

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	Wings Across Alabama Warmline	(844) 999-4647	24/7		
AR	Counseling Associates Warmline	(833) 236-2131	24/7		
AZ	HOPE Inc. Warmline <i>(serves residents of AZ)</i>	(520) 770-9909 & (844) 733-9912	Daily, 8am–10pm (MT)	Yes	
AZ	Maricopa County Warmline <i>(serves residents of Maricopa County)</i>	(602) 347-1100 & (844) 733-9912	24/7		
CA	California Peer-Run Warmline <i>(serves residents of CA)</i>	(855) 845-7415, press 4	24/7	Yes	Chat
CA	NAMI San Diego Warmline <i>(serves residents of San Diego County)</i>	(619) 295-1055	Daily, 3:30pm–10pm (PT)		
CA	The OC Warmline-NAMI Orange County	(877) 910-9276 or (714) 991-6412	24/7	Yes	Chat

Blue boxes = will take out-of-state calls

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CO	Colorado Crisis and Support Line	(844) 493-8255, press *	Daily, 7am–12am (MT)	Yes	Text
CT	Community Warmline	(203) 732-2004	Sun–Th, 6pm–10pm; F–Sat, 6pm–11pm (ET)		
CT	Reach Out Greater New Haven Warmline <i>(serves residents of New Haven County)</i>	(203) 287-2460	M–Th, 12pm–7pm; F, 12pm–6pm		
FL	Clear Warm Line	(800) 945-1355	Daily, 4pm–10pm (ET)		
FL	MHA SETH Line	(954) 578-5640	M–F, 6pm–10pm (ET)		
GA	Bartow County Peer to Peer Warmline <i>(serves residents of Bartow County)</i>	(770) 276-2019	24/7		
GA	Cares Warmline	(844) 326-5400	Daily, 8:30am–11pm (ET)		Text
GA	Colquitt County Peer to Peer Warmline <i>(serves residents of Colquitt County)</i>	(229) 873-9737	24/7		
GA	Decatur Peer to Peer Warmline <i>(serves residents of Decatur)</i>	(404) 371-1414	24/7		

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GA	Peer2Peer Warmline (serves residents of GA)	(888) 945-1414	24/7		Chat 10am-4pm
GA	White County Peer to Peer Warmline (serves residents of White County)	(706) 865-3601	24/7		
IA	Iowa Warmline (serves residents of IA)	(844) 775-9276	24/7		
IL	Illinois Mental Health Collaborative (serves residents of IL)	(866) 359-7953	M–Sat, 8am–8pm (CT) Not open on Holidays	Yes	
IN	KEY Consumer Organization	(800) 933-5397	M–F, 8am–4:30pm (ET)		
KY	Center Stone Crisis Line	(800) 221-0446	24/7	Yes	
MA	Baycove Peer Support Warmline (serves residents of MA)	(857) 378-4997	M–F, 9am–5pm (ET)		
MA	Boston Peer Support Line (serves resident of MA)	(877) 733-7563	Daily, 4pm-7:45pm (ET)		
MA	Edinburg Peer Warmline	(617) 875-0748	T, Th, Sat, 5:30pm–9:30pm (ET)		

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MA	The Samaritans on Cape Cod and the Islands	(800) 893-9900 & (508) 548-8900	24/7		
MD	Make Lemonade <i>(serves residents of MD)</i>	(877) 794-7337	M, 4pm–3am; W, 6pm–3am; Sat, 3pm–12am (ET)		
MD	Maryland Helpline	(800) 422-0009	24/7	Yes	
MD	Pro Bono Counseling Project Warmline <i>(serves residents of MD)</i>	(410) 598-0234	M–F, 10am–8pm; Sat–Sun, 10am–6pm (ET)		
MI	Certified Peer Support Specialist Warmline <i>(serves residents of MI)</i>	(888) 733-7753	Daily, 10am–2am (ET)		
MN	Minnesota Warmline <i>(serves residents of MN)</i>	(877) 404-3190	M–Sat, 12pm–10pm (CT)		Chat & Text
MN	Peer Support Connection MN Warmline <i>(serves residents of MN)</i>	(844) 739-6369	Daily, 5pm–9pm (CT)		
MO	Compassionate Ear Warmline	(866) 927-6327	Daily, 4pm–10pm (CT)		
MS	Contact The Crisis Line	(601) 713-4357	24/7		

