

Feeling stressed, worried, or overwhelmed?

You can access these supportive resources from your own home

CHANNAL Warm Line



Speak to someone with lived experience by phone for non-emergency, non-crisis support.

1-855-753-2560
or (709) 753-2560 in St. John's

Bridge the gApp

Find links to local services and supports, and access self-help resources, by phone, tablet or computer.

www.bridgethegapp.ca

Mental Health Crisis Line



Call if you feel like you can't cope, thinking about suicide or if you don't know where to find help. Available 24 hours a day.

1-888-737-4668
or (709) 727-4668 in St. John's

Provincial COVID-19 Info

For up-to-date info about COVID-19 in Newfoundland and Labrador, and a self-assessment tool, visit:

www.gov.nl.ca/covid-19

Call 811 if you have a fever, cough, or difficulty breathing.