

PMHCA VIRTUAL WARM LINE

For Adams, Cumberland, Perry, and York Counties

WE'RE HERE TO CHAT



TIME AND DAYS

Monday - Thursday 9:00 pm to 1:00 am

Friday - Saturday 7:00 pm to 1:00 am



ZOOM INFO

Zoom Link:

<https://zoom.us/j/99026924170>

Call in +1 646 558 8656

Meeting ID #: 990 2692 4170



WHAT IS IT

A warmline is a service for people who are looking for someone to discuss their daily struggles. Warmlines are staffed with peers who have lived experience of mental health struggles themselves and who are open to sharing their stories of challenging situations, recovery, and perseverance.



This is not a Crisis Line. If you are experiencing crisis, please contact your county crisis line or call 1-800-273-8255

Or text HOME to 741741



NEED SOMEONE TO TALK TO? COME JOIN US
ON ZOOM. FREE AND CONFIDENTIAL

We're here to help



Zoom Meeting



Website



pmhca.wildapricot.org - 1-800-887-6422 - pmhca@pmhca.org