



## **Other COVID-19 Behavioral Health Resources**

An anonymous support line launched by the Mental Health Association of Virginia is another COVID-19-related resource for Virginia state employees.

This Warm Line, or peer-run service, is available for individuals and family members undergoing trauma or other distress who would like to talk with someone, request community health resources or who have questions about recovery. While the trained peer operators involved in the Warm Line are not licensed professionals, medical providers or legal advisers, they maintain strict confidentiality. They offer strength-based support, resilience building strategies and community resources and referrals.

**Connect with MHAV's Peer-Run Warm Line and other resources for wellness and recovery.**

### **Warm Line Virginia Callers**

**877-349-6428**

**Mon. – Fri. - 9:00 AM to 9:00 PM EST**

**Sat. – Sun. - 5:00 PM to 9:00 PM**