NAMI National Warmline Directory

(as of May 16, 2025)

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		
AZ	Hope, Inc. Warmline *(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	MHA San Francisco Warm Line *(serves residents of CA)*	(855) 600-9276, press 4	24/7	Yes	Chat & Text
CA	NAMI San Diego Warmline *(serves residents of San Diego County)*	(619) 295-1055	Daily, 3:30pm–11pm (PT)		
CA	The OC Warmline-NAMI Orange County *(serves residents of CA)*	(877) 910-9276 or (714) 991-6412	24/7	Yes	Chat
CO	Colorado Crisis and Support Line	(844) 493-8255, press *	24/7	Yes	Text

Blue boxes = will take out-of-state calls

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State	Warmline	Phone Number	Hours of Operation	Spanish	Chat/Text
CT	Community Warmline	(203) 732-2004	Sun–Th, 6pm–10pm; F–Sat, 6pm–11pm (ET)		
CT	JoinRiseBe Young Adult Warm Line *(serves residents of CT)*	(855) 646-7366	12pm-9pm daily (ET)		
CT	Reach Out Connecticut *(serves residents of CT)*	(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	Bartow Peer to Peer Warmline *(serves residents of Bartow County)*	(770) 276-2019	24/7		
GA	Cares Warmline	(844) 326-5400	Daily, 8:30am–11pm (ET)		Text
GA	Colquitt Peer to Peer Warm Line *(serves residents of Colquitt County)*	(229) 873-9737	24/7		
GA	Decatur Peer to Peer Warmline *(serves residents of Decatur)*	(404) 371-1414	24/7		

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State	Warmline	Phone Number	Hours of Operation	Spanish	Chat/Text
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) Closed on Holidays	Yes	
IN	KEY Consumer Organization	(800) 933-5397	M–F, 8am–4:30pm (ET)		
MA	Boston Peer Support Line *(serves residents of MA)*	(877) 733-7563	Daily, 4pm -7:45pm (ET)		
MA	Kiva Centers Peer Support Line *(serves residents of MA)*	(508) 688-5898	M-F, 8pm – 12 midnight (ET)		
MA	Western Mass Peer Support Line *(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 *(serves residents of MD)*	(877) 794-7337	Mon & Wed, 4pm–3am; Tues, Th & Fri 9am-9pm Sat, 3pm–12am (ET)		
MD	Pro Bono Counseling Project Warmline *(serves residents of MD)*	(410) 598-0234	M–F, 10am–8pm; Sat–Sun, 10am–6pm (ET)	Yes	
MI	Michigan Peer Warmline *(serves residents of MI)*	(888) 733-7753	Daily, 10am–2am (ET)		
MN	Minnesota Warmline *(serves residents of MN)*	(855) 927-6546	Daily, 9am-9pm (CT)		Chat & Text
MN	Peer Support Connection MN Warmline *(serves residents of MN)*	(844) 739-6369	Daily, 5pm–9am (CT)	Yes	Text
MO	Compassionate Ear Warmline	(866) 927-6327	Daily, 9am–9pm (CT)		
MS	Contact The Crisis Line *(serves residents of MS)*	(601) 713-4357	M–F, 9am–5pm		

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State	Warmline	Phone Number	Hours of Operation	Spanish	Chat/Text
MS	Contact Helpline *(serves residents of MS)*	(662) 328-0200	M–F, 9am–5pm		
MT	MHA Montana Warmline	(877) 688-3377	Mon-Thurs 10AM-9PM, Fri-Sun 1PM-7PM (MT)		Chat
NC	Hope 4NC Helpline *(serves residents of NC)*	(855) 587-3463	24/7	Yes	
NC	Promise Resource Network Warmline *(serves residents of NC)*	(833) 390-7728	24/7		
ND	First Link *(serves residents of ND and Clay County, MN)*	(701) 235-7335 or dial 211 for ND	24/7	Yes	Chat
NE	Safe Harbor Peer Support *(serves residents of NE)*	(402) 715-4226	24/7	Yes	
NH	Stepping Stone Warmline	(888) 582-0920, press 9	Saturday-Thurs 4PM-9PM Friday 4PM-8PM (EST)	Yes	
NJ	2nd Floor Youth HelpLine *(for youth ages 10–24 only)*	(888) 222-2228	24/7	Yes	Text
NJ	CONTACT of Ocean & Monmouth Counties	(732) 240-6100	24/7		

