

Warmline Testimonials - Wellness in the Woods

Angela- St. Louis Co

Hi my name is Angela and part of the many things that the peer support line has helped me with was after I started calling for a while and noticed I wasn't a suicidal anymore. Knowing that I have people who are there with me in the mental battle, in the daily struggles, helps greatly as well as knowing that there is a listening empathetic ear whenever a person answers the phone and it's just as I said there with me in the battle.

Dawn - Sherburne Co

I just want to thank you for the peer support program. I use it just about every night. It helps me feel much better. I would be lost without it. It gives me support when I need it most in the middle of the night. It would be so detrimental to my health if I didn't have my peer support person to talk to. I hope you listen to the peer support people and continue with the program.

Gary- Houston Co

This is Gary from Houston County and the warm lines have helped me out a great deal with loneliness just having somebody there to talk to. I got depression so you guys help out with depression a lot so I appreciate that so I hope you guys are around for a long time so thank you.

Al - Redwood Co

Peer support network warm line has been great for me. You can't always talk to your friends about some of the issues and problems you're having. It's been a big help to me to de-stress. Thank you warmline.

Linda- Benton Co

Hello my name is Linda I'm from Benton County has helped me tremendously if I'm feeling a little low or I need a little advice about something or just someone to talk to I just reached out to one line and you know they're open you know many many hours so it's really convenient like I said it has helped me alot. I have talked with the warmline I would say for about three years and I would recommend it to anyone and I have given the warmline to different friends to people battling thank you very very much this is a very good line thank you

Abby- Grant Co

I've been calling the warm line for about 3 years and the warm line has helped me in so many ways I use the warm line in between my visits to my therapist and it really helps me unwind after my appointments to I really appreciate all of the people that work on the line and everybody is so compassionate and I feel very supported

Chris- Wright Co

This is Chris from Wright Co. I call the warmline to help with my anxiety, help with my depression and help with support in my life. And I'm grateful and thankful for the warm line that helps me to stop time and helps me through hard times.

Shay - Stearns Co

Hello my name is Shay and I'm from Stearns County and I can permission to be recorded awesome regularly for about a year now I have a lot of stress as a caregiver for my mother and I haven't difficult choice I got hopeful advice from my caring person of caring Care on the other end that was non-judgmental and helped me think about things and help me to make my choice since then I've lost my mother who I've lost my mother who was my cheering Squad and sounding board and confidant. And though nothing can take her place, I find the warmline fills a gap where I can share my stress and troubles with a caring person on the other end. I really think this a great tool to have available and i enjoy the fact it's available at all hours of night early morning I'm very thankful for the warm wine and how it's helped my life and my struggles with depression grief and anxiety thank you so much for listening to my story

D- Steele Co

Hello this is Dee I'm still counting. I'm glad it's okay to share my steel here considering I took a little jobs out to my supposed. Time I wasn't exactly the summer of love for me as my family life kind of well right down the shutter so with no family really the trench you and I got Facebook messages I was well reconciled my social worker here I was instructed to for an hour and waited only to come back and they couldn't figure anything like that I know

I call Hello this is Dee I'm still counting I'm glad it's okay to share my steel here considering I took a little jobs out to my supposed new residence Nevada Arizona Yeah I got Facebook messages here and there what not I was well online and when I was told about these warm lines which I call in the daytime on and this one the Minnesota your support connection which I actually had such a noise I know him from the trauma Department it's a long story but I call when I get the support I need phone calls are created equals some operators like this is the longest 20 minutes of my life.

Jesse - Freeborn Co

Jesse Freeborn County and the warmline helps me talk through all the things that I don't get talked through during the day I usually use it at night or in the morning before other people are awake it helps me stay focused on the important things and give me an outlet to get out the frustrations and turmoil that are in my head that I can't get out on my own it's really helpful and always makes me feel better than when I before I called I really enjoy being the support that they give me and I get sad when I call and I can't get through when there aren't enough people to talk to the people that are calling it gets hard to have to wait but it's worth the wait anyways

I'm sorry I just wanted to thank you all for everything that you do and hope you have a good day thank you so much Jesse.

