

What if I need help?

Let's Talk, Lancaster

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

🕒 This service is not available 24/7

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