



*Feeling down
and need someone
to talk to?*

Iowa
Warm
Line

1-844-775-WARM (9276)

The Warm Line is a Peer run, telephone-based, non-crisis, confidential listening line for anyone struggling with mental health or substance use issues. The line is staffed 24/7 by people who have been through a similar journey and are in recovery themselves.

The Warm Line can...

- Give support for individuals not requiring crisis management. Those in crisis are transferred to the Crisis Line for critical services.
- Provide an empathetic, non-judgmental listening.
- Provide referrals to specialty resources and assistance in accessing services.
- Empower individuals to pursue health and well-being.

