



Occupational Health & Safety Information Bulletin

Below you will find a list of community contacts that can provide support for anyone struggling with a variety of situations in the workplace or at home. If you need to speak to someone immediately please dial 911 or contact the Emergency Mental Health Crisis Line at 1.888.737.4668 right away.

RNC

709.729.8000

Patrol Services Division: 709.729.8700

rnc.gov.nl.ca

RCMP

1.800.709.RCMP (7267) - non-emergency

For immediate assistance, dial 9-1-1

rcmp-grc.gc.ca/en/nl/home

Bridge the gapp

Bridge the gapp is an online resource designed to support mental wellness.

bridgethegapp.ca

Provincial CHANNAL Warm Line

A non-emergency, non-crisis telephone support and referral service, operated by people with lived experience.

1.855.753.2560 (9:00 a.m. to 12:00 a.m.)

Mental Health Crisis Line

1.888.737.4668 (available 24 hours a day)

Crisis Text Line, powered by Kids Help Phone

Connected to a volunteer crisis responder who can talk to you about any issue - big or small.

Text **'WELLNESS'** to **741741**

Online: <https://www.gov.nl.ca/dgsnl/ohs/>

Call 709.729.2706 or toll-free 1.800.563.5471





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For the Frontlines, powered by Kids Help Phone

Free 24/7 support for health care professionals and essential workers for anxiety, stress, fear, isolation, or other difficult emotions.

Text 'FRONTLINE' to 741741

Human Rights Commission

An independent government agency responsible for promoting and protecting human rights and equality; investigates complaints of discrimination and harassment.

709.729.2709 / 1.800.563.5808

thinkhumanrights.ca

NL Sexual Assault Prevention & Crisis Ctr.

Provide front-line services to individuals who have experienced sexualized violence and harassment. If in crisis, or for **immediate help call 1 800-726-2743.**

To contact the Ctr for advice on a personal sexual harassment or violence experience or on behalf of anyone else and to learn about available community supports and prevention methods call **(709) 747-7757.**

Public Legal Information Association NL

Provides general information and education about the law to all Newfoundlanders and Labradorians, with the intent of increasing access to justice.

709.722.2643 / 1.888.660.7788

publiclegalinfo.com

Online: <https://www.gov.nl.ca/dgsnl/ohs/>

Call 709.729.2706 or toll-free 1.800.563.5471

