

Peer Support at your fingertips!



Peer Warm Line

Our trained peer recovery specialists are here to listen, support, and offer resources or information to Virginia residents seeking wellness strategies and tools to manage mental health related experiences.

Call or Text for non-judgmental and confidential support.

Text/Chat Support

5:00 PM to 9:00 PM
Wednesday, Friday & Saturday



Text us at 866 400 6428

Call/Talk Support

9:00 AM to 9:00 PM
Monday - Friday
5:00 PM to 9:00 PM
Saturday, Sunday, and Holidays

Call us at 866-400-MHAV (6428)

Spanish Language Services

Spanish Call/Talk Support

5:00 PM to 9:00 PM
Wednesday, Friday, Saturday, and Sunday

A Warm Line is not a crisis hotline. If you are in crisis, please call the National Suicide Prevention Lifeline 1-800-273-8255, text MHA to 741741 to the Crisis Text Line or contact your local Community Services Board Crisis Services. If it is an emergency, call 911.