

PEER RECOVERY SERVICES

757-664-6683

WARMLINE

A PEER-RUN LISTENING PHONE LINE STAFFED BY INDIVIDUALS IN RECOVERY FROM MENTAL ILLNESS, SUBSTANCE USE, AND TRAUMA THEMSELVES.



CALLS ANSWERED DAILY FROM 9 AM - 8PM.

(CALLS OUTSIDE OF THE ABOVE HOURS MAY STILL BE ANSWERED! IF YOU LEAVE A MESSAGE, YOUR CALL WILL BE RETURNED.)

- WE ACTIVELY LISTEN TO YOU;
- WE OFFER COMPASSION AND NON-JUDGMENTAL SUPPORT;
- WE ASSIST IN CONNECTING YOU WITH YOUR OWN INTERNAL RESOURCES, STRENGTHS, AND PATHWAY TO RECOVERY;
- WE SHARE COMMUNITY, STATE, AND VARIOUS RESOURCES.

**THIS IS NOT A CRISIS HOTLINE. IF YOU ARE IN CRISIS, PLEASE CALL THE NATIONAL CRISIS HOTLINE AT 1-800-273-8255 OR NORFOLK COMMUNITY SERVICES BOARD EMERGENCY SERVICES AT 757-664-7690.*

THERE IS HOPE.

THE CITY OF
NORFOLK[®]
COMMUNITY SERVICES BOARD

