

GRIEF & BEREAVEMENT is a Part of Life



Help & Crisis Lines

Lifewise Warm Line 1-855-753-2560

NL Healthline/Mental Health Crisis Line 811

Kids Help Phone 1-800-668-6868

First Nations & Inuit Hope for Wellness Line 1-855-242-3310

Qalipu First Nations - NIHB Navigator 1-855-675-5743

Mental Health & Addictions Services

Mental Health & Addictions Navigator 1-877-999-7589

Counseling services, Doorways (walk-in)...To find the office nearest you call 811 or www.bridgethegApp.ca

Grief & Bereavement Support Group

8 week in-person/virtual 784-2700, ext. 2669

Mental Health & Addictions (Corner Brook) 634-4506

Online Supports

www.checkitoutnl.ca

www.bridgethegApp.ca

www.mygrief.ca

www.kidsgrief.ca



If you are in crisis, call 911 or visit your local emergency department. Scan the QR code to view poster and access additional information online.

**For assistance finding the resource
right for you, call 784-5224**

spiritualhealth@westernhealth.nl.ca

