



Dear Colleague,

The founders of the Mental Health Active Response Team (MHART) know that mental health professionals across the State of Tennessee have been wanting to reach out and help during this pandemic. We know that the stress on front line health care workers and first responders could have significant mental health consequences. MHART (501c3 pending) was created to address these two needs. By partnering with the State of Tennessee and through the support of various mental health professional organizations, MHART will provide a statewide Emotional Support Line for front line health care workers and first responders that is staffed by volunteer mental health professionals.

You can help, by putting aside a few hours a week to offer phone support to front line healthcare workers who are feeling the stress of putting their and their family's health and life at risk, while working in difficult conditions. As a mental health provider, you are skilled at offering the support these individuals need. MHART will be using a simple phone app to allow volunteers to take voice calls on their cell phone or computer, in their office or from their home. MHART has also developed a short training video for volunteers and a quick guide for the phone app.

You can help by signing up now to volunteer on the Emotional Support Line at (www.mharttn.org/volunteer). If you would like more information, email MHART at info@mharttn.org.

Thank you,

Mental Health Active Response Team Board of Directors
Lizzie Harrigan, Amanda Stone, Gina DelGardo, Cynthia Lucas, Cathryn Yarbrough

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