



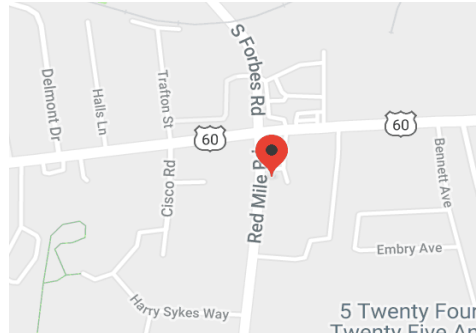
The WarmLine is a telephonic peer support program of Participation Station. It is a **non-emergency** phone line for people living with a mental illness. You can call the Warm Line if you "just need someone to talk to" or you are experiencing a stressful time, feeling cut off from the world and isolated. 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.

Call toll-free at:
(877) 840-5167

Monday thru Friday: 10am-9pm
Saturdays - 5pm-9pm



**All services are
fun, fulfilling and FREE!**
***Peer run,
Peer driven.***



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.***

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

Participation Station
a peer operated center



Kentucky's First Peer Operated Program



Participation Station

**a peer operated center established by
individuals working toward mental
health and/or substance use recovery**

Phone: (859) 309-2856
www.pslex.org

System Navigation

Need help with a problem you're having or interested in exploring a new goal?

Participation Station offers Peer Navigation services. This is free assistance with problems such as housing, education, employment, issues with your Social Security benefits, transportation.

Our System Navigator can assist you as you work on solving your problems. They won't fix it for you, but they do have experience and can help you resolve things for yourself.

Just ask to speak with the System Navigator.

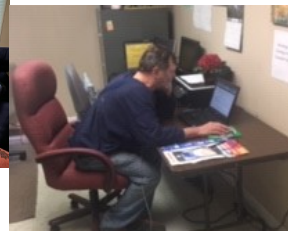
visit us on the web at:
www.pslex.org

**This program is proudly
sponsored by:**



Things to 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 track on:***
- ***Managing stress***
 - ***Relaxation techniques***
 - ***Tai Chi/Exercising***
 - ***Maintaining relationships***
 - ***Learn about Recovery***
- ***Learn to sew***
 - ***Learn Computer Skills***
 - ***Learn to have a better quality of life***
 - ***Arts & Crafts***
 - ***Wellness***
 - ***Whole Health***



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

