

**Feeling lonely, sad or in distress?
Are you looking for resource information?
Just want to talk or be heard?**



Have you ever tried calling a peer support line?

Introducing the new Western Mass Peer Support Line:

Open Friday through Monday, 8pm to midnight

Toll Free: 888.407.4515

What is a peer support line?: A peer support line (sometimes referred to as a ‘warmline’) is a phone line that you can call during a designated set of days and hours to:

- **Get support**
- **Ask about resources**
- **Connect with another person who can relate or has ‘been there’**
- **Just talk**

As opposed to a crisis line that is answered by a clinician and focuses on whether or not you may qualify for hospitalization or respite, a peer support line is answered by a trained peer worker who has their own lived experience (with a psychiatric diagnosis, trauma, extreme or altered states, etc.) and who is there to talk and offer support.

See the back of this flyer for a list of other peer support lines and warmlines available to Massachusetts residents.

Lines Available to Massachusetts Residents

** Time listings have been adjusted for the Eastern
Time Zone*

*** Edinburgh Warmline
800.243.5836**

Hours:
Monday through Sunday, 5:30pm to 9pm
Saturday, 4pm to 9pm

Quincy, MA

**Stepping Stone Warmline
603-543-1388**

Hours:
7 days per week, 5pm to 10pm

New Hampshire

***Empowerment Center Warmline
877.435.7800**

Hours:
Monday through Friday, 8am to 8pm
Support in Spanish is available

New York

***** Allegheny County Warmline
866.661.9276 (866.661.WARM)**

Hours:
7 days per week, 10am to midnight
Support in Spanish available on on-call basis

Pennsylvania

**Indiana Consumer Warmline
800.933.5397 (800.933.KEYS)**

Hours:
Monday through Friday, 8am to 4:30pm

Indiana

**Compassionate Ear Warmline
866.927.6327 (866.WARM.EAR)**

Hours:*
English Line: 7 days per week, 5pm to 11pm
Spanish Line: Mon-Fri, 5pm-8pm

Kansas

**Seacoast Warmline
800.809.6262**

Hours:
7 days per week, 5pm-10pm
Monday through Friday, 9am-5pm

New York

**Cincinnati Warmline
513.931.9276**

Hours:
24 hours/day

Ohio

***Peer Support Line
887.733.7563**

Hours:
7 days a week, 4pm-8pm

Boston

*** Lines marked with an asterisk indicated that they may
call crisis or police in certain circumstances.**

***** This line will call crisis or refer caller to them; if caller refuses,
they may call the police.**