

ILLINOIS
MENTAL HEALTH COLLABORATIVE

FOR ACCESS AND CHOICE



*Sometimes what is needed most in difficult times is someone to talk to:
Someone who listens and understands.*

Warm Line:

- Phone support for persons with mental health challenges and their families.
- Professional Peer Support Specialists who have experienced mental health recovery in their own lives as an individual or family member.
- Specialists are trained in emotional support, recovery education and self-advocacy support; ready to listen and help.
- We provide referrals and information on community supports.
- Warm Line is *not* a crisis hotline, but is a source of support as you recover or help a family member or loved one to recover.
- *We are here to help.*

Call: 1 (866) 359-7953

TTY: 1 (866) 880-4459

- From the main menu, select option #2 for Consumers and Families
- Next, select option # 5 for the Warm Line
- Hours of operation: Monday through Friday, 8am-5pm