

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**



**Reach  
Toward  
Recovery!**

**NAMI Missouri's  
WARMLine**

**Supports Recovery!**

**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?

***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**

## **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.**