and Family Studies.

Fr Hasely King
Therapist
Qualifications: MSc in Marriage and Family Therapy; MDiv (Master of Divinity)

Ayana Medina Joseph
Counsellor
Qualifications: Associate Degree in Healthcare Management; Certificate in Early Childhood Training

Avean Sandiford
Counselling Psychologist
Qualifications: MSc Counselling Psychology; BSc Psychology

Amanda Thomas
Counselling Psychologist
Qualifications: MSc Counselling Psychology; BSc Psychology
Areas of Practice: Training in Traumatic Incident Reduction; Certificate in Common Sense Parenting of Toddlers and Preschoolers; Certificate in Common Sense Parenting for School-Aged Children.

Christine Wharton
Counsellor
Qualifications: MEd in Counselling
Areas of Practice: Certificates in Substance Abuse Counselling, Stress Management, Critical Stress Management; Certified in The Mediation Process, Addiction Counselling, Critical Incident Management

ZION COMMUNITY

Contact Information:
Email: zion_community@yahoo.com
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Ann Alexis
Areas of Practice: Education; Counselling and Family Life; Grief & Loss; Conflict Resolution – Individuals, Family and Couples.

Mary Baptiste
Counsellor

When a Loved One Dies by Suicide

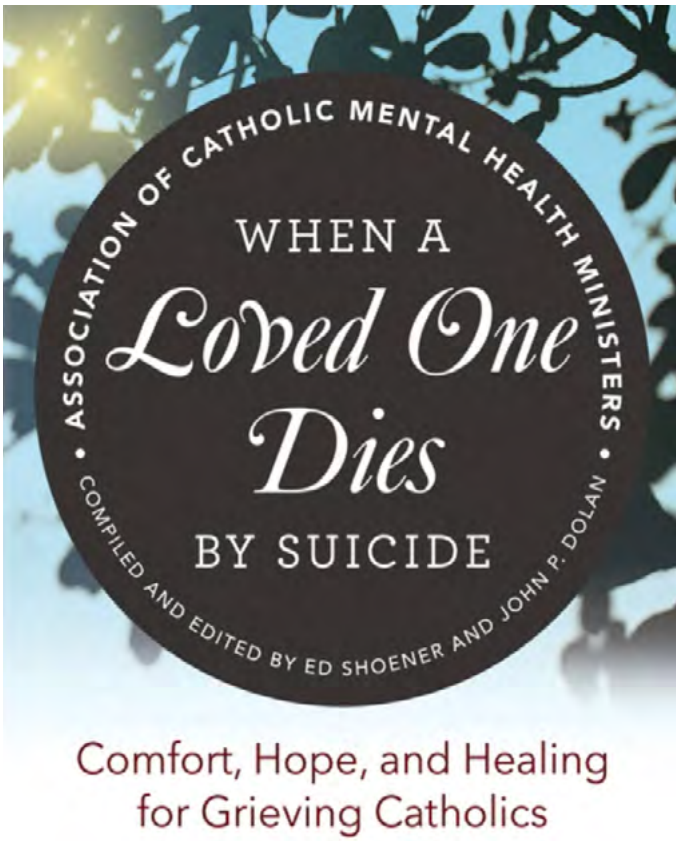
A GRIEF SUPPORT RESOURCE FOR THOSE WHO HAVE EXPERIENCED SUICIDE LOSS.

FACILITATED BY LOCAL MENTAL HEALTH PROFESSIONALS

To register email aflc.pc@catholictt.org

Who is this resource for?

You will hear from fellow Catholics as they share their experiences with loved ones, their journeys through grief, and the comfort and hope they have found in faith, community, and the Church. Suicide is often misunderstood and insufficiently discussed, even though it is a major cause of death. *When a Loved One Dies by Suicide* aims to dispel misconceptions about Church teaching on suicide and offer support to individuals journeying through grief towards healing.



Topics addressed include:

- Receiving solace, hope, and healing.
- Engaging in prayers of comfort and encouragement
- Sharing your story, if and when you are ready to do so
- Understanding the nature of psychological pain
- Exploring opportunities for growth and invitations to loving service

Need support?
800- COPE (2673)

SUICIDE PREVENTION SUPPORT

Emergency Care Resources
St Ann's Psychiatric Hospital St Ann's Road, St Ann's
624-1151-5

Lifeline
800-5588 TOLL FREE
866-5433 TOLL FREE
220-3636 Available: 24 hours

Warning Signs of Suicide Risk: What to Watch For

Verbal Indicators:
- Expressing feelings of hopelessness or having no reason to live
- Talking about being a burden to others
- Mentioning death, dying, or not wanting to be here anymore

Behavioural Changes:
- Sudden calmness or improvement after a period of depression (may indicate a decision has been made)
- Putting affairs in order: updating wills, saying meaningful goodbyes, distributing valued possessions

- Researching methods or acquiring means for self-harm
- Increasing use of alcohol or drugs
- Engaging in dangerous or self-destructive behaviour

Emotional Shifts:
- Extreme mood swings or unexpected emotional changes
- Intense feelings of shame, humiliation, or self-hatred
- Expressing unbearable emotional pain
- Heightened anger, agitation, or irritability

Social Withdrawal:
- Pulling away from friends, family, and previously enjoyed activities
- Increased isolation and reluctance to connect
- Significant changes in sleep patterns (insomnia or excessive sleeping)

What to Do:
If you recognise these signs, act with compassion:
- Don't leave them alone if risk is immediate
- Contact emergency services or crisis lines immediately

COMMISSIONS AND DEPARTMENTS OF THE ARCHDIOCESE OF PORT OF SPAIN

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Contact Number: 299-1047
Email: familylife@catholictt.org

ARCHDIOCESAN LITURGICAL COMMISSION
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Email: liturgical@catholictt.org

CATHOLIC EDUCATION BOARD OF MANAGEMENT
Website: catholictt.org/education-2/catholic-education-board/
Contact Number: 607-CEBM (2326) / WhatsApp: 790-3912
Email: cebm@cebm.org.tt

CATHOLIC MEDIA SERVICES LIMITED
Website: https://catholictt.org/about/media-center/camsel/
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CATHOLIC RELIGIOUS AND DEVELOPMENT INSTITUTE
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Email: info@credi.edu.tt

SAMARITAN MOVEMENT
Website: samaritanmovement.org
Contact Number: 235-5329 Ext. 262
Email: samaritanmovement@catholictt.org

THE CATHOLIC COMMISSION FOR SOCIAL JUSTICE
Website: rcsocialjustice.org
Contact Number: 622-6680 / 299-8945
Email: socialjustice@catholictt.org

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