



San Francisco Peer-Run Warm Line

Sunday 1pm-9pm

Monday 1pm-9pm

Tuesday 1pm-9pm

Wednesday 2pm-6pm

Thursday 1pm-9pm

We also welcome messages for return calls during our off hours.

The Warm Line provides emotional support and referrals to callers and chat visitors. All Warm Line counselors are trained peers with lived experience of their own mental health challenges, providing hope and connection to our community.

The Warm Line proudly serves the San Francisco Bay Area's nine counties:

San Francisco

Napa

Contra Costa

Marin

Solano

San Mateo

Sonoma

Alameda

Santa Clara

Please help us spread the word!

Call or online chat:
mentalhealthsf.org
415-421-1880

