

NAMI National HelpLine Warmline Directory

Red highlight = will take out-of-state calls			
State	Warmline	Phone Number	Hours of operation
AK	Kenai Alaska Warmline	(907) 283-7511	24/7
AK	Careline of Alaska	(877) 266-4357 or (907) 452-4357	24/7
AR	Arkansas Crisis Center	(888) 274-7472	24/7
AZ	Maricopa County Warmline	(602) 347-1100	24/7
AZ	Tucson Warmline	(520) 770-9909 or (877) 770-9912 or (844) 733-9912	Daily, 8am-10pm
CA	Contra Costa Crisis Center	(800) 833-2900	24/7
CA	California Peer-run Warmline	(855) 845-7415	24/7
CA	NAMI Orange County Warmline	(877) 910-9276	M-F 9am-3am; Sat-Sun 10am-3am
CA	San Joaquin Warmline	(209) 468-3585	24/7
CA	Project Return Peer Support Network	(888) 448-9777	M-F 5pm-10pm; Sat 11am-4pm
CO	Colorado Crisis and Support Line	(844) 493-8255	Daily, 7 am - 12 midnight Sun-Th 6pm- 10pm; F-Sat 6pm-11pm
CT	Community Warmline	(203) 732-2004	24/7
DC	Access Helpline	(888) 793-4357	24/7
DE	Contact Lifeline	(800) 262-9800	24/7
FL	Central Florida Crisis Line	(407) 425-2624	24/7
FL	MHA SETH Line	(954) 578-5640	M-F 6pm-10pm
GA	Cares Warmline	(844) 326-5400	Daily, 8:30am-11pm
GA	Bartough Peer to Peer Warmline	(770) 276-2019	24/7
GA	McDonough Peer Support	(678) 782-7666	24/7
GA	Colquitt Peer Support Line	(229) 873-9737	24/7
IA	Foundation 2 Crisis Line	(319) 362-2174	24/7
IA	Your Life Iowa	(855) 581-8111	24/7
IL	Crisis Line of Fox Valley	(630) 966-9393	24/7
IL	Illinois Warmline	(866) 359-7953, then 2, then 5	M-F, 8 am - 5 pm
IN	KEYS National Warmline	(800) 933-5397	M-F 8 am - 4:30 pm (EST)
KS	Headquarters Counseling Center	(785) 841-2345	24/7
KY	Center Stone Crisis Line	(800) 221-0446	24/7
KY	Participation Station Peer Warmline	(877) 840-5167	M-Sat 5pm-9pm
MA	Samaritans Cape Code	(800) 893-9900	Daily, 8am-10:30pm
MA	Western Mass RLC Peer Support Line	(888) 407-4515	M-Th 7pm-9pm; F-Sun 7pm-10pm
ME	Intentional Warmline	(866) 771-9276	24/7
MD	Anne Arundel County Crisis Warm Line	(410) 768-5522	24/7
MD	Maryland Crisis Line	(800) 422-0009	24/7
MI	Macomb County Crisis Center	(586) 307-9100	24/7
MN	Minnesota Warmline	(877) 404-3190	M-Sat 5 - 10 pm (CT)
MO	St. Louis Empowerment Center	(866) 525-1442	Daily, 9 am - 3 pm (CT)
MO	Friendship Line	(866) 525-1442	M-F 9:30am-10pm; Sat 9am-3pm;
MO	The Hope Center NAMI Southwest Missouri	(877) 535-4357 or (417) 864-3676	Sun 10am-4pm

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State	Warmline	Phone Number	Hours of operation
MO	NAMI Missouri Warmline	(800) 374-2138 or (573) 634-7727	M-F 9am-5pm; Sat-Sun & holidays 3pm-9pm
MS	Contact The Crisis Line	(601) 713-4357	24/7
MS	Contact Helpline	(662) 328-0200	24/7
NE	Keya House Warmline	(402) 261-5959	24/7
NC	Outer Banks Hotline	(252) 473-3366	24/7
ND	Firstlink	(701) 232-4357 or (701) 235-7335	24/7
NJ	NJ Hope Line	(855) 654-6735	24/7
NJ	Peer to Peer Support Line	(877) 760-4987	Daily, 5 - 10 pm
NM	Agora Crisis Center	(505) 277-3013	24/7
NY	The Empowerment Center in NY	(800) 643-7462	24/7
NY	Phone Link	(516) 489-0100, press 1	M-F 9am-9pm
NY	NYC Well	(888) 692-9355, press 2 then 1	24/7
NY	Family of Woodstock NAMI Western Nevada Cares	(845) 679-2485	24/7
NV	Warmline	(775) 241-4212	M-F 8am-9pm; Sat-Sun 8am-8pm
OH	The Cincinnati Warm Line	(513) 931-9276	24/7
OH	Contact Crawford County Portage Path Community Mental	(419) 562-9010	24/7
OH	Health Center	(330) 434-9144	24/7
PA	Philadelphia Warm Line	(855) 507-9276 or (267) 507-3945	M-F 4 - 7 pm
PA	Bucks County Warmline	(215) 896-9717	M-F 1 - 5 pm
PA	Allegheny County Warmline	(866) 661-9276	Daily, 10 am - 12 midnight
PA	Peer Support Talk Line Valley Creek Crisis Center Warm	(855) 715-8255	Daily, 1 - 9 pm
PA	Line	(866) 846-2722	Daily, 10am-10pm
PA	Contact Altoona	(814) 946-9050	Daily, 7am-11pm
PA	Contact Helpline	(800) 932-4616	24/7
SC	South Carolina Crisis Line	(864) 271-8888	24/7
SD	Helpline Center	(605) 339-4357	24/7
TN	MHA of East TN	(865) 584-9125	M-F 8:30am-5pm
TN	Crisis Line	(615) 244-7444	24/7
TN	Contact Ministries	(423) 926-0144	24/7
TN	Contact Care Line	(865) 584-4424	Daily, 10am-10pm
TX	Mental Health America Warm Line	(817) 546-7826	M-F 1pm-5pm
UT	UNI Warmline	(801) 587-1055	Daily, 8am-11pm
VA	The Warmline of Virginia	(866) 400-6428	M-F 9am-9pm; Sat-Sun 5pm-9pm
VT	Pathways Vermont	(833) 888-2557	Daily, 3pm-6am
WV	Help 4 WV	(844) 435-7498	24/7
WY	Wyoming Behavioral Institute	(800) 457-9312	24/7