

Need to Talk? You are Not Alone. Support is Just a Phone Call Away.



Contact the Lancaster County Warm Line (717) 945-9976

What is a Warm Line?

The Warm Line is a free, confidential phone service for Lancaster County residents. You can call to speak one-on-one with a certified peer specialist. This is not a crisis line, but a safe place to discuss problems, talk about your day, or ask questions related to recovery and wellness strategies. We all have days when we wish someone was there to listen and to help us out. You may be feeling lonely or feel like no one understands what you are going through. This is when you can call the Warm Line.

Warm Line Staff

The Warm Line is staffed by people who identify as individuals in recovery from mental health challenges and who bring their own lived experience to each call. Staff members may also have lived experience with substance use or experience with loved ones who have struggled with substance use and mental health challenges.

Sometimes what is needed most in difficult times is someone to talk to who has had similar experiences. Talking with individuals in recovery instills hope that people can and do recover; and as a community we will get through life's challenges.

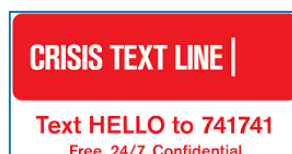
What We Do

We are here to listen and support you. That means helping callers manage anxiety, sadness, and other concerns. We provide:

- Self-Directed, Empowering Support
- Wellness Education
- Mental Health and Substance Use Recovery Support
- Community Resource Referral as Needed
- Understanding, Respectful, Supportive Conversation to Each Caller

**The Warm Line is available 7 days a week from 2:00 pm – 10:00 pm.
CALL: (717) 945-9976**

Individuals who call outside business hours and leave a message will receive a call when the Warm Line is open.



If you are experiencing suicidal thoughts, dial 911 or call Crisis Intervention immediately at (717) 394-2631