State	Warmline	Phone Number	Hours of Operation	Spanish	Chat/Text
MS	Contact Helpline	(662) 328-0200	24/7		
MT	MHA Montana Warmline	(877) 688-3377	M–F, 1pm–9pm; Sat–Sun, 1pm–7pm (MT)		Chat
NC	Hope 4NC Helpline <i>(serves residents of NC)</i>	(855) 587-3463	24/7	Yes	
NC	Promise Resource Network Warmline <i>(serves residents of Mecklenburg County)</i>	(833) 390-7728	24/7		
ND	First Link <i>(serves residents of ND and Clay County, MN)</i>	(701) 235-7335 or dial 211 for ND	24/7		
NE	Safe Harbor Peer Support <i>(serves residents of region 6)</i>	(402) 715-4226	24/7	Yes	
NH	Stepping Stone Warmline	(888) 582-0920, press 9	Daily, 5pm–10pm (ET)		
NJ	2nd Floor Youth HelpLine <i>(for youth ages 10–24 only)</i>	(888) 222-2228	24/7		Text
NJ	CONTACT of Ocean & Monmouth Counties	(732) 240-6100	24/7		

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NJ	Peer to Peer Recovery Warmline	(877) 292-5588	M–F, 8am–10pm; Sat–Sun, 5pm–10pm (ET); Holidays 3-10	Yes	
NM	PEER to PEER Warmline (serves residents of NM)	(855) 466-7100	Daily, 7am–11:30pm (MT)	Yes	Text 6pm-11pm
NM	Agora Crisis Center	(505) 277-3013	24/7		
NY	Empowerment Exchange Peer Support Line	(518) 268-1663	Mon-Sat, 9am-9pm		
NY	Family of Woodstock Inc.	(845) 679-2485	24/7	Yes	Chat & Text
NY	NYC Well	(888) 692-9355, press 2 then 1 Text: text “WELL” to 65173	24/7	Yes	Chat & Text
NY	Phone Link	(516) 489-0100, press 1	M–F, 9am–9pm (ET)		
NV	NAMI Western Nevada Warmline	(775) 241-4212, press 1	24/7		
NV	NAMI Western Nevada Teen Peer Support Text Line	(775) 296-8336 (text only)	Daily, 12pm-12am		Chat & Text

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OH	Contact Crawford County	(419) 562-9010	24/7		
OH	The Nord Center <i>(serves residents of OH)</i>	(800) 888-6161 ask for the Warmline	M-F 1pm-10pm (ET)	Yes	
OH	The Peer Center Warmline	(614) 358-8255	Daily, 5pm–3am (ET)		
OK	NAMI Oklahoma Helpline <i>(serves residents of OK)</i>	(800) 583-1264	M-F 9am-4pm (CT)		
OR	Clackamas County Crisis and Support Line <i>(serves residents of OR)</i>	(503) 655-8585	24/7		
OR	David Romprey Oregon Warmline	(800) 698-2392	Daily, 8am–12am (PT)		
OR	Oregon YouthLine <i>(serves residents of OR)</i>	(877) 968-8491 or Text “teentoteen” to 839863	24/7 (Teen volunteers are available from 4pm-10pm PT)		Chat & Text
PA	Allegheny County Peer Support Warmline <i>(serves residents of PA)</i>	(866) 661-9276	Daily, 9am–1am (ET)		

