

The Warm Line



*The Warm Line is a program of the Participation Station. It is a **non-emergency** phone line for people living with a mental illness. You can call*

the Warm Line if you “just need someone to talk to” or you are experiencing a stressful time, feeling cut off from the world and isolated. It is staffed by Peer Supporters who have “been there” and have been trained to offer support, help with appropriate referrals or to just listen without judgment.

When you need someone to listen, give us a call.

(859) 252-0058

Lexington Area

Or call toll free at:

(877) 840-5167

Bluegrass Region

Warm Line Hours of Operation

Monday - Saturday: 5:00pm-9:00pm

Sunday: Closed

Participation Station

Program Hours

Sunday: 2:30pm-4:00pm

Monday: 11:30am-4:00pm

Tuesday: 11:30am-4:00pm

Wednesday: 11:30am-4:00pm

Thursday: 1:30pm-5:30pm

Friday: Closed

Saturday: 5:00pm-8:00pm



Participation Station



Our Mission...

To provide a program-based environment that educates, empowers and enhances the lives of individuals moving toward recovery and mental wellness.

Participation Station

a peer operated center established by individuals working toward mental health & recovery

The Warm Line

peer to peer telephone support to individuals living with mental illness.



visit us on the web at:
www.psapoc.org

Participation Station works collaboratively with mental health service providers and consumers recovering from mental illness to strive towards a meaningful, enriching life.



Jump on the Train and Follow the Tracks...

Things You Can Do at Participation Station

- *Have a cup of coffee*
 - *Make a new friend*
 - *Play a game or just hang out*
 - *Watch a movie*
 - *Read a book in the library*
- Attend a class on:*
- *Computer skills*
 - *Managing stress*
 - *Relaxation techniques*
 - *Self advocacy*
 - *Maintaining relationships*
- *Volunteer*
 - *Learn about Recovery*
 - *Learn to improve your physical health*
 - *Learn to have a better quality of life.*

How to find us...

Participation Station is located at 869 Sparta Ct. in Lexington. We are off Versailles Rd, one block toward downtown from Red Mile Road. We are on the bus line for easy access.

The Participation Station is sponsored by the following organizations:

 Bluegrass Regional Mental Health-Mental Retardation Board, Inc.

 **NAMI** Lexington
National Alliance on Mental Illness

**All services are
fun, fulfilling and free!**

***Consumer run,
Consumer driven.***

Participation Station

869 Sparta Court
Lexington, KY 40504
Phone: (859) 309-2856
E-mail: email@psapoc.org