

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><br>(serves residents of AZ)                   | (520) 770-9909<br>Pima County<br>(844) 733-9912<br>All other counties | Daily, 8am–10pm (MT)<br>Holidays, 8am-6pm | Yes     |                |
| AZ    | Maricopa County Warmline<br>(serves residents of Maricopa County)                 | (602) 347-1100  | 24/7                                      | Yes     |                |
| CA    | <a href="#">MHA San Francisco Warm Line</a><br>(serves residents of CA)           | (855) 600-9276,<br>press 4  | 24/7                                      | Yes     | Chat &<br>Text |
| CA    | <a href="#">NAMI San Diego Warmline</a><br>(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<br>(714) 991-6412                                   | 24/7                                      | Yes     | Chat           |
| CO    | <a href="#">Colorado Crisis and Support Line</a>                                  | (844) 493-8255,<br>press *  | 24/7                                      | Yes     | Text           |

Blue boxes = will take out-of-state calls

| State | Warmline  | Phone Number   | Hours of Operation                                     | Spanish | Chat/Text |
|-------|---|----------------|--|---------|-----------|
| CT    | Community Warmline  | (203) 732-2004 | Sun–Th, 6pm–10pm;<br>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;<br>F, 8:30am–6pm<br>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><br><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><br><i>(serves residents of Colquitt County)</i> | (229) 873-9737 | 24/7   |         |           |
| GA    | <a href="#">Decatur Peer to Peer Warmline</a><br><i>(serves residents of Decatur)</i>           | (404) 371-1414 | 24/7   |         |           |

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

| State | Warmline  | Phone Number   | Hours of Operation  | Spanish | Chat/Text   |
|-------|---|----------------|---|---------|-------------|
| MD    | Make Lemonade<br><i>(serves residents of MD)</i>  | (877) 794-7337 | Mon & Wed, 4pm–3am;<br>Tues, Th & Fri 9am-9pm<br>Sat, 3pm–12am (ET) |         |             |
| MD    | <a href="#">Pro Bono Counseling Project Warmline</a><br><i>(serves residents of MD)</i> | (410) 598-0234 | M–F, 10am–8pm;<br>Sat–Sun, 10am–6pm (ET)                            | Yes     |             |
| MI    | <a href="#">Michigan Peer Warmline</a><br><i>(serves residents of MI)</i>               | (888) 733-7753 | Daily, 10am–2am (ET)  |         |             |
| MN    | <a href="#">Minnesota Warmline</a><br><i>(serves residents of MN)</i>                   | (855) 927-6546 | Daily, 9am-9pm (CT)   |         | Chat & Text |
| MN    | <a href="#">Peer Support Connection MN Warmline</a><br><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  |         |             |

| State | Warmline   | Phone Number                         | Hours of Operation                             | Spanish | Chat/Text |
|-------|--|--------------------------------------|--|---------|-----------|
| MS    | <a href="#">Contact Helpline</a>   | (662) 328-0200                       | 24/7   |         |           |
| MT    | MHA Montana Warmline   | (877) 688-3377                       | Mon-Thurs 10AM-9PM,<br>Fri-Sun 1PM-7PM (MT)    |         | Chat      |
| NC    | <a href="#">Hope 4NC Helpline</a><br><i>(serves residents of NC)</i>                 | (855) 587-3463                       | 24/7   | Yes     |           |
| NC    | <a href="#">Promise Resource Network Warmline</a><br><i>(serves residents of NC)</i> | (833) 390-7728                       | 24/7   |         |           |
| ND    | <a href="#">First Link</a><br><i>(serves residents of ND and Clay County, MN)</i>    | (701) 235-7335<br>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,<br>press 9           | Saturday-Thurs 4PM-9PM<br>Friday 4PM-8PM (EST) | Yes     |           |
| NJ    | <a href="#">2nd Floor Youth HelpLine</a><br><i>(for youth ages 10-24 only)</i>       | (888) 222-2228                       | 24/7   | Yes     | Text      |
| NJ    | <a href="#">CONTACT of Ocean &amp; Monmouth Counties</a>                             | (732) 240-6100                       | 24/7   |         |           |

