

*Now Available 7 Days a Week!*



# Warm Line

- *Mental/Behavioral health concerns or want to talk about wellness?*
- *Want to talk to someone with lived experience?*
- *Concerned about a friend or loved one?*
- *Need information or resources?*

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

Monday - Friday  
9 am - 9 pm

Saturday - Sunday  
5 pm - 9 pm

As Virginia's Statewide Peer-Run Warm Line, we provide friendly, non-judgmental peer support if you need/want to talk, or if you need help finding information on mental health and wellness resources.

A Warm Line is not a crisis hotline, which is for emergencies. If you are in crisis, please call the National Crisis Hotline at 1-800-273-8255 or 911; you can also text MHA to 741741 to text with a crisis counselor.