When you are stressed, have a mental illness, and are dealing with symptoms, expensive medicines, and long waits for doctors appointments, misunderstandings about your illness can be terribly isolating. Even people with the very best of intentions sometimes don’t understand the long road to recovery. When you are feeling overwhelmed, we can help.

NAMI (National Alliance on Mental Illness) Missouri’s WARMline service is operated by mental health consumers for mental health consumers. You don’t have to explain.

WARMline responders offer words of encouragement and compassion to mental health consumers in central Missouri 9 a.m. - 5 p.m. weekdays, 3 - 9 p.m. weekends and holidays - 7 days a week.

NAMI Missouri’s WARMline Service supports you in the steps you take toward your recovery by offering:
- A Safe Connection
- Encouragement
- Compassion
- Understanding
- Resources
- Skills Development
- Insight

FOR THOSE WHO NEED SOMEONE TO LISTEN
9 a.m. - 5 p.m. Weekdays
3 - 9 p.m. Weekends
3 - 9 p.m. Holidays
7 DAYS A WEEK
WE ARE WAITING FOR YOUR CALL!

NAMI Missouri
3405 West Truman Boulevard
Suite 102
Jefferson City, MO 65109
1-800-374-2138
A WARMline Is . . .

NAMI Missouri’s WARMline is different from a hotline, and not intended for crisis situations.

A WARMline is a peer phone support service offered in order to reduce feelings of social isolation and loneliness, to provide basic information about accessing community resources, services and programs used by mental health consumers, to provide hope for troublesome symptoms of mental illness, to provide education and skill building, friendship, development of daily living supports and to offer non-judgmental peer support.

We offer our WARMline service to all callers living with mental illness to give you an opportunity for referrals, information and supports that will help in your recovery.

No one should have to face mental illness alone. It is NAMI Missouri’s goal that every person in Missouri has support and educational services when they need them. We feel consumer support services are best provided by consumers for consumers: who else could understand better?

More Programs Offered by NAMI Missouri for Persons Living With Mental Illness

Three programs are offered in addition to the WARMline:

- **In Our Own Voice:** interactive recovery education presentations given by teams of people living with mental illness to any audience.

- **NAMI Connection Recovery Support Groups:** for persons living with a mental illness--any diagnosis.

- **Partners in Policy Training** for persons interested in advocating for mental health issues with our legislators.

Please call 1-800-374-2138 for more information.

NAMI Missouri’s WARMline Service Is Offered In The Following Counties of the Central Region

Adair, Audrain, Boone, Callaway, Camden, Carroll, Chariton, Clark, Cole, Cooper, Howard, Knox, Laclede, Lewis, Macon, Marion, Miller, Moniteau, Monroe, Montgomery, Morgan, Osage, Pettis, Pike, Pulaski, Ralls, Randolph, Saline, Schuyler, Scotland, & Shelby

For People Living with Mental Illness Who Need Someone to Listen