



COVID-19 Support Line for Clinicians & First Responders on the Front Lines

Maine Association of Psychiatric Physicians has joined forces with the Maine Department of Health and Human Services, including the Office of Behavioral Health and Center for Disease Control's Disaster Behavioral Health and Maine Responds programs; The Opportunity Alliance; Maine Department of Public Safety, Emergency Medical Services (EMS); the Maine Psychological Association, and the Maine Chapter of the National Association of Social Workers to offer *free, confidential* phone support service calls to health care workers and first responders, and your families to manage the stress and emotional toll of being on the front lines of this pandemic.

If you or someone you know is a health care worker or first responder feeling overwhelmed by the COVID-19 pandemic, **help is available.**

Speak with a mental health professional for help dealing with anxiety, stress, grief or worry 7 days a week, 8 a.m. to 8:00 p.m.



Call the toll-free COVID-19 Mental Health Support Line at

(866)367-4440 or

(207)221-8196

Text line will be available soon

These services are **NOT THERAPY**. They are **NOT TREATMENT**. The Frontline Warmline will be available until further notice.

Volunteer providers are licensed psychiatrists, psychologists, licensed mental health counselors, social workers, nurse practitioners, etc. For more information on crisis and treatment resources, go to

<https://www.maine.gov/dhhs/samhs/coronavirus.shtml>