

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

State	Warmline	Phone Number	Hours of Operation	Spanish Y = Yes	Chat/Text Y = Yes
AL	Wings Across Alabama Warmline	(844) 999-4647	M–F, 2pm–8pm; Sat–Sun, 3pm– 8pm (CT)		
AZ	HOPE Inc. Warmline <i>(only residents of AZ)</i>	(520) 770-9909 & (844) 733-9912	Daily, 8am–10pm (MT)		
AZ	Maricopa County Warmline <i>(only residents of Maricopa County, AZ)</i>	(602) 347-1100 & (844) 733-9912	24/7		
CA	California Peer-Run Warmline <i>(only residents of CA)</i>	(855) 845-7415, press 1	24/7		
CA	NAMI San Diego Warmline <i>(only residents of CA)</i>	(619) 295-1055	Daily, 3:30pm–11pm (PT)		
CA	The OC Warmline-NAMI Orange County	(877) 910-9276 or (714) 991-6412	24/7	Y	Y / Chat
CA	Project Return Warmline	(888) 448-9777 or (888) 448-4055 (Spanish)	M–F, 2:30pm–10pm; Sat, 11am–6pm (PT)	Y	
CO	Colorado Crisis and Support Line	(844) 493-8255, press *	Daily, 7am–12 midnight (MT)		Y / Text
CT	Community Warmline	(203) 732-2004	Sun–Th, 6pm–10pm; F–Sat, 6pm–11pm (ET)		
CT	Reach Out Greater New Haven Warmline <i>(only residents of CT)</i>	(844) 825-5248	M–Th, 12pm–8pm; Sat–Sun, 11am–7pm (ET)		

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DC	Access Helpline <i>(only residents of DC)</i>	(888) 793-4357	24/7		
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>(only residents of GA)</i>	(770) 276-2019	24/7		
GA	Cares Warmline	(844) 326-5400	Daily, 8:30am–11pm (ET)		Y / Text
GA	Colquitt Peer Support Line <i>(only residents of GA)</i>	(229) 873-9737	24/7		
GA	Peer2Peer Warmline <i>(only residents of GA)</i>	(888) 945-1414	24/7		Y / Chat 10am– 4pm ET
IA	Iowa Warmline <i>(only residents of IA)</i>	(844) 775-9276	Daily, 8am–2am (CT)		
IL	Crisis Line of Fox Valley	(630) 966-9393	24/7		Y / Text
IL	Illinois Mental Health Collaborative <i>(only residents of IL)</i>	(866) 359-7953	M–Sat, 8am–8pm (CT) Not Open on Holidays	Y	
IN	KEY Consumer Organization	(800) 933-5397	M–F, 8am–4:30pm (ET)		
KS	Compassionate Ear Warmline	(866) 927-6327	Daily, 4pm–10pm (CT)		
KY	Center Stone Crisis Line	(800) 221-0446	24/7	Y	
KY	Participation Station Peer Warmline <i>(only residents of KY)</i>	(859) 252-0058	M–Th, 10am–9pm; F–Sat, 5pm–9pm (ET)		
MA	Baycove Peer Support Warmline <i>(only residents of MA)</i>	(857) 378-4997	M–F, 9am–5pm (ET)		

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MA	Edinburg Peer Warmline	(617) 875-0748	Daily, 5:30pm–9:30pm (ET)		
MA	Peer Support Line	(877) 733-7563	M–Sun, 4pm–7:45pm (ET)		
ME	Intentional Warmline <i>(only residents of ME)</i>	(866) 771-9276	24/7		
MD	Make Lemonade <i>(only 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	Y	
MD	Pro Bono Counseling Project Warmline <i>(only residents of MD)</i>	(410) 598-0234	M–F, 10am–8pm; Sat–Sun, 10am–6pm (ET)		
MI	Certified Peer Support Specialist Warmline <i>(only residents of MI)</i>	(888) 733-7753	Daily, 10am–2am (ET)		
MN	Minnesota Warmline <i>(only residents of MN)</i>	(877) 404-3190	M–Sat, 12pm–10pm (CT)		Y / Both
MN	Peer Support Connection MN Warmline <i>(only residents of MN)</i>	(844) 739-6369	Daily, 5pm–9pm (CT)		
MO	Compassionate Ear Warmline	(866) 927-6327	Daily, 4pm–10pm (CT)	Y	
MS	Contact The Crisis Line	(601) 713-4357	24/7		
MS	Contact Helpline	(662) 328-0200	24/7		
MT	MHA Montana Warmline	(877) 688-3377	M–F, 4pm–9pm; Sat–Sun, 10am–10pm (MT)		
NC	Promise Resource Network Warmline	(833) 390-7728	24/7		
ND	Firstlink <i>(only residents of ND)</i>	(701) 235-7335	24/7		Y / Text

