Who is NISA?

NISA/Northern Initiative for Social Action is an organization run by and for consumers of mental health services. We develop occupational skills, nurture self-confidence and provide resources for recovery, by creating opportunities for participants to contribute to their own well-being and that of their community.

All staff, volunteers and members are people with lived experience of mental illness. We are a member-driven initiative, offering meaningful and useful programs, providing a setting for active social recovery rather than passive dependence on community services.

Our involvement in NISA allows us to liberate ourselves from the stigma and discrimination we often face, as a result of our mental health diagnoses.

Being, belonging, becoming, for all mental health consumers.

Call the Regional WARM Line

1-866-856-9276 (WARM)

6 p.m. to 12 a.m.
seven nights per week

Parry Sound, North Bay, Sudbury, Sault Ste. Marie and Timmins

For more information, please contact NISA:

info@nisa.on.ca
705-675-9193 ext. 8206
680 Kirkwood Dr., Bldg. 1
Sudbury ON P3E 1X3

Supported by:
What is the Regional WARM Line?

Feeling lonely, depressed, isolated or anxious? Feeling the symptoms of seasonal affective disorder (SAD)? Would you like to talk with a peer? The Warm Line offers peer support and addresses some of the challenges facing people with lived experience of mental illness. The line strives to provide opportunities through which participants (staff, volunteers and callers) can gain valuable work experience and enhance their skills, while offering a much-needed service in a warm, compassionate and flexible environment. The Warm Line is a peer-run telephone service. We empower each other.

The Warm Line operates in Parry Sound, North Bay, Sudbury, Sault Ste. Marie and Timmins. One central toll-free phone number connects you to all of our operators. All calls are kept confidential. You are important to us and so is your call. Please, if you feel you need to, reach out and call us. The Warm Line provides a listening ear, assistance with problem-solving and referrals to appropriate agencies. Call us. We're here to hear you.

The Warm Line is open to all people with personal lived experience of mental illness; their families, friends and loved ones; their caregivers; and anyone needing a supportive and friendly ear. Concerned about the following?

Mental health concerns
  Loneliness
  Anxiety or depression
  Suicidal thoughts
  Substance abuse
  Gambling abuse
  Homelessness
  Chronic hunger
  Physical, sexual or emotional abuse
  Sleep problems
  Employment issues
  Relationship issues
  Post-partum depression

Give us a call.

The Warm Line offers pre-crisis telephone support to anyone. You do not need to be a mental health consumer or have a diagnosis to call us. We are here to listen to anyone and we aim to help people in difficult situations, before they experience a crisis.

The WARM LINE EMPOWERS PEOPLE WITH LIVED EXPERIENCE OF MENTAL HEALTH SERVICES by providing employment opportunities. NISA is a consumer-run initiative and the Warm Line is staffed entirely by those who have used (or currently use) mental health services. Staff undergo a comprehensive training program in peer support and resources, which builds self-esteem, job readiness and effectiveness in their work.