| State | Warmline   | Phone Number                  | Hours of Operation   | Spanish | Chat/Text        |
|-------|--|-------------------------------|--|---------|------------------|
| NJ    | <a href="#">Peer to Peer Recovery Warmline</a>   | (877) 292-5588                | M–F, 8am–10pm;<br>Sat–Sun, 5pm–10pm (ET);<br>Holidays 3-10 | Yes     |                  |
| NM    | <a href="#">PEER to PEER Warmline</a><br><i>(serves residents of NM)</i>                         | (855) 466-7100                | Daily, 7am–11:30pm (MT)                                    | Yes     | Text<br>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 &<br>Text   |
| NY    | <a href="#">Phone Link</a>   | (516) 489-0100,<br>press 1    | M–F, 9am–9pm (ET)  |         |                  |
| NV    | <a href="#">NAMI Western Nevada Warmline</a><br><i>(serves residents of NV)</i>                  | (775) 241-4212,<br>press 1    | 24/7   |         |                  |
| NV    | <a href="#">NAMI Western Nevada Teen Peer Support Text Line</a><br><i>(24 years and younger)</i> | (775) 296-8336<br>(text only) | Daily, 10am-12 midnight (PT)                               |         | Chat &<br>Text   |

| State | Warmline  | Phone Number                                 | Hours of Operation                                       | Spanish | Chat/Text   |
|-------|---|--|--|---------|-------------|
| OH    | <a href="#">Community Counseling/Third Street Family Health</a>                               | (866) 562-2003                               | 24/7   |         |             |
| OH    | <a href="#">The Nord Center</a><br><i>(serves residents of OH)</i>                            | (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><br><i>(serves residents of OR)</i> | (503) 655-8585                               | 24/7   |         |             |
| OR    | <a href="#">David Romprey Oregon Warmline</a>   | (800) 698-2392                               | 24/7   |         |             |
| OR    | <a href="#">Oregon YouthLine</a><br><i>(serves residents, ages 11-20, of OR)</i>              | (877) 968-8491 or Text “teen2teen” to 839863 | 24/7<br>(Teen volunteers are available from 4pm-10pm PT) |         | Chat & Text |
| PA    | <a href="#">Allegheny County Peer Support Warmline</a><br><i>(serves residents of PA)</i>     | (866) 661-9276                               | Daily, 9am–1am (ET)                                      |         |             |

| State | Warmline   | Phone Number                                | Hours of Operation                              | Spanish | Chat/Text |
|-------|--|---|---|---------|-----------|
| PA    | <a href="#">Delaware County TeleHealth Helpline</a><br><i>(serves residents of Delaware County, PA)</i>      | (855) 464-9342                              | M–F, 6pm–12 midnight;<br>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><br><i>(serves residents of Bucks County)</i> | (215) 896-9717                              | M–F, 1pm–5pm (ET);<br>Not open on Holidays      |         |           |
| PA    | <a href="#">Peer Support Talk Line</a><br><i>(serves residents of Montgomery County)</i>                     | (855) 715-8255;<br>(267) 225-7785<br>(text) | Daily, 1pm–9pm (ET);<br>Not open on Holidays    |         | Text      |
| PA    | <a href="#">Teen Talk Line</a><br><i>(serves residents of Montgomery County)</i>                             | (866) 825-5856;<br>(215) 703-8411<br>(text) | Daily, 1pm–9pm (ET);<br>Not open on Holidays    |         | Text      |
| PA    | <a href="#">Teen Talk Line</a><br><i>(serves residents of Chester County)</i>                                | (855) 852-8336;<br>(484) 362-9515<br>(text) | Daily, 3pm–7pm (ET);<br>Not open on Holidays    |         | Text      |
| RI    | <a href="#">The Samaritans Listening Line</a><br><i>(serves residents of RI)</i>                             | (800) 365-4044                              | 24/7  |         |           |



