People Just Want To Be Heard.

Warmline Oregon

Together we can learn and grow. 

Call to have a confidential conversation with someone who will listen without judgment or criticism.

Call 1-800-698-2392

Community Counseling Solutions

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Free Call to ALL Oregonians

For more information about

IPS contact:

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Intentional Peer Support

A different way to do things.

IPS is the model we use to operate the Warmline. Using the 4 tasks in this model we are able to:

1) Connection

- And much more

- Challenges of having low income

- Loneliness

- Homlessness

- Learning differences

- Feelings of suicide

- Hospitalizations

- Addictions

- Mental Health

(But not limited to): Experiences and challenges including stories by people with various life circumstances.

IPS is an alternative approach to peer support.

www.communitycounselingsolutions.org
Why Warmline?

Co-creation of Warmline Worldview

Warmline Overview

The Warmline is designed and provided by persons who have or had challenges in mental health and are able to support their peers who are struggling with a variety of mental health areas, who are experiencing huge and painful feelings. The David Romprey Oregon Warmline is grounded in the principles of personal responsibility, mutuality, reciprocity, respecting others thoughts and beliefs as valid and important, growth beyond stigma, shame, and limits placed upon those living with mental health barriers.

Our confidential and non-judgemental peer support starts with the premise that people have learned to make meaning of their experiences and relationships out of everything they have learned in their lives. We know that this has lead many people to feel undeserving, distrusting, and inherently flawed.

Who Should Call the Warmline?

Anyone needing support may call our Warmline to speak to a trained peer. We do not give advice or attempt to ‘get’ anyone to do anything. We are there to listen and validate the caller’s feelings and experiences. Together we have a conversation in which we both become more self aware while learning and growing together. We share an experience and knowledge in order to discover ways in which we both learn new ways of managing our feelings and discover healthier ways of being in a relationship with others. Once where an individual had to ‘cope’ with an issue, they may learn to challenge their beliefs regarding that issue, have a different experience of the situation, and no longer have to ‘cope’ because the issue no longer exists. The use of this Warmline may help people decrease the need for frequent doctors visits, emergency room treatment, involvement with law enforcement, and the need for more intensive care such as psychiatric hospitalization.

Crisis = Opportunity moving towards something better and creating a new story for myself takes action and applying new ways of being in a relationship with myself.

Without understanding how we, as individuals, have come to know what we know about being in relationship with ourselves and the world around us, we are likely to have trouble, not only with emotional distress, but also with a continuous struggle when there is tension in relationship or in one’s community.

We believe that crisis is an opportunity to learn. In a mutual and respectful conversation, peers discover together how they have developed their beliefs about themselves and the world in which they live. Together, help and crisis are redefined and have new meaning.

Each person has the opportunity to learn how they managed those things with meaning and new perspectives. When there is a confusion regarding where one’s strengths lie, we are here to help you to discover and develop new beliefs and skills with others and the world around us, with ourselves. Together, we can learn about our experiences, and together we can learn to make sense of our experiences and our feelings in a collaborative and powerful way.

Warmline Overview

Moving forward, Warmline Worldview

Connection

Who should call the Warmline?