



Mental Health VIRGINIA

An affiliate of Mental Health America

Peer-Run Warm Line

1-866-400-6428

Mondays-Fridays: 9am-9pm

Weekends and Holidays: 5-9pm

Text and Chat: Sundays-Saturdays, 5-9pm

Spanish Speaking Support: Friday-Saturdays, 5-7pm

www.mentalhealthvirginia.org

What Is MHV's Warm Line?

- ❖ A telephone, text, and chat resource where callers are supported by trained Peer Recovery Specialists
- ❖ Not a Crisis Line - It helps keep people out of crisis
- ❖ Free, anonymous and confidential
- ❖ Listening without judgment
- ❖ Explore coping strategies, resources for support

Who Do We Serve?

Anyone in the Commonwealth of Virginia

Typical callers are adults, but we occasionally receive calls from minors.

- **Callers with mental health concerns**
- **Substance use concerns**
- **Feeling stressed, upset, lonely**
- **Possible crisis (De-escalate crisis calls within the PRS Scope of Practice)**
- **Needing recovery tools, practices**
- **Wanting information, community resources**