Renee- Todd Co

This is Renee salad I live in the Todd County here in Staples Minnesota yeah I've been there on the phone with the pier Sports Connection and I don't know every night or every morning you know usually just whenever I I'm awake or something and I'm just unable to sleep very well and sometimes I feel lonely and just don't have too many people to talk to and soimes I don't have a lot of my kids around and too many family members either make new friends here I just realized this guy a peer support connection warm lines system there's a lot of workers here that I really like to talk to I'm a manner when I call in the morning at this time she's one of my favorites on time there's a couple Jews that I like there that I hope that I can talk to during that time too but really it doesn't matter like I said just so really good calling system and I like it especially when I call him when I go to anybody to talk to her when I can't sleep right now my health is just it seems like every little thing about my health and my body and for all the parts yeah I'm 61 years old November so I just you know seeing a doctor for this stuff I am a strong Christian lady your face I love Jesus with all my heart in the mornings a lot when I don't call her I'm able to I pick up my Bible and realize and usually in the morning

Robbie - Hennepin Co

I love to share my music and relate to people that have a diagnosis too. Thank you

Ted- Hennepin Co

Hi my name is Ted from Hamilton County I use the warm line with the growing frequency the warm line is incredibly important to me because it's Fosters connection and Recovery in my life coming from a place of the child and abuse as many experience unfortunately and it provides me with an opportunity for somebody to compassionately listen and the Foster of validation South Carolina Loving instead of the opportunities I came from the personal connection and the one-line helps me feel feel validated and connected with other care and people on the road to recovery okay do you give of permission to share your story Me myself personally have a terrible feelings of anxieties it's difficult to be alone with such horrible feelings one struggles with and have to go through and overcome the online can be a safe place to talk about them either

the same thing that affect the stuff almost every way and that's some valuable so thank you for your help and I hope you continue getting there for not only me that everybody else thank you God bless

Rob- Anoka Co

And your name and Rob from Anoka and you can share your story sorry My mom passed away 3 years ago and I'm kind of lonely and sometimes I need something to reach out to and this is a great blind rolls the great lady like the people and I enjoyed talking to everybody so as family story just kind of you for having this line I really appreciate it.

Deb- Ramsey Co

Go ahead and share your story and thank you you're welcome and help me in the night to talk to people when I felt lonely and down and I've gone through grief Lucy my brother Lucy's been there to support me and I've had family conflict sometimes with siblings rivalry and stuff but the word line has been supportive when I shared my hurts and my pain and might disappointments and my feelings so rejectedness I have like a mild depression it's not anything major and I got on drugs or pain relief or anything I have a very strong state and personal release some of the people I've talked to on the warm way I've been able to really connect with them because they've been there and they've been supportive to me and try and loving and giving and I feel like I have sort of a family through the support team to the it's just really nice to know it's warm it's not only Warm but it feels like there's a fire in each one of us that it's nice when we connect with each other and we have a wonderful experience help me read cell and to share what's up my heart and to know that I'm not rejected by them nobody has ever rejected me the way he has said that it's

Shannon - Ramsey Co

Okay well about 5 years ago I started calling the warm line I was going through a divorce and I was really in a bad place and I've got to say over the years I've been helped by the warm line in so many ways it's hard to even recall I've had times where I had sleeping problems I've had times where I've had depression I've had times where I just needed somebody to talk to and he overnight woman is really been helpful to me because it seems like when I have trouble in during the night it's the time where I don't want to call family or friends and worry anybody so the warm line is a nice safe comfortable place that I can call and be heard and be understood and be helped and the counselors on the warm line of been so wonderful to me the morning staff has been just so beautiful and I really appreciate so much so thank you for your services

Sydney - St. Louis Co to Ramsey Co

I was originally from St Louis County and I currently live in Ramsey my experience with the warm line has been a game changer for my mental health It led to a greater conversation about

frustrations and are difficulties while navigating a capitalist Healthcare System this kind of camaraderie that I was able to experience this morning feel better about the fact that I am not struggling and knowing that I am not alone hearing other people talk about and relate to my struggles has been so positively impactful I'm so grateful for the warmline from bothering the crisis line and keeping me from needing to go to the ER because of spiraling. If i didn't take my meds today. I would have spiraled into a panic attack and lead to suicidal ideation. Which would have me end up in the hospital which would further complicate not only my insurance situation but also my mental health. Getting the extra support I needed today helped me to function today and live my life like everyone else. I am immensely grateful to share my story with people who care and people who can relate.