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# Ithaca Warm Line

## 607.210.8328

Available 24/7/365

Do you have times when you are feeling lonely and need to talk? Need to chat with someone to get your thoughts out with no judgement? Call the Ithaca Warm Line! We have the time to connect with you and hear you out.

The Ithaca Warm Line is for individuals not experiencing a crisis and not having suicidal thoughts. Calls will be limited to 30 minutes, every four hours.

\*Subject to adjustments due to volume\*