

Warm Lines

Sometimes you just need to talk to someone about your mental health. It's great when you can reach out to a loved one—but that's not always possible. Fortunately, warmlines are there to help!

A warmline is a phone number you call to have a conversation with someone who can provide support during hard times. Whether you're in crisis or just need someone to talk to, a warmline can help.

Warmlines are free and confidential.

CalHOPE

833-317-4673

California Peer-Run Warm Line

855-600-9276

Friendship Line

888-670-1360

Hmong Talk-Line

530-403-3978

Northern Valley Talk Line

855-582-5554

Veterans Crisis Line

988 then Press 1

If you are in crisis and a warmline can't provide the level of support you need, you can reach the Suicide & Crisis Lifeline by calling or texting 988

Butte County Crisis Line: 800.334.662 or 530.891.2810