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NE	Keya House Warmline	(402) 261-5959	24/7		
NE	Honu Warmline <i>(only residents of NE)</i>	(402) 975-2032	24/7		
NE	Safe Harbor Peer Support	(402) 715-4226	24/7		
NH	Stepping Stone Warmline	(888) 582-0920, press 9	Daily, 5pm–10pm (ET)		
NJ	2nd Floor Youth HelpLine <i>(youth 10–24 only)</i>	(888) 222-2228	24/7		Y / Text
NJ	CONTACT of Ocean & Monmouth Counties	(732) 240-6100	24/7		
NJ	Peer to Peer Recovery Warmline	(877) 292-5588	M–F, 8am–10pm; Sat–Sun, 5pm–10pm (ET)		
NM	PEER to PEER Warmline <i>(only residents of NM)</i>	(855) 466-7100	Daily, 7am–11:30pm (MT)		Y / Text 6–11pm
NM	Agora Crisis Center	(505) 277-3013	24/7		
NY	Family of Woodstock Inc.	(845) 679-2485	24/7	Y	Y / Both
NY	Mental Health Empowerment Project	(800) 643-7462	24/7		
NY	NYC Well	(888) 692-9355, press 2 then 1	24/7	Y	Y / Both
NY	Phone Link	(516) 489-0100, press 1	M–F, 9am–9pm (ET)		
NV	NAMI Western Nevada Cares Warmline <i>(only residents of NV)</i>	(775) 241-4212, press 1	M–F, 8am–10pm; Sat–Sun, 8am–9pm (PT)	Y	Y / Text
OH	Cincinnati Warmline	513-931-9276	24/7		

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OH	Contact Crawford County	(419) 562-9010	24/7		
OH	Richland Mental Health Warmline	(419) 522-5300	24/7		
OH	The Peer Center Warmline	(614) 358-8255	Daily, 5pm–3am (ET)		
OR	David Romprey Oregon Warmline <i>(only residents of OR)</i>	(800) 698-2392	Daily, 9am–11pm (PT)		
PA	Allegheny County Peer Support Warmline <i>(only residents of PA)</i>	(866) 661-9276	Daily, 9am–1am (ET)		
PA	Delaware County Warmline <i>(only residents of Delaware County, PA)</i>	(855) 464-9342	M–F, 6pm–12am; Sat–Sun, 1pm–11pm (ET)		
PA	Contact Altoona	(814) 946-9050	Daily, 7am–11pm (ET)		
PA	Contact Helpline (211)	(800) 932-4616	24/7		Y / Text
PA	Lenapa Valley Foundation Warmline <i>(only residents of Bucks County, PA)</i>	(215) 896-9717	M–F, 10am–6pm (ET); Not Open on Holidays		
PA	Peer Support Talk Line <i>(only residents of Montgomery County, PA)</i>	(855) 715-8255	Daily, 1pm–9pm (ET); Not Open on Holidays		Y / Text
PA	Teen Talk Line <i>(only residents of Chester County, PA)</i>	(866) 825-5856	Daily, 3pm–7pm (ET); Not Open on Holidays		Y / Text
SD	South Dakota Helpline Center <i>(only residents of SD)</i>	(605) 339-4357	24/7		
TN	Peer Recovery Call Center <i>(only residents of TN)</i>	(865) 584-9125	Daily, 8:30am–5pm (CT)		
TN	The Crisis Line	(615) 244-7444	24/7		
TX	An Ear to Listen and a Passion to Care	(844) 755-4673	M–F, 12pm–10pm (CT)	Y	
TX	MHA Texas Warm Line	(817) 546-7826	M–F, 8am–5pm (CT)		

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UT	Utah Warmline <i>(only residents of UT)</i>	(801) 587-1055	Daily, 8am–11pm (MT)		Y / Chat
VA	MHA Peer Recovery Warmline of Virginia <i>(only residents of VA)</i>	(866) 400-6428	M–F, 9am–9pm; Sat–Sun, 5pm–9pm (ET)	Y	Y / Text M, W, F, Sat 5–9pm
VT	Pathways Vermont Support Line <i>(only residents of VT)</i>	(833) 888-2557	24/7		Y / Text
WA	WA Warmline	(877) 500-9276 or (866) 427-4747	24/7	Y	
WV	Help304-Emotional Strength <i>(only residents of WV)</i>	(877) 435-7304	24/7		Y / Chat
WV	Help4WV Warmline <i>(only residents of WV)</i>	(844) 435-7498	24/7		Y / Both
National Support Lines				Spanish	Chat/ Text
Popula- tion / Subject	Peer-Support Line / Description	Phone Number	Hours of Operation	Y = Yes	Y = Yes
Adult	LGBT Help Center <i>Offers facts/stats/local resources on LGBT+ businesses, lawyers, doctors and counseling professionals</i>	(888) 843-4564	Daily, 4pm–12am (ET)		Y / Chat
Aging	AARP Friendly Voices Warmline <i>Offers phone calls during challenging and isolating times (must call first and provide information to receive a call back)</i>	(888)-281-0145 or (888) 497-4108 for Spanish	No specific hours listed	Y	

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Aging/ LGBT	LGBT Senior Line <i>Offers facts/stats/local resources on LGBT+ businesses, lawyers, doctors and counseling professionals</i>	(888) 234-7243	Daily, 4pm–12am (ET)		
Military	Military Helpline <i>Confidential crisis support for military service members, veterans & their families</i>	(888) 457-4838	24/7		
Teen/ LGBT	LGBT Youth Line <i>Offers facts/stats/local resources on LGBT+ businesses, lawyers, doctors and counseling professionals</i>	(800) 246-7743	Daily, 4pm–12am (ET)		Y / Chat
Teen	Teen Line	(800) 852-8336	Daily, 6pm–10pm (PT) Text TEEN to 839863		Y / Text
Teen	Your Life Your Voice <i>Provides “Ways to Get Help” with call, text and email options</i>	(800) 448-3000	24/7		Y / Text
Veteran	Veteran Call Center <i>Confidential call center for combat veterans and their families</i>	(877) WAR-VETS (927-8387)	24/7		
Work- place	Empower Work <i>Provides confidential support for tough work situations via SMS or webchat</i>	844-435-7498	M–F, 7am–7pm (PT) Text “Hello” to get started or visit website for chat		Y / Both