

# WARM LINE

## Mental Health Network of CK

**CALL (519) 351-3140**

**Starting Date: August 3rd, 2020**  
**Monday - Friday, 9:00 am - 4:00 pm**

Are you feeling lonely, isolated, anxious, depressed or in need of a friendly ear? Do you need help problem solving or to find resources available in Chatham-Kent? Call a Warm Line peer support worker. We are here to help!

The Warm Line is a non-crisis telephone support service. The goals of the Warm Line are to provide pre-crisis telephone support; to help people in a situation before a crisis results.

If you are in crisis call 1-866-299-7447, 911, or go to your nearest Hospital.



**United Way**  
Chatham-Kent



**CHATHAM KENT**  
**COMMUNITY**  
**FOUNDATION**



[www.mhnck.com](http://www.mhnck.com)

**We Are Here to Help**