



WARM LINE SERVICES

What is a “Warm Line Service”?

A Warm Line Service is a telephone or online support line designed to provide emotional support, assistance, and resources to individuals who may be experiencing stress, loneliness, or mild mental health challenges. A warm line is meant for people who need someone to talk to or seek help with everyday concerns. *The services below are available to residents of Grey Bruce.*

A Friendly Voice: 1-855-892-9992

Available: 7 days a week, 8:00am to 10:00pm

For: Adults 55+

afriendlyvoice.ca

A welcoming space to connect with a caring individual, free from judgment or expectations. Whether easing loneliness or fostering social health, they're there to listen and share meaningful conversations.

Beendigen's Talk4Healing Helpline: 1-855-554-HEAL (4325)

Or text: 1-855-554-4325 | Chat option available on website

Available: 24/7

For: Indigenous women and their families

beendigen.com/programs/talk4healing/

Provides support through talk, text, and chat, offering judgment-free solutions in a safe, culturally grounded environment. Services honour Indigenous traditions and are available in many Indigenous languages.

Boots on the Ground: 1-833-677-2668

Available: 24/7

For: Firefighters, police officers, paramedics, nurses, corrections, probation, parole, youth services, emergency dispatch operators, military personnel, and veterans.

bootsontheground.ca

Provides anonymous, confidential, caring and compassionate peer support for First Responders, by First Responders.

Hope and Me: 1-888-486-8236

Available: Monday to Friday, 9:30am to 5:00pm

For: Individuals experiencing mental health concerns

hopeandme.org/pathways-to-care/warm-line-and-intake/

Offers a supportive and safe space to connect with trained mental health professionals and peer support workers who have lived experience.



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Hope for Wellness Helpline: 1-855-242-3310

Chat option available on website

Available: 24/7

For: Indigenous people across Canada

hopeforwellness.ca

Support is available from culturally competent counsellors via phone and online chat in English and French, with additional telephone support in Cree, Ojibway, and Inuktitut, to help with challenges, distress, or wellness resources.

LGBT YouthLine: 1-647-694-4275 (text)

Chat option available on website

Available: Sunday to Friday, 4:00pm to 9:30pm

For: 2SLGBTQ+ youth 16 to 29 years old

youthline.ca/helpline/peer-support-helpline/

The helpline is staffed by 2SLGBTQ+ youth (16-29), trained in active listening, anti-racism, harm reduction, and gender/sexuality topics. They offer support for identity questions, coming out, mental health, relationships, isolation, referrals, or just a friendly chat.

National Overdose Response Service: 1-888-688-NORS (6677)

Or text: 1-888-688-NORS (6677) | Or use the "Brave app" | Available: 24/7

For: Individuals using substances or those with an addiction

<https://www.nors.ca/>

NORS is a peer-run, peer-led overdose prevention hotline. They have live peers available to provide support and help keep the caller safe.

Trans Lifeline Hotline: 1-877-330-6366

Available: Monday to Friday, 1:00pm to 9:00pm

For: Trans and questioning individuals

<https://translifeline.org/hotline>

A peer support phone line operated by trans individuals, for trans and questioning peers. Reach out for identity support, connection, or simply a supportive conversation.