

## What are Warm Lines?

A warm lines are peer-run phone lines designed for individuals who need an understanding ear. These warm lines provide you access to call and have a conversation with someone who can provide emotional support during hard times. Warm lines are operated and staffed by trained peers who have experienced their own mental health struggles or know what is like to care for someone with many different types of struggles. Warm lines are *not* the same as crisis lines. Hot lines or crisis lines are for individuals in immediate crisis. Warm lines provide early support that can prevent an emotional crisis.

## Warm Lines By State

### Alabama

[Wings Across Alabama](#)

1-844-999-4647

Hours: 24/7

Alabama calls prioritized, *accepts calls nationwide 24x7*

### American Samoa

[Back on Track, American Samoa](#)

684-254-8423

Hours: 24/7, 365

### Arizona

Central Arizona

[Solari Warm line](#)

602-347-1100

Hours: 24/7, 365

Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties

[Hope Arizona](#)

520-770-9909 (Pima)

844-733-9912 (all other Southern Arizona counties)

Hours:

8AM-10PM, 7 days a week

Holidays: 8AM-6PM (ENG) 8AM-1PM (SP)

### California

[CalHOPE](#) Peer-run Warm line

Live Chat from computer

Hours: Mon-Sun 8am-Midnight

Warm line:

833-317-4673 (ENG)

833-642-7696 (ESP)

Hours: 24/7

CalHOPE RedLine Community (American Indian/Alaskans Native (AIAN)

1-888-368-4090

Hours: Mon-Fri 8-8PM PST

[Live Chat](#)

California Peer-Run Warm Line

[Live Chat](#)

855-600-9276

Hours: 24/7

Butte County

[Northern Valley Talk Line](#)

855-582-5554

Hours: 4:30pm-9:30pm

[Kings County Local Warm line](#)

1-877-306-2413

Hours: 24/7

Los Angeles County

[Project Return Peer Support Network](#)

After Hours Warm Line

888-448-9777 (ENG & ESP)

Hours:

Mon-Fri 2:30PM – 10:00pm

Sat-Sin 10:00AM-6:00pm

Orange County

[NAMI Orange County Warm Line](#)

Call/Text 714-991-6412

Live Chat

Hours: Call, text & chat 24/7

San Diego County Residents Warm Line

619-295-1055

Hours: 3:30PM-11:00PM; 7 days a week except major holidays

San Joaquin County Warm Line

209-468-8686

Hours: 24/7

## **Colorado**

Rocky Mountain Crisis Partners

Call: 844-493-8255

Text: "TALK" to 38255

Call or Text 9-8-8

Hours: 7AM-12AM every day

**Connecticut**

Connecticut State Department of Mental Health and Addiction Services

[State portal list by county and state-wide warm lines](#)

**Delaware – Use Nationwide Warm lines****Florida**

[MHA](#) After Hours Line

954-578-5640

Hours: Mon-Fri 6:00PM-10:00PM

[Peer Support Coalition of Florida](#)

CLEAR Warm line

800-945-1355

Hours: 4:00PM – 10:00PM EST, 7 days a week including holidays

**Georgia**

[Wellness and Respite Center](#)

Statewide Peer2Peer Warm Line: 888-945-1414

Decatur: 404-371-1414

Bartow County: 770-276-2019

Colquitt County: 229-873-9737

White County: 706-865-3601

**Illinois**

[Illinois Department of Human Services](#)

Warm line: 866-359-7953

Hours: Mon-Sat 8:00AM-8:00PM except holidays

**Indiana**

[Key Consumer](#)

Warm line: 800-933-5397

Hours: Mon-Fri 8:00AM-4:30PM

**Iowa**

[Project Recovery Iowa](#)

Warm line: 844-775-9276; 531-800-3687 (ESP)

Hours: 24/7

**Kansas**

Mental Health Association of South Central Kansas

Warm line: 316-260-2340

Hours: 5:00PM-11:00PM; 7 days a week

**Kentucky**

[NAMI Lexington](#)

Warm line: 877-840-5167

Hours:

Mon-Fri 10:00AM-9:00PM

Saturdays: 5:00PM-9:00PM

**Louisiana**

[The Clearing House](#)

Warm line: 1-800-730-8375

Hours:

Wed-Sun 5:00PM-10:00PM (Central Time)

