

Monday - Friday  
9 am - 5 pm



# Warm Line

**866-400-MHAV (6428)**

***Mental Health Concerns?***

***Just need someone to talk to?***

We are a friendly, compassionate, non-judgmental peer-run support service for individuals residing in Virginia who just need to talk or need a referral to mental health resources.

A Warm Line is ***not*** a Hotline, which is for individuals in need of emergency services. If you are in ***crisis***, please call the National Crisis Hotline at **800-273-8255**, or **911**.