



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.

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