| State | Warmline   | Phone Number                                  | Hours of Operation                                  | Spanish | Chat/Text |
|-------|--|---|---|---------|-----------|
| SD    | <a href="#">South Dakota HelpLine Center</a><br>(serves residents of SD) | (605) 339-4357                                | 24/7  |         |           |
| TN    | <a href="#">Peer Recovery Call Center</a><br>(serves residents of TN)    | (865) 584-9125                                | Daily, 8:30am–5pm (CT)                              |         |           |
| TN    | <a href="#">NAMI Tennessee HelpLine</a><br>(serves residents of TN)      | (800) 467-3589                                | M-F, 9am – 5pm (CT)                                 |         |           |
| TN    | <a href="#">The Crisis Contact Line</a>                                  | (615) 244-7444;<br>(615) 502-4373<br>(text)   | 24/7  | Yes     | Text      |
| TX    | <a href="#">HOPE Family Health Warmline</a>                              | (844) 755-4673                                | M–F, 12pm–10pm (CT)<br>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<br>(713) 970-4481<br>(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,<br>F 8:30am-5pm, Sat 12pm-4pm (CT) | Yes     |           |
| UT    | <a href="#">Utah Warmline</a><br>(serves residents of UT)                | (833) 773-2588                                | Daily, 8am–11pm (MT)                                |         |           |

| State | Warmline  | Phone Number   | Hours of Operation  | Spanish | Chat/Text                        |
|-------|---|----------------|---|---------|----------------------------------|
| VA    | <a href="#">MHA Virginia Warmline</a><br>(serves residents of VA)         | (866) 400-6428 | M–F, 9am–9pm;<br>Sat–Sun, 5pm–9pm (ET)                          | Yes     | Text<br>M, W, F,<br>Sat<br>5–9pm |
| VT    | <a href="#">Pathways Vermont Support Line</a><br>(serves residents of VT) | (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><br>(serves residents of WI) | (534) 202-5438 | 12pm-12 midnight, daily (CT)                                    |         |                                  |
| WI    | <a href="#">Solstice House Warmline</a><br>(serves residents of WI)       | (608) 244-5077 | 24/7<br>leave a message; most calls<br>returned within the hour |         |                                  |
| WV    | <a href="#">Help304-Emotional Strength</a><br>(serves residents of WV)    | (877) 435-7304 | 24/7  |         | Chat &<br>Text                   |
| WV    | <a href="#">Help4WV Warmline</a><br>(serves residents of WV)              | (844) 435-7498 | 24/7  |         | Chat &<br>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><br>Provides free & confidential peer-support, information, and resources  | (888) 843-4564                                  | M-F, 4pm–12am (ET)<br>Sat, 12pm-5pm |         | Chat      |
| Aging                | <a href="#">AARP Friendly Voices Warmline</a><br>Offers phone calls during challenging and isolating times (must leave a message; a peer support specialist will call back) | (888)-281-0145 or<br>(888) 497-4108 for Spanish | M-F, 9am-5pm (ET)                   | Yes     |           |
| Aging / LGBTQI       | <a href="#">LGBT Senior Hotline</a><br>Provides free & confidential peer-support, information, and resources (adults age 50+)   | (888) 234-7243                                  | M-F, 4pm–12am (ET)<br>Sat, 12pm-5pm |         |           |
| Military             | <a href="#">Military Helpline</a><br>Provides confidential crisis support for military service members, veterans & their families   | (888) 457-4838                                  | 24/7<br>Text "MIL1" to 839863       |         | Text      |
| Teen / LGBTQI        | <a href="#">LGBT Youth Talkline</a><br>Provides free & confidential peer-support, information, and resource (25 years and under)  | (800) 246-7743                                  | M-F, 4pm–12am (ET)<br>Sat, 12pm-5pm |         | Chat      |

## National Support Lines

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