

**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**.