



“We believe you matter”

1(800)945-1355

Warm Line

The CLEAR Warm Line is for individuals with a mental illness who want to talk with someone who shares personal experience coping with mental health issues.

When you need someone to listen or need to feel heard, please call.
We are here for you without judgment to provide support!

Peer Operators are available to take your call from
4:00pm – 10:00pm, 7 days per week

*To ensure you are getting the help you need, please note that we are **NOT** a crisis hotline!*