**Maine**

[Sweester Peer Support Line](#)

1-866-771-9276

Hours: 24/4

**Maryland**

State Wide Warm Line: 1-877-794-7337

Hours: Tues-Sat 3:00PM-9:00PM

**Massachusetts**

[Metro Boston Recovery Learning Community \(MBRLC\)](#)

Warm line: 877-733-7563

Hours: 7 days a week from 4:00PM-7:45PM

[Kiva Centers](#)

Peer run warm line: 508-688-5898

Hours: Mon-Fri 8:00pm-12:00am

[Wildflower Alliance](#)

Peer run warm line: 888-407-4515

Hours:

Mon-Thur 7:00PM-9:00PM

Fri-Sun 7:00PM-10:00PM

*Don't leave a voicemail. Keep calling until you reach someone*

Edinburg Peer Warm line

[Network of Care Massachusetts](#)

617-875-0748

Hours: Tues, Thurs, Sat 5:30PM-9:30PM (Eastern Time)

**Missouri**[The Clearinghouse](#)

Local Warm line: 913-281-2251

Toll Free: 866-927-6327

Hours: 4:00PM-10:00PM; 7 days a week

**Michigan**[Second Wave Michigan](#)

Warm line: 888-753-7753

Hours: Every day 10:00AM-2:00AM

[Ask Family Services](#)

Warm line: 269-488-7735

Hours: Mon-Fri 3:00PM-7:00PM

**Minnesota**

Mental Health Minnesota - Peer Support

Toll Free: 855-927-6546

Local Number: 651-288-0400

Text "Support" to 85511

[Live Chat](#)

Hours: 7 days a week 9:00AM-9:00PM

[Wellness in the Woods](#)

Warm line

Call or Text 1-844-739-6369

Hours: 7 days a week 5:00PM-9:00am

For African American peer

1-855-244-5050

Hours: 7 days a week 5:00PM-9:00PM

**Missouri**

NAMI Warm line Missouri Residents

Toll Free: 800-374-2138

Local Number: 574-624-2138

Hours: Mon-Fri 9:00AM-2:00PM (Central Standard Time)

Compassionate Ear Warm Line

Toll Free: 866-927-6327

Local: 913-281-2251

Hours: 4:00PM-10:00PM every evening

**Montana**

[Mental Health America of Montana](#)

877-688-3377

Hours:

Mon-Fri 4:00PM-10:00PM

Sat-Sun 1:00-10:00PM

**Nebraska**

[Keya House](#)

402-261-5959

Hours: 24/7

Honu Warm Line

402-975-2032

Hours: 24/7

**New Hampshire**

[Monadnock Peer Support](#)

Toll Free: 1-866-352-5093

Local: 603-352-5094

Hours: 4:00PM-9:00PM every night

[Stepping Stone Warm Line](#)

Toll Free: 888-582-0920

Local: 603-543-1388

Hours: 4:00PM-10:00PM every night

[Connections Peer Support Center](#)

Warm line: 800-809-6262

Mon-Fri 5:00PM-10:00PM

Peer Support Warm line

1-877-452-5433

Hours: 5:00PM-10:00PM every night

**Nevada**

NAMI Southern Nevada Warm line

702-890-9729

Hours: Mon-Fri 9:00AM-5:00PM

NAMI Western Nevada Cares Warm line

775-241-4212

Hours: 24/7

## **New Jersey**

### [Peer Recovery Warm Line](#)

877-292-5588

Hours:

Mon-Fri 8:00AM-10:00PM

Sat-Sun 5:00PM-10:00PM

Holidays 3:00PM-10:00PM

## **New Mexico**

### [Peer-to-Peer Warm Line](#)

Call or Text 1-855-466-7100

Hours (Call): 7:00AM-11:30PM 7 days a week

Hours (Text): 6:00PM-11:00PM 7 days a week

## **New York**

People USA Peer Warm Lines

845-452-2728

Dutchess County: ext 606

Orange & Ulster County: ext 607

Putnam County: ext 616

Warren/Washington County: 518-502-1172

### [The Empowerment Center](#)

Warm line: 518-268-1663

Hours: Mon-Sat 9:00AM-9:00PM

## **North Carolina**

### [Hope4NC](#)

1-855-587-3463

Hours: 24/7

### [Promises Resource Network](#)

Mecklenburg County: 833-390-7728

Hours: 24/7

## **Ohio**

The Nord Center

1-800-888-6161

Hours: 1:00PM-11:00PM every day

*A crisis line that does accept warm line calls*

*Accepts calls from all Ohio Residents*

[P.E.E.R. Center](#) Connection Warm Line  
614-358-8255  
Hours: 5:00PM-3:00AM daily

