

Connections Peer Support Available by telephone

Feeling stressed, isolated, or just wanting to chat with someone?

Connections Peer Support Announces Warmline Services Still Available

"When you just want to talk to someone."

800-809-6262 or 603-427-6966

Weekdays and evenings during the State of Emergency

What is Warmline?

Unlike crisis hotlines, Warmline exists as a resource when someone simply feels the need for contact or support. Connections staff are trained in Intentional Peer Support (IPS); the emphasis is on listening to the caller and relating as a peer. Warmline callers can talk about difficult emotions without fear of judgment or repercussions, knowing the person they are talking to also has lived experience with emotional struggles.

There is growing recognition that Warmlines can be a valuable resource for those with mental health issues, offering support before a crisis develops, improving quality of life and possibly preventing the need for more costly services or intervention.

Click on the link below to learn more about Connections Peer Support Center, which, as a wellness focused community center, offers free, personally empowering emotional and social support to local adults, no referral necessary.

<http://connectionspeersupport.org/>