Responding to the COVID-19 pandemic can be enormously stressful for first responders and dispatchers. Your peers are here for you! Call (207) 221-8196 between 8 A - 8 P to connect with support. Scan the code to call now! For more information on Crisis and Treatment resources go to: https://www.maine.gov/dhhs/samhs/coronavirus.shtml

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.

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