Peer Warmline Connection of Sonoma County

Wish you had someone to talk to?

Need a supportive, caring, and non-judgmental listener?

Are you troubled by feelings or thoughts?

Would you like to prevent a relapse or other crisis?

Could use help finding resources?

Want help with problem-solving?

Or just need someone to listen?

The Warmline is:

- Staffed by peers with mental health experiences
- Help before a crisis
- A form of self-help
- A place for useful resource referrals

Available: Friday, Saturday, and Sunday evenings, 5:30-9:30 pm.

We are looking forward to your call!

Interested in volunteering? All training provided!
Contact Ann Tate, Warmline Program Coordinator
Phone: (707) 565-7809 or email: atate@gire.com