



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 3 a.m.  
Sat and Sun 10 a.m. to 3 a.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 donations, grants. WarmLine funded by Orange  
County Health Care Agency, Behavioral Health Services, Prevention and Intervention  
Division, MHSA/Prop 63, Didi Hirsch/Cal-MHSA



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