

A *Warmline* is a peer-run phone line that offers callers emotional support and is staffed by volunteers who are in recovery themselves.

State	Warmline	Phone Number	Hours of Operation	Spanish	Chat/Text
AL	<a href="#">Wings Across Alabama Warmline</a>	(844) 999-4647	24/7		
AZ	<a href="#">Hope, Inc. Warmline</a> (serves residents of AZ)	(520) 770-9909 Pima County (844) 733-9912 All other counties	Daily, 8am–10pm (MT) Holidays, 8am-6pm	Yes	
AZ	Maricopa County Warmline (serves residents of Maricopa County)	(602) 347-1100	24/7	Yes	
CA	<a href="#">MHA San Francisco Warm Line</a> (serves residents of CA)	(855) 600-9276, press 4	24/7	Yes	Chat & Text
CA	<a href="#">NAMI San Diego Warmline</a> (serves residents of San Diego County)	(619) 295-1055	Daily, 3:30pm–11pm (PT)		
CA	<a href="#">The OC Warmline-NAMI Orange County</a>	(877) 910-9276 or (714) 991-6412	24/7	Yes	Chat
CO	<a href="#">Colorado Crisis and Support Line</a>	(844) 493-8255, press *	24/7	Yes	Text

Blue boxes = will take out-of-state calls

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CT	Community Warmline	(203) 732-2004	Sun–Th, 6pm–10pm; F–Sat, 6pm–11pm (ET)		
CT	<a href="#">JoinRiseBe Young Adult Warm Line</a>	(855) 646-7366	12pm-9pm daily (ET)		
CT	<a href="#">Reach Out Connecticut</a>	(203) 287-2460	M–Th, 8:30am–7pm; F, 8:30am–6pm Sat-Sun 11am-7pm	Yes	
FL	MHA SETH Line	(954) 578-5640	M–F, 6pm–10pm (ET)		
GA	<a href="#">Bartow Peer to Peer Warmline</a> <i>(serves residents of Bartow County)</i>	(770) 276-2019	24/7		
GA	<a href="#">Cares Warmline</a>	(844) 326-5400	Daily, 8:30am–11pm (ET)		Text
GA	<a href="#">Colquitt Peer to Peer Warm Line</a> <i>(serves residents of Colquitt County)</i>	(229) 873-9737	24/7		
GA	<a href="#">Decatur Peer to Peer Warmline</a> <i>(serves residents of Decatur)</i>	(404) 371-1414	24/7		

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GA	<a href="#">Peer2Peer Warmline</a> (serves residents of GA)	(888) 945-1414	24/7		Chat 10am-4pm
GA	<a href="#">White County Peer to Peer Warmline</a> (serves residents of White County)	(706) 865-3601	24/7		
IA	Iowa Warmline (serves residents of IA)	(844) 775-9276	24/7		
IL	<a href="#">Illinois Mental Health Collaborative</a> (serves residents of IL)	(866) 359-7953	M–Sat, 8am–8pm (CT) Closed on Holidays	Yes	
IN	<a href="#">KEY Consumer Organization</a>	(800) 933-5397	M–F, 8am–4:30pm (ET)		
MA	<a href="#">Boston Peer Support Line</a> (serves residents of MA)	(877) 733-7563	Daily, 4pm -7:45pm (ET)		
MA	<a href="#">Kiva Centers Peer Support Line</a> (serves residents of MA)	(508) 688-5898	M-F, 8pm – 12 midnight (ET)		
MA	<a href="#">Western Mass Peer Support Line</a> (serves residents of MA)	(888) 407-4515	M-Th, 7 - 9pm (ET); F – Sun, 7 - 10pm (ET) Do not leave a voicemail. They are not checked. Keep calling.		

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MD	Make Lemonade <i>(serves residents of MD)</i>	(877) 794-7337	Mon & Wed, 4pm–3am; Tues, Th & Fri 9am-9pm Sat, 3pm–12am (ET)		
MD	Maryland Helpline	(800) 422-0009	24/7	Yes	
MD	<a href="#">Pro Bono Counseling Project Warmline</a> <i>(serves residents of MD)</i>	(410) 598-0234	M–F, 10am–8pm; Sat–Sun, 10am–6pm (ET)	Yes	
MI	<a href="#">Michigan Peer Warmline</a> <i>(serves residents of MI)</i>	(888) 733-7753	Daily, 10am–2am (ET)		
MN	<a href="#">Minnesota Warmline</a> <i>(serves residents of MN)</i>	(855) 927-6546	Daily, 9am-9pm (CT)		Chat & Text
MN	<a href="#">Peer Support Connection MN Warmline</a> <i>(serves residents of MN)</i>	(844) 739-6369	Daily, 5pm–9am (CT)	Yes	Text
MO	Compassionate Ear Warmline	(866) 927-6327	Daily, 9am–9pm (CT)		
MS	<a href="#">Contact The Crisis Line</a>	(601) 713-4357	24/7		

