

San Francisco Mental Health Peer-Run Warm Line

"Talk to us. We have been there."

1-855-845-7415

Call the Warm Line

We provide emotional support and information about mental health resources. As peers, we have also had our own mental health challenges and use that experience to help others who may be struggling now.

Monday through Friday, 11am - 11pm

Saturday & Sunday, 11am - 7pm

The Peer Run Warm-Line is a program of the Mental Health Association of San Francisco.

