

# YMCA MENTAL HEALTH WARMLINE

A free, non-crisis phone service for new and expecting parents, caregivers, and individuals seeking mental health support.

Warmline staff provide space to process your experiences, help organize your needs, connect you with resources at the YMCA and link you to additional support throughout San Diego County. The Warmline is an access point to a listening and empathetic ear and support in coping with current stressors.



**CALL TODAY**

**1-866-937-9276**

