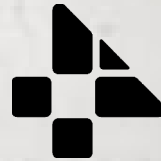


GRIEF & BEREAVEMENT is a Part of Life



NL Health
Services

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
The Compassionate Friends 1-866-823-0141

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

