## Need to Talk?

## Call the David Romprey Oregon Warmline

Staffed by People with various life experiences, challenges and big feelings (including but not limited to) Mental Health, addictions, hospitalizations, feelings of suicide, learning differences, homelessness, loneliness, challenges of having low income and more
Call to have a confidential conversation with someone who will listen without judgment or criticism.

Together we can learn and grow.
People just want to be heard
Community Counseling Solutions is pleased to announce an increase in Warmline hours. Effective May 7, 2009, hours will be as follows:

Monday 10am-8pm
Tuesday Noon-10pm
Wednesday 9am-2pm
**Thursday 8am-6pm
Friday Noon-5pm
Saturday 5pm-10pm
Sunday 5pm-10pm
** Increased Hours indicated
HOURS INCREASING RAPIDLY FEEL FREE TO CALL ANYTIME JUST INCASE THIS FLYER IS OUTDATED

$$
1-800-698-2392
$$

!!This is a FREE Support line to ALL Oregonians!!
This Warmline is NOT a resource line
Sponsored by: Community Counseling Solutions (including Morrow, Wheeler Gilliam and Grant County), Greater Oregon Behavior Health Inc. (GOBHI), Clatsop County, Deschutes County, Columbia County, Douglas County, Benton County,

Clackamas County Community Health and Clackamas County NAMI, Malheur County Lifeways