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State	Warmline	Phone Number	Hours of Operation	Spanish	Chat/Text
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	(800) 643-7462	24/7		
NY	Family of Woodstock Inc.	(845) 679-2485	24/7	Yes	Chat & Text
NY	Phone Link	(516) 489-0100, press 1	M–F, 9am–9pm (ET)		
NV	NAMI Western Nevada Warmline *(serves residents of NV)*	(775) 241-4212, press 1	24/7		
NV	NAMI Western Nevada Teen Peer Support Text Line *(24 years and younger)*	(775) 296-8336 (text only)	Daily, 10am-12 midnight (PT)		Chat & Text

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OH	The Nord Center *(serves residents of OH)*	(800) 888-6161 ask for the Warmline	M-F 1pm-10pm (ET)	Yes	
OH	The P.E.E.R. Center Warmline	(614) 358-8255	Daily, 5pm–3am (ET)		
OR	Clackamas County Crisis & Support Line *(serves residents of OR)*	(503) 655-8585	24/7		
OR	David Romprey Oregon Warmline	(800) 698-2392	24/7		
OR	Oregon YouthLine *(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	Allegheny County Peer Support Warmline *(serves residents of PA)*	(866) 661-9276	Daily, 9am–1am (ET)		

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State	Warmline	Phone Number	Hours of Operation	Spanish	Chat/Text
PA	Delaware County TeleHealth Helpline *(serves residents of Delaware County, PA)*	(855) 464-9342	M–F, 6pm–12 midnight; Sat–Sun, 1pm–11pm (ET)		
PA	Contact Altoona Helpline	(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 (ET); Not open on Holidays		Text
PA	Teen Talk Line *(serves residents of Chester County)*	(855) 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		

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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	NAMI Tennessee HelpLine *(serves residents of TN)*	(800) 467-3589	M-F, 9am – 5pm (CT)		
TN	The Crisis Contact Line	(615) 244-7444; (615) 502-4373 (text)	24/7	Yes	Text
TX	HOPE Family Health Warmline	(844) 755-4673	M–F, 12pm–10pm (CT) Sat 9am-2pm	Yes	
TX	S.E.A. Center Warmline	(713) 970-4483 (713) 970-4481 (Spanish)	M-F, 9am-5pm (CT)	Yes	
TX	Y.W.C.A Greater Austin Warmline	(512) 548-9922	M–Th 8:30am-8pm, F 8:30am-5pm, Sat 12pm-4pm (CT)	Yes	
UT	Utah Warmline *(serves residents of UT)*	(833) 773-2588	Daily, 8am–11pm (MT)		

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VA	MHA Virginia Warmline *(serves residents of VA)*	(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 *(serves residents of VT)*	(833) 888-2557	24/7		Text
WA	WA Warmline	(877) 500-9276	9am-10pm daily (PT)	Yes	
WI	Solstice House Warmline *(serves residents of WI)*	(608) 244-5077	24/7 leave a message; most calls returned within the hour		
WV	Help304-Emotional Strength *(serves residents of WV)*	(877) 435-7304	24/7		Chat & Text
WV	Help4WV Warmline *(serves residents of WV)*	(844) 435-7498	24/7		Chat & Text

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National Support Lines

Population / Subject	Peer-Support Line / Description	Phone Number	Hours of Operation	Spanish	Chat/Text
Adult	LGBT National Help Center *Provides free & confidential peer-support, information, and resources*	(888) 843-4564	M-F, 4pm–12am (ET) Sat, 12pm-5pm		Chat
Aging	AARP Friendly Voices Warmline *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	LGBT Senior Hotline *Provides free & confidential peer-support, information, and resources (adults age 50+)*	(888) 234-7243	M-F, 4pm–12am (ET) Sat, 12pm-5pm		
Military	Military Helpline *Provides confidential crisis support for military service members, veterans & their families*	(888) 457-4838	24/7 Text “MIL1” to 839863		Text
Teen / LGBTQI	LGBT Youth Talkline *Provides free & confidential peer-support, information, and resource (25 years and under)*	(800) 246-7743	M-F, 4pm–12am (ET) Sat, 12pm-5pm		Chat

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

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