



National Alliance on Mental Illness

**NAMI**

**Orange County**

- **Are you lonely or confused?**
- **Do you have substance abuse and/or mental health concerns?**
- **Need information about available mental health services?**

**Call the Warmline today!**

**Orange County  
Warmline**

**877-910-WARM**

**877-910-9276**

Daily from 8 a.m. until 12 midnight

Or

LiveChat available at [www.namio.org](http://www.namio.org)

- *Services are available in multiple languages including TTY support.*
- *All services are provided by trained mental health/substance abuse consumers, consumers' family members, and paraprofessionals.*