

GRIEF & BEREAVEMENT is a Part of Life



NL Health
Services

Help & Crisis Lines

Lifewise Warm Line 1-855-753-2560
NL Healthline/Mental Health Crisis Line 811
Kids Help Phone 1-800-668-6868
First Nations & Inuit Hope for Wellness Line 1-855-242-3310
Qalipu First Nations - NIHB Navigator 1-855-675-5743
The Compassionate Friends 1-866-823-0141

Mental Health & Addictions Services

Mental Health & Addictions Navigator 1-877-999-7589
Counseling services, Doorways (walk-in) To find the office
nearest you call 811 or visit www.bridgethegApp.ca

Grief & Bereavement Support Group

8 week in-person/virtual 784-5224
Mental Health & Addictions (Corner Brook) 634-4506

Online Supports

www.checkitoutnl.ca
www.bridgethegApp.ca
www.mygrief.ca
www.kidsgrief.ca
www.MyGriefToolbox.ca
www.aboutgrief.ca



**If in crisis, call 911 or visit your local
emergency department.**

Scan QR code to access more info online.

For assistance finding the right resources
and supports for you, contact 784-5224 or
spiritualhealth@westernhealth.nl.ca

March 2026