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MS	<a href="#">Contact Helpline</a>	(662) 328-0200	24/7		
MT	MHA Montana Warmline	(877) 688-3377	Mon-Thurs 10AM-9PM, Fri-Sun 1PM-7PM (MT)		Chat
NC	<a href="#">Hope 4NC Helpline</a> (serves residents of NC)	(855) 587-3463	24/7	Yes	
NC	<a href="#">Promise Resource Network Warmline</a> (serves residents of NC)	(833) 390-7728	24/7		
ND	<a href="#">First Link</a> (serves residents of ND and Clay County, MN)	(701) 235-7335 or dial 211 for ND	24/7	Yes	Chat
NE	<a href="#">Safe Harbor Peer Support</a>	(402) 715-4226	24/7	Yes	
NH	<a href="#">Stepping Stone Warmline</a>	(888) 582-0920, press 9	Saturday-Thurs 4PM-9PM Friday 4PM-8PM (EST)	Yes	
NJ	<a href="#">2nd Floor Youth HelpLine</a> (for youth ages 10-24 only)	(888) 222-2228	24/7	Yes	Text
NJ	<a href="#">CONTACT of Ocean &amp; Monmouth Counties</a>	(732) 240-6100	24/7		

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NJ	<a href="#">Peer to Peer Recovery Warmline</a>	(877) 292-5588	M–F, 8am–10pm; Sat–Sun, 5pm–10pm (ET); Holidays 3-10	Yes	
NM	<a href="#">PEER to PEER Warmline</a> <i>(serves residents of NM)</i>	(855) 466-7100	Daily, 7am–11:30pm (MT)	Yes	Text 6pm-11pm
NM	<a href="#">Agora Crisis Center</a>	(505) 277-3013	24/7		
NY	<a href="#">Empowerment Exchange Peer Support</a>	(800) 643-7462	24/7		
NY	<a href="#">Family of Woodstock Inc.</a>	(845) 679-2485	24/7	Yes	Chat & Text
NY	<a href="#">NYC Well</a>	988	24/7	Yes	Chat & Text
NY	<a href="#">Phone Link</a>	(516) 489-0100, press 1	M–F, 9am–9pm (ET)		
NV	<a href="#">NAMI Western Nevada Warmline</a> <i>(serves residents of NV)</i>	(775) 241-4212, press 1	24/7		
NV	<a href="#">NAMI Western Nevada Teen Peer Support Text Line</a> <i>(24 years and younger)</i>	(775) 296-8336 (text only)	Daily, 10am-12 midnight (PT)		Chat & Text

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OH	<a href="#">Community Counseling/Third Street Family Health</a>	(866) 562-2003	24/7		
OH	<a href="#">The Nord Center</a> (serves residents of OH)	(800) 888-6161 ask for the Warmline	M-F 1pm-10pm (ET)	Yes	
OH	<a href="#">The P.E.E.R. Center Warmline</a>	(614) 358-8255	Daily, 5pm–3am (ET)		
OR	<a href="#">Clackamas County Crisis &amp; Support Line</a> (serves residents of OR)	(503) 655-8585	24/7		
OR	<a href="#">David Romprey Oregon Warmline</a>	(800) 698-2392	24/7		
OR	<a href="#">Oregon YouthLine</a> (serves residents, ages 11-20, of OR)	(877) 968-8491 or Text “teen2teen” to 839863	24/7 (Teen volunteers are available from 4pm-10pm PT)		Chat & Text
PA	<a href="#">Allegheny County Peer Support Warmline</a> (serves residents of PA)	(866) 661-9276	Daily, 9am–1am (ET)		

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PA	<a href="#">Delaware County TeleHealth Helpline</a> <i>(serves residents of Delaware County, PA)</i>	(855) 464-9342	M–F, 6pm–12 midnight; Sat–Sun, 1pm–11pm (ET)		
PA	<a href="#">Contact Altoona Helpline</a>	(814) 946-9050	Daily, 7am–11pm (ET)		
PA	<a href="#">Contact Helpline (211)</a>	(800) 932-4616	24/7		
PA	<a href="#">Lenape Valley Foundation Peer Recovery Warmline</a> <i>(serves residents of Bucks County)</i>	(215) 896-9717	M–F, 1pm–5pm (ET); Not open on Holidays		
PA	<a href="#">Peer Support Talk Line</a> <i>(serves residents of Montgomery County)</i>	(855) 715-8255; (267) 225-7785 (text)	Daily, 1pm–9pm (ET); Not open on Holidays		Text
PA	<a href="#">Teen Talk Line</a> <i>(serves residents of Montgomery County)</i>	(866) 825-5856; (215) 703-8411 (text)	Daily, 1pm–9pm (ET); Not open on Holidays		Text
PA	<a href="#">Teen Talk Line</a> <i>(serves residents of Chester County)</i>	(855) 852-8336; (484) 362-9515 (text)	Daily, 3pm–7pm (ET); Not open on Holidays		Text
RI	<a href="#">The Samaritans Listening Line</a> <i>(serves residents of RI)</i>	(800) 365-4044	24/7		



