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

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.

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