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PA	Delaware County Warmline (serves residents of Delaware County, PA)	(855) 464-9342	M–F, 6pm–12 midnight; Sat–Sun, 1pm–11pm (ET)		
PA	Contact Altoona	(814) 946-9050	Daily, 7am–11pm (ET)		
PA	Contact Helpline (211)	(800) 932-4616	24/7		
PA	Lenape Valley Foundation Peer Recovery Warmline (serves residents of Bucks County)	(215) 896-9717	M–F, 1pm–5pm (ET); Not open on Holidays		
PA	Peer Support Talk Line (serves residents of Montgomery County)	(855) 715-8255; (267) 225-7785 (text)	Daily, 1pm–9pm (ET); Not open on Holidays		Text
PA	Teen Talk Line (serves residents of Montgomery County)	(866) 825-5856; (215) 703-8411 (text)	Daily, 1pm-9pm; Not open on Holidays		Text
PA	Teen Talk Line (serves residents of Chester County)	(866) 852-8336; (484) 362-9515 (text)	Daily, 3pm–7pm (ET); Not open on Holidays		Text
RI	The Samaritans Listening Line (serves residents of RI)	(800) 365-4044	24/7		
SC	SC Hopes (serves residents of SC)	(844) 724-6737	24/7		

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SD	South Dakota HelpLine Center (serves residents of SD)	(605) 339-4357	24/7		
TN	Peer Recovery Call Center (serves residents of TN)	(865) 584-9125	Daily, 8:30am–5pm (CT)		
TN	The Crisis Contact Line	(615) 244-7444; (615) 502-4373 (text)	24/7	Yes	Text
TX	An Ear to Listen and a Passion to Care	(844) 755-4673	M–F, 12pm–10pm (CT)	Yes	
TX	MHA Texas Warm Line	(817) 546-7826	M–F, 8am–5pm (CT)		
TX	S.E.A. Center Warmline	(713) 970-4483	M–F, 9am–5pm (CT)		
TX	Y.W.C.A Greater Austin Warmline	(512) 548-9922	M–Th 8:30am–7:30pm, F 8:30am–5pm, Sat 12pm–4pm (CT)		
UT	Utah Warmline (serves residents of UT)	(801) 587-1055	Daily, 8am–11pm (MT)		

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VA	MHA Peer Recovery Warmline of Virginia <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	Pathways Vermont Support Line <i>(serves residents of VT)</i>	(833) 888-2557	24/7		Text
WA	WA Warmline	(877) 500-9276	9am-10pm daily (PT)	Yes	
WI	Iris Place Peer Run Respite <i>(serves residents of WI)</i>	(920) 815-3217	Mon-Wed 24 hours		
WI	Solstice House Warmline <i>(serves residents of WI)</i>	(608) 244-5077	24/7 leave a message; most calls returned within the hour		
WV	Help304-Emotional Strength <i>(serves residents of WV)</i>	(877) 435-7304	24/7		Chat & Text
WV	Help4WV Warmline <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	LGBT National Help Center <i>Provides free & confidential peer-support, information, and resources</i>	(888) 843-4564	Daily, 4pm–12am (ET)		Chat
Aging	AARP Friendly Voices Warmline <i>Offers phone calls during challenging and isolating times (must leave a message; a peer support specialist will call back)</i>	(888)-281-0145 or (888) 497-4108 for Spanish	No specific hours listed	Y	
Aging / LGBTQI	LGBT Senior Line <i>Provides free & confidential peer-support, information, and resources</i>	(888) 234-7243	Daily, 4pm–12am (ET)		
Military	Military Helpline <i>Provides confidential crisis support for military service members, veterans & their families</i>	(888) 457-4838	24/7 Text “MIL1” to 839863		Text
Teen / LGBTQI	LGBT Youth Line <i>Provides free & confidential peer-support, information, and resources.</i>	(800) 246-7743	Daily, 4pm–12am (ET)		Chat

National Support Lines

Teen	Teen Line <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
Teen	Your Life Your Voice <i>Provides “Ways to Get Help” with call, text and email options</i>	(800) 448-3000	24/7		Text
Veteran	Veteran Call Center <i>Provides confidential call center for combat veterans and their families</i>	(877) WAR-VETS (927-8387)	24/7		
Workplace	Empower Work <i>Provides confidential support for tough work situations via SMS or webchat at the bottom of the webpage</i>	510-674-1414	M–F, 7am–7pm (PT) Text “Hello” to get started or visit website for chat		Chat & Text