

Forest-Warren Human Services

Help & Resources During The Pandemic

Forest-Warren Human Services and the Warren County Government recognize that the COVID-19 pandemic has had a profound impact on people's lives. In response, we remind everyone that mental health resources and support are available throughout the state, and that seeking help for mental health disease should not be considered a weakness. The confidential resources below are collected for your benefit and we encourage you to utilize them.

CRISIS TEXT LINE

Text "PA" to 741741

Crisis Text Line, a free and confidential service that is available nationally to provide support to those in crisis.

Crisis Text Line may be accessed any time by texting PA to 741741.

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255

If You Are Thinking About Suicide: The National Suicide Prevention Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. If you need help, please dial 1-800-273-TALK (8255).

A text option is also available via the Crisis Text Line, offering free 24/7 support by texting "PA" to 741741 to, in turn, text with a trained Crisis Counselor there to support people in crisis.

PREVENTING SUICIDE IN PA

preventsuicidepa.org

PreventSuicidePa.org was created to support those who are affected by suicide, and to provide education, awareness, and understanding by collaborating with the community to prevent suicide, and reduce the stigma associated with suicide.

DISASTER DISTRESS HELPLINE

1-800-985-5990

The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text 1-800-985-5990 to connect with a trained crisis counselor.

Visit <http://warrencopa.com/help-and-resources> online for more information.

GET HELP NOW FOR SUBSTANCE USE DISORDER

1-800-662-4357

SAMHSA's National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

VETERANS IN CRISIS

<https://veteranscrisisline.net>

If you're a Veteran in crisis or concerned about one, there are caring, qualified VA responders standing by to help 24 hours a day, 7 days a week. The Veterans Crisis Line is a free, anonymous, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care.

PA'S SUPPORT HELPLINE

1-855-284-2494

The Support & Referral Helpline is staffed by skilled and compassionate caseworkers who are available 24/7 to counsel Pennsylvanians struggling with anxiety and other challenging emotions due to the COVID-19 emergency and refer them to community-based resources that can further help to meet individual needs.

COPING WITH COVID-19 STRESS

<https://bit.ly/covid-coping>

CDC website that offers a variety of resources for people dealing with stress, anxiety, substance use disorder, and other ailments brought on by the pandemic.

COVID-19 RESOURCES


<https://mhanational.org/covid19>

To aid individuals and communities during this time, Mental Health America has compiled a range of resources and information.

Forest-Warren Human Services

Help & Resources During The Pandemic

Forest-Warren Human Services
Help & Resources During The Pandemic




**CRISIS
TEXT LINE**

Text "PA" to 741741
Free, 24/7, Confidential

Struggling and in need of support?
Help is available.
Connect with a trained and caring Crisis
Counselor through Crisis Text Line.

Forest-Warren Human Services
Help & Resources During The Pandemic




**DISASTER
DISTRESS
HELPLINE**

1-800-985-5990

Provides immediate crisis counseling to people
affected by the Coronavirus pandemic.

Forest-Warren Human Services
Help & Resources During The Pandemic



**NATIONAL SUICIDE
PREVENTION LIFELINE**

1-800-273-8255

Forest-Warren Human Services
Help & Resources During The Pandemic



**GET HELP NOW FOR
SUBSTANCE USE
DISORDER**

1-800-662-4357

Visit <http://warrencopa.com/help-and-resources>
online for more information.