

Are you feeling...Depressed? Lonely? Isolated? Need a friendly chat? Want to speak with a peer support worker? Try the Warm Line!

The Warm Line is a service that is available for individuals who have a mental health issue and need support.

WE'RE HERE 365 DAYS OF THE YEAR

PHONE

Between 12pm - 8pm: 416-323-3721

Between 8pm - Midnight: 416-960-WARM (9276)



**Do you
need
support?**



ONLINE CHAT
www.warmline.ca

TEXT

647-557-5882



**Try the
Warm Line!**

Remember no matter how you contact us our service is CONFIDENTIAL AND ANONYMOUS for individuals 18 and older.

The Warm Line is a service provided by Progress Place

