



**MOTHER BEAR**<sup>®</sup>  
FAMILIES FOR MENTAL HEALTH

FOR IMMEDIATE RELEASE

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**Family Mental Health Network Announces Launch of Family Support Warm Line  
855-IHOPE4U (855-446-7348)**

(Asheville, NC, March 14, 2013)—On March 14, Mother Bear’s family support network launched its Family Hope Line, **855-IHOPE4U (855-446-7348)**, a telephone support line for families experiencing mental health challenges.

Family members can call during designated hours and talk to Mother Bear’s Family Education Specialist to receive support, encouragement and help with identifying mental health recovery resources. Additional support is available at any time through the Mother Bear’s website at [www.motherbearcan.org](http://www.motherbearcan.org).

**Family Hope Line hours are Tuesdays from 2–5 pm and Thursdays from 8–11 pm EDT.**

Mother Bear’s Family Hope Line is a *warm line*, designed to provide mutual support and encouragement, as opposed to a *crisis line* answered by a clinician for the purposes of determining whether hospital or emergency services are needed.

Research has shown that warm lines are effective in reducing a sense of isolation and distress and for increasing a sense of wellbeing. Warm lines may also reduce the need for emergency services.\*

While recovery-oriented warm lines have been shown to be effective, there are still far too few of them available. The few warm lines that do exist, like the David Romprey Oregon Warmline, have a hard time keeping up with demand.

Family-centered recovery warm lines are even harder to find.

“We are excited to be able to offer free telephone support to families facing mental health challenges,” said Mother Bear and CooperRiis founder and family member, Lisbeth Riis Cooper.

“Far too many families have to face mental health challenges alone,” Cooper noted. “But when we support each other, we can transform our families’ suffering. That’s what our Hope Line is all about.”

**Mother Bear: Families for Mental Health** is a national nonprofit family-led network headquartered in Asheville, NC, that is dedicated to helping families thrive through mental health education, community support and help identifying recovery resources. Mother Bear is a family outreach fund of the Foundation for Excellence in Mental Health Care ([www.femhc.org](http://www.femhc.org)).

\*Warm line research data can be accessed through the National Empowerment Center at [www.power2u.org](http://www.power2u.org).