

SAFE HARBOR BEHAVIORAL HEALTH OF UPMC HAMOT

Partner with Western Psychiatric Institute and Clinic of UPMC

Peer Support and The WarmLine

When you just need to talk, call 1-877-550-4007

What is the WarmLine?

The WarmLine is a free, confidential phone service you can call to speak one-on-one with a certified peer specialist. This is not a crisis line, but a safe place to discuss problems, talk about your day, or ask questions related to recovery and coping with a serious mental illness. We all have days when we wish someone was there to listen to our problems and help us out. You may be feeling lonely or feel like no one understands what you are going through. This is when you can call the WarmLine. It is not a crisis line, but a safe place to discuss your recovery journey.

What is a Certified Peer Specialist?

A certified peer specialist is someone recovering from a mental health diagnosis, and has received specialized training to guide and support others who are experiencing similar mental health issues. They can help you figure out options to your problems by brainstorming with you. They won't tell you what to do, but will guide you as you make your own decisions.

The peer specialist has "been there before," and understands the struggles you are facing. Our certified peer specialists are trained to actively listen to you, empathize with your concerns, and empower you to choose your path to wellness and recovery.

The WarmLine

1-877-550-4007
Tuesday-Saturday
Noon till 7:30pm*

*Times subject to change

The call is confidential, and any information discussed will be kept private unless you are in a crisis situation where you are talking about harming yourself or someone else.

If you are suicidal, call Crisis Services immediately at 814-456-2014.



Safe Harbor Outpatient Clinic

1330 W. 26th St.
Erie, PA 16508

For more information about our outpatient services, please call **814-459-9300**, or visit us at **UPMCHamot.org/SafeHarbor**.

Safe Harbor Crisis Center/Outpatient West

2560 W. 12th St.
Erie, PA 16505

In the event of a crisis, call Crisis Services 24/7/365 at 814-456-2014 or 1-800-300-9558.