



# MENTAL HEALTH AWARENESS

## OC MENTAL HEALTH CARE WARMLINE

WARMLINE NETWORK SERVICES IS TELEPHONE-BASED, NON-CRISIS SUPPORT FOR ANYONE STRUGGLING WITH MENTAL HEALTH AND SUBSTANCE ABUSE ISSUES. THE STAFF PROVIDING THE SERVICES HAS BEEN THROUGH A SIMILAR JOURNEY, EITHER AS A MENTAL HEALTH OR SUBSTANCE ABUSE SERVICES CONSUMER, OR AS A FAMILY MEMBER OF AN INDIVIDUAL RECEIVING THESE SERVICES.

**877-910-WARM OR 714-991-6412 LIVE CHAT AVAILABLE AT [NAMIOC.ORG](http://NAMIOC.ORG)**

**TEXT: 714-991-6412**

**EMAIL: [WL@NAMIOC.ORG](mailto:WL@NAMIOC.ORG)**

**WEB ADDRESS: [NAMIOC.ORG](http://NAMIOC.ORG)**

**SUICIDE HOTLINE: NATIONAL SUICIDE PREVENTION LIFELINE CALL 1-800-273-8255 (TALK)**

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