

# Do you feel *lonely* or *isolated*?

## *Are you struggling with Mental Health or Substance Use issues?*

Now you can talk with trained, caring and supportive individuals who will not judge you and who:

- ◆ Have had similar experiences
- ◆ Will help you explore your experiences and help you make a plan to feel better
- ◆ Give you options in the community to help you deal with your situation
- ◆ Listen to your story without judgment

All Calls are Confidential

You can call the Warm Line at:

**(877) 840-5167**

Monday thru Friday - 10am—9pm & Saturdays - 5pm-9pm

**Participation Station**  
a peer operated center

A service of Participation Station, Inc, a peer operated program sponsored by bluegrass.org and NAMI Lexington  
869 Sparta Court, Lexington, Kentucky 40504