

Good Morning Municipal Units of Shelburne County, Senior Services and N.S Mental Health and Addictions;

The Shelburne County Mental Health and Wellness Association was **not successful** with their recent application for funding from the N.S. Mental Health Foundation. However, we have been told that we can reapply in July. We are getting ready to do that and so to strengthen our application we are contacting you to ask for a Letter of Support for the Warm Line.

The warm line, now available to the whole Province, is a confidential and non judgmental service that can be accessed by phone using a toll free number : 1833-927-6546. Folks experiencing challenges in life, feeling lonely, anxious or depressed, just needing to talk, or looking for mental health resources and contact numbers can contact our screened and trained volunteers to talk. There is no need for an appointment or to have transportation to get to the service. They just use their phone and call in during designated hours - Mondays 1pm-5pm; Tuesday 1pm – 8pm; Wednesdays 4pm – 8pm; and Thursdays 1pm-5pm). We soon will go live with live chat through our website.

Our volunteer warm line workers are receiving **incoming calls** but they are also doing **outgoing calls to seniors** who have been referred to us by Senior Services or a family member. We are being recognized by many as an essential service especially during these very difficult times of lockdown due to Covid-19.

If you feel you need more information about us and the warm line please reply to this email or call me (902 875-6006) so that I can get you the answers to your questions.

Please email your letter of support for the Warm Line to me by the third week of June so that we can add it to this new application for funding to the N.S. Mental Health Foundation.

Thank-you.

Marilyn Johnston, Secretary
Shelburne County Mental Health and Wellness Association
902 875-6006 cell