

Mental Health VIRGINIA

PEER SUPPORT.
HERE WHEN YOU NEED US.

**Call our Warm Line
866-400-6428**



Photo by Marjan Grabowski on Unsplash

Call or text for nonjudgmental & confidential mental health support.

CALL, TEXT or CHAT

Monday - Friday
9 AM - 9 PM



WEEKENDS & HOLIDAYS

5 PM - 9 PM

SPANISH CALL SUPPORT

Monday - Friday
1 PM - 5 PM

WHO WE ARE

Our trained Peer Recovery Specialists are here to listen, support and offer resources to anyone with mental health concerns.

If you are in crisis, call or text the
Suicide and Crisis Lifeline at 988.

mentalhealthvirginia.org

