

E-MENTAL HEALTH HIGHLIGHT
OCTOBER 23, 2023

First Responders Warmline



Bridge the gapp

www.nl.bridgethegapp.ca



In May 2023, the Government of Newfoundland and Labrador announced funding for Lifewise NL to pilot a one-year dedicated peer support warmline to improve mental health supports and services for paramedics and other first responders in the province.

The **First Responders Warmline** provides mental health support to first responders so that they can continue to help and support others.

The peer-led warmline is available to all frontline individuals, including paramedics, nurses, social workers, veterans, and anyone who identifies as a first responder.

Call to:

- debrief after a tough shift
- vent about the day-to-day struggles
- connect with someone who understands

Staffed by first responders trained in the delivery of peer support, the warmline is available:

7 Days a Week (Monday-Sunday)

12:00 p.m. - 12:00 a.m. (11:30 a.m. - 11:30 p.m. Labrador)



**We've Been There
Reach Out**

