



“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”
 ~Leo Buscaglia

Mental Health America of Northern California Is Proud to Announce

Consumer-Operated Warm Line

Warm Line is Here to Listen

Local Warm Line: (916) 366-4668

National Warm Line: (855) 642-6222

Warm Line operators are available to take your calls in the following languages. English, Spanish, Vietnamese, Russian, Chinese, Hmong & Sinhala.