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SD	<a href="#">South Dakota HelpLine Center</a> (serves residents of SD)	(605) 339-4357	24/7		
TN	<a href="#">Peer Recovery Call Center</a> (serves residents of TN)	(865) 584-9125	Daily, 8:30am–5pm (CT)		
TN	<a href="#">NAMI Tennessee HelpLine</a> (serves residents of TN)	(800) 467-3589	M-F, 9am – 5pm (CT)		
TN	<a href="#">The Crisis Contact Line</a>	(615) 244-7444; (615) 502-4373 (text)	24/7	Yes	Text
TX	<a href="#">HOPE Family Health Warmline</a>	(844) 755-4673	M–F, 12pm–10pm (CT) Sat 9am–2pm	Yes	
TX	MHA Texas Warm Line	(817) 546-7826	M–F, 8am–5pm (CT)	Yes	
TX	<a href="#">S.E.A. Center Warmline</a>	(713) 970-4483 (713) 970-4481 (Spanish)	M-F, 9am-5pm (CT)	Yes	
TX	<a href="#">Y.W.C.A Greater Austin Warmline</a>	(512) 548-9922	M–Th 8:30am-8pm, F 8:30am-5pm, Sat 12pm-4pm (CT)	Yes	
UT	<a href="#">Utah Warmline</a> (serves residents of UT)	(833) 773-2588	Daily, 8am–11pm (MT)		

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VA	<a href="#">MHA Virginia Warmline</a> <i>(serves residents of VA)</i>	(866) 400-6428	M–F, 9am–9pm; Sat–Sun, 5pm–9pm (ET)	Yes	Text M, W, F, Sat 5–9pm
VT	<a href="#">Pathways Vermont Support Line</a> <i>(serves residents of VT)</i>	(833) 888-2557	24/7		Text
WA	<a href="#">WA Warmline</a>	(877) 500-9276	9am-10pm daily (PT)	Yes	
WI	<a href="#">MHA Uplift Wisconsin Warmline</a> <i>(serves residents of WI)</i>	(534) 202-5438	12pm-12 midnight, daily (CT)		
WI	<a href="#">Solstice House Warmline</a> <i>(serves residents of WI)</i>	(608) 244-5077	24/7 leave a message; most calls returned within the hour		
WV	<a href="#">Help304-Emotional Strength</a> <i>(serves residents of WV)</i>	(877) 435-7304	24/7		Chat & Text
WV	<a href="#">Help4WV Warmline</a> <i>(serves residents of WV)</i>	(844) 435-7498	24/7		Chat & Text

## National Support Lines

Population / Subject	Peer-Support Line / Description	Phone Number	Hours of Operation	Spanish	Chat/Text
Adult	<a href="#">LGBT National Help Center</a> Provides free & confidential peer-support, information, and resources	(888) 843-4564	M-F, 4pm–12am (ET) Sat, 12pm-5pm		Chat
Aging	<a href="#">AARP Friendly Voices Warmline</a> Offers phone calls during challenging and isolating times (must leave a message; a peer support specialist will call back)	(888)-281-0145 or (888) 497-4108 for Spanish	M-F, 9am-5pm (ET)	Yes	
Aging / LGBTQI	<a href="#">LGBT Senior Hotline</a> Provides free & confidential peer-support, information, and resources (adults age 50+)	(888) 234-7243	M-F, 4pm–12am (ET) Sat, 12pm-5pm		
Military	<a href="#">Military Helpline</a> Provides confidential crisis support for military service members, veterans & their families	(888) 457-4838	24/7 Text "MIL1" to 839863		Text
Teen / LGBTQI	<a href="#">LGBT Youth Talkline</a> Provides free & confidential peer-support, information, and resource (25 years and under)	(800) 246-7743	M-F, 4pm–12am (ET) Sat, 12pm-5pm		Chat

## National Support Lines

Teen	<a href="#">Teen Line</a> <i>Provides support, resources and hope to any teen who is struggling</i>	(800) 852-8336	Daily, 6pm–10pm (PT) Text TEEN to 839863		Text (6pm-9pm PT)
Teen	<a href="#">Your Life Your Voice</a> <i>Provides “Ways to Get Help” with call, text and email options</i>	(800) 448-3000	24/7	Yes	Text
Veteran	<a href="#">Veteran Call Center</a> <i>Provides confidential call center for combat veterans and their families</i>	(877) WAR-VETS (877-927-8387)	24/7		
Workplace	<a href="#">Empower Work</a> <i>Provides confidential support for tough work situations via SMS or webchat at the bottom of the webpage</i>	510-674-1414 (text only)	M–F, 7am–7pm (PT) Text “Hello” to get started or visit website for chat		Text only