

Lifewise Warmline



Who We Are.

Lifewise is a non-profit, lived experience organization in Newfoundland and Labrador, created by and for individuals with lived experience of mental health, substance use, and addiction challenges. We promote recovery by empowering self-determination, challenging stigma, and elevating the voices of those with lived experience.

At the core of our work is peer support, a mutual relationship grounded in shared experience. Recovery isn't always a straight path, and it helps to talk to someone who understands. Our trained Peer Supporters offer empathy and connection, especially through our Provincial Warmline.



We're Listening.

At Lifewise, our ears are always open. If you're struggling with mental health or addictions issues and need someone to talk to, give us a call. Due to the geographical challenges of our province, along with the increasing need in isolated regions, we're here to provide peer support through our provincial Warmline.

What to Expect.

When you call the Warmline, you'll connect with a Lifewise trained Peer Supporter who uses their own lived experience to offer empathetic, judgment-free support. There's no intake process, and your call is completely anonymous.

Who can call the Warmline?

The Warmline is available to individuals aged 16+ who are experiencing mental health, substance use, and/or addiction-related challenges. No diagnosis is necessary, just a need to talk during a difficult time.

Reasons to call:

- You're feeling lonely or struggling and want to talk to an empathic person who understands.
- You're facing a mental health challenge and need help finding support.
- You're looking for information on resources, services, or support groups.
- You'd like to schedule a one-on-one peer support session.

Warmline available daily 10 a.m. - 12 a.m.

Provincial Warmline
1-855-753-2560

First Responders Warmline
1-709-237-4180



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