



Are you lonely or confused?  
Do you have substance abuse and/or mental health concerns?  
Need information about available mental health services?

**Call the Warmline today!**

The OC  
WarmLine

**877-910-WARM**

**714-991-6412 (Local)**

*M - F 9 a.m. to 11:00 p.m.  
Sat and Sun 10:00 a.m. until 11:00 p.m.*

*LiveChat available at [www.namioc.org](http://www.namioc.org)*

*Services are available in multiple languages including  
TTY Support*

*All services are provided by trained mental health/substance abuse consumers, consumers' family members, and paraprofessionals.*

*Services provided by National Alliance on Mental Illness (NAMI) Orange County  
Funded by Orange County Health Care Agency, Mental Health Services Act*



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