What if I need help?

If you are having a mental health crisis and need immediate help, CALL 9-1-1 Lancaster County Crisis Intervention: 717-394-2631 or TTY 717-399-7417

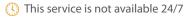
Get Connected to Local Resources:

- Call Pennsylvania 211 East (connect with local social services): 2-1-1
- Compass Mark (provides prevention and addiction support to the local community): 717-299-2831
- Domestic Violence Services of Lancaster PA: 717-299-1249 or Text SAFE to 61222
- Lancaster Area Contact Listening Line: 717-299-9341
- Lancaster Osteopathic Health Foundation (help with paying for counseling): 717-392-1595 () Lancaster YWCA Sexual Assault Hotline: 717-392-7273
- Mental Health America of Lancaster County (provides education, support groups, & connects to services): 717-397-7461
- RASE Project (Recovery Support): 717-323-8535 ()
- Safe Communities (Adult Survivors of Child Sexual Abuse): 717-560-9989 🕓
- TeenLine (private hotline for teens to discuss problems or talk with another teen who understands): 717-394-2000

National Help lines:

- ChildLine (report suspected child abuse/neglect): 1-800-932-0313
- **Disaster Distress Helpline** (natural and human-caused disaster support): 1-800-932-0313 or Text TalkWithUs to 66746 **National Crisis Textline:** Text "PA" to 741741
- National Domestic Violence Hotline: 1-800-799-7233 or TTY 1-800-787-3224 or Text LOVEIS to 22522
- SAMHSA National Helpline (find treatment for mental health and/or substance use disorders): 1-800-662-HELP(4357)
- Suicide Prevention Lifeline: 1-800-273-TALK (8255) or TTY 1-800-799-4889
- Trans Lifeline: 1-877-565-8860
- The Trevor Lifeline (LGBTQ): 1-866-488-7386 or Text 678678
- Veteran Crisis Line: 1-800-273-8255, press 1 or Text 838255

Call your insurance company for information about your coverage for behavioral health services.



LetsTalkLancaster.org