



CRISIS TEXT LINE |

powered by

Kids Help Phone 

Crisis Text Line for First Responders in New Brunswick

13 April 2020

Hope 4 Heroes Canada and Kids Help Phone are partnering to provide a Crisis Text Line, powered by Kids Help Phone, for First Responders in a New Brunswick pilot program.

New Brunswickers are fortunate to have First Responders who are highly trained, incredibly skilled, caring and compassionate, and who selflessly come to our aid whenever we need them. These men and women, who dedicate their lives to protecting our families, our communities, and our province, are Heroes to us all. No matter what uniform they wear, we have great comfort in the fact that they will be there to help us in any situation.

We depend on our First Responders to be there for us. We look to them in the most difficult situations to know what to do, to bring us to safety, to save a life. Although you will likely never see it, they too feel fear, anxiety, despair, and hopelessness in their work and personal lives. We must remember and appreciate that they too are human, just like the people they serve. This text service will allow us to be there for those we depend on everyday.

Michael Johnston, President and Founder of Hope 4 Heroes Canada, says, "I am extremely excited about this partnership and the service it will provide to First Responders in our province. Too often we don't know that our brothers and sisters in uniform are suffering until it is too late; we lose far too many to suicide. Our hope is that no one will feel so alone that they see suicide as their only option. This confidential service is available by text 24 hours a day, whether at work or home. We are here for you".

This program will also contain an educational component focusing on key messages, including *it's ok to not be ok, you are not alone, and you are not weak for reaching out for help*.

More information on how to access this service will be communicated to First Responder organizations throughout the province in the coming weeks. Follow us on Facebook for more on this and other programs.

"For more than 30 years, Kids Help Phone has been supporting young people across Canada, with the help of First Responders who show up at a moment's notice to save the lives of our users", said Alisa Simon, Senior Vice President, Service Innovation and Chief Youth Officer with Kids Help Phone. "And yet

we know that those first responders need support too. We are proud to partner with Hope 4 Heroes to provide our texting service to First Responders across New Brunswick to ensure they know they are not alone, and that help is only a text away”.

About Hope 4 Heroes Canada

Hope 4 Heroes Canada is a registered non-profit organization in Rothesay, New Brunswick, founded in 2018 by Michael Johnston, a former paramedic. Its mission is to “provide hope for heroes, support for workplace mental trauma and illness, and a path toward recovery”. While not an exhaustive list, the organization’s target clientele includes police officers, firefighters, paramedics, funeral directors, health care providers, and various workers who have experienced dangerous or otherwise traumatic events in the workplace.

About Kids Help Phone

Kids Help Phone is Canada’s only 24/7 national service offering professional counselling, information, referrals, and volunteer-led text-based support for young people. Kids Help Phone’s free, anonymous services are available in both English and French. Kids Help Phone is a registered Canadian charity and raises the majority of revenue from individuals, foundations, corporations, and community fundraising. Visit www.kidshelpphone.ca for more information.

For more information, contact:

Hope 4 Heroes Canada

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