



For all frontline health care workers in Ontario

# We can help you cope with stress and build resilience

Individuals with training and credentialing in grief, bereavement, spiritual support, and emotional support are available to listen and help you. The Helpline team have extensive experience and understand the unique needs of health care workers. They can lend an ear to simply listen, or offer information, assessment, and referral to services based on your needs, preferences, and location.

Call our free, confidential stress, grief,  
and bereavement support line

**7 DAYS A WEEK - 7 AM TO 10 PM**

**1-866-485-4204 Toll Free**



This free support service is available to front line health care workers in Ontario and is available in English Only at this time