

# Lifewise

## First Responders Warmline



### Who We Are.

Lifewise is the only provincial organization created by and for individuals living with mental health and addictions issues. We exist to support and encourage individual recovery through self-determination, while working to break the stigma surrounding these issues in society.

The journey to recovery isn't always a straight line, and the next step isn't always easy to see. It helps to talk to someone who's been there. Lifewise is proud to offer Peer Support services throughout Newfoundland & Labrador.



### What We Offer

Our purpose is to provide hope and reduce stigma for those individuals living with mental health and addictions issues, and the loved ones who support them. We work towards this purpose through a series of proactive and preventative services/programs designed to foster and maintain mental wellness.

### First Responders Warmline

The First Responders Warm Line is staffed by first responders trained in the delivery of peer support, and is available 12 hours a day, seven days a week. This new service will provide mental health support to first responders, which will then help them support others.

### Who is a First Responder?

Any person who is first to arrive on a scene of an incident. First responders include but, are not limited to:

- Paramedics
- Firefighters
- Police Officers
- Emergency Search and Rescue
- Military Personnel and Veterans
- Corrections Personnel
- Nurses
- Social Workers
- Emergency Services Personnel
- Frontline Service Providers
- Anyone who identifies as a first responder