Maine FRONT LINE WARM LINE

Call 207-221-8196 OR
Text "Frontline" to 898-211

We've got your back.

Responding to the COVID-19 pandemic can be extremely stressful for healthcare workers.

Your peers are here for you.

Call 207-221-8196 or
Text "Frontline" to 898-211
to connect with support 8am–8pm 7 days/wk

SCAN THE CODE
TO CALL NOW.

These services are **NOT THERAPY**. They are **NOT TREATMENT**. Speak with a healthcare professional trained in Psychological First Aid to help you manage stressors during the COVID-19 Pandemic. The Maine FrontLine WarmLine will be available until further notice.

The following have joined forces to support Maine's Front Line and First Responder community: The Maine Department of Health and Human Services, including the Office of Behavioral Health and Center for Disease Control and Prevention's Disaster Behavioral Health and Maine Responds programs; The Maine Association of Psychiatric Physicians, The Opportunity Alliance; Maine Department of Public Safety, Maine Emergency Medical Services, The Maine Psychological Association, the Maine Chapter of the National Association of Social Workers.

For more information on Crisis and Treatment resources go to: https://www.maine.gov/dhhs/samhs/coronavirus.shtml