



# Iowa Warm Line



(Covering Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones and Linn Counties)

Call: **1-844-775-9276**

Hours of Operation – 5:00 p.m. to 10:00 p.m.

*When there's no support...*

*and the world seems so cold...*

*Call the **WARM** line...*

*And take your life off hold!*

The Warm Line is a peer-run, telephone-based, non-crisis, confidential listening line for anyone struggling with mental health or substance abuse issues. The line is staffed by people who have been through a similar journey and are in recovery themselves.