[Cincinnati Warm Line](#)  
513-931-9276  
Hours: 24/7

Lucas County Residents  
[Neighborhood Properties](#)  
419-442-0580  
Hours: 11:00AM-7:00PM every day

### **Oregon**

[Community Counseling Solutions](#)  
David Romperly Oregon Warm Line  
1-800-698-2392  
Hours: 24/7

[Recovery Outreach Community Center](#)  
971-718-8668  
Hours: 10:00AM-6:00PM every day

### **Pennsylvania**

[The Grapevine Center](#)  
Toll Free: 1-866-431-2489  
Local: 724-431-2488  
Hours: Mon-Sun 6:00PM-9:00PM

Allegheny County  
[Peer Support and Advocacy Network](#)  
1-866-661-9276  
Hours: 9:00AM-1:00AM daily

[Chester County Warm Line](#)  
866-846-2722  
Hours:  
Mon-Fri 8:00AM-10:00PM  
Sat-Sun 10:00AM-10:00PM

Montgomery County

[Access Services](#)

Call: 855-715-8255

Text: 267-225-7785

Hours: 1:00PM-9:00PM Daily

[Recovery Partnership Peer Support Line](#)

Lehigh County: 1-833-899-1331

Northampton County: 1-855-727-3377

Hours: 24/7

Seven Mountains Warm Line

Hours: 6:00PM-10:00PM Daily

Counties: Carbon-Monroe-Pike, Lackawanna-Susquehanna, Schuylkill, and Wayne  
866-654-8114

Counties: Huntingdon, Mifflin, Juniata, and Centre  
877-411-9102

### **Tennessee – Use National warm lines**

#### **Texas**

[Hope Family Health Center](#)

1-844-755-4673 (English and Spanish)

Hours:

Mon-Fri 12:00PM-10:00PM

Sat – Sun 9:00AM-2:00PM

Tarrant County

[MHA of Greater Tarrant County](#)

817-546-7826

Hours: Mon-Fri 1:00PM-5:00PM

#### **Utah**

Huntsman Mental Health Institute

Toll free: 833-773-2588

Local: 801-587-1055

Hours: 8:00AM-11:00PM Daily

#### **Vermont**

[Pathways Vermont](#)

833-888-2557

Hours: 24/7

Rutland County Warm Line  
802-770-3248  
Hours: Fri-Sun 6:00PM-9:00PM  
*Accepts calls from all Vermont residents*

Washington County Warm Line  
802-229-8015  
Hours: 6:00PM-11:00PM Daily

## **Virginia**

[MHA Virginia](#)

Call: 866-400-6428

Hours:

Mon-Fri 9:00AM-9:00PM

Sat-Sun & Holidays 5:00PM-9:00PM

Spanish Service Hours

Fri-Sat 5:00PM-9:00PM

Text Support

Wed, Fri and Sat 5:00PM-9:00PM

[Recovery Program Solutions of Virginia](#)

703-817-6124

Hours: Mon-Thurs 4:00PM-11:00PM

## **Washington**

[CVAB](#)

360-903-2853

Hours: 4:00PM-12:00AM Daily

Washington Warm Line-Crisis Connections

Toll Free: 877-500-9276

Local: 206-933-7001

Hours: 9:00AM-10:00PM; 7 days a week

## **Wisconsin**

Washington County Warm Line Calls

262-353-3540

Fri-Sat 6:00PM-9:00PM

[Iris Place](#)

920-815-3217

Warm line Hours: Mon-Wed 24 hours

## National Warm Lines

National Alliance on Mental Illness (NAMI) National Warm Line

1-800-950-6264

Hours: Mon-Fri 10:00am-10:00PM (Eastern Time)

[Wings Across Alabama](#)

1-844-999-4647

Hours: 24/7

*Alabama calls prioritized* but accepts calls nationwide 24x7

[Safe Harbor Peer Crisis Services Warm line](#)

402-715-4226

Hours: 24/7