

Northsiders : please reach out for **FREE** help and guidance navigating the COVID-19 [Coronavirus] crisis **NOW**

Project Destiny is a Northside community organization that has been working hard at helping our local families in need since 2004.

Our team will do our best to connect you with trusted **FREE** supports to help keep your family **safe and stable during this challenging time**, like ways to get nutritious food and household supplies, and link you to someone who can talk through difficult emotions you might be feeling during this struggle.

We are also helping to prepare for issues that will matter to you and your family's **long term health and wellness both now and in the future**, like keeping utilities on, employment support for those who lost jobs, and more.

Add Project Destiny to your phone's contacts now, **412-231-1258**, and please reach out any time you need our help!



Call **412-231-1258** to chat with us ***any*** time

For immediate needs such as food*:

Please visit www.pittsburghfoodbank.org on any smart phone, tablet, or computer for food resources including a current list of daily FREE food sites or call **412-460-3663** to learn about help with your needs

For emotional support and conflict resolution*:

For an urgent emotional health need, call Resolve Crisis Services *24-hour hotline immediately* at **888-7-YOU-CAN** or **888-796-8226**

Center for Victims continues to provide services to victims of crime, violence, and abuse. Call their *24-hour hotline* at **1-866-644-2882**

Crisis Center North hosts a *24-hour domestic violence hotline* at **412-364-5556** or **1-866-782-0911**

These teams can talk with someone who is struggling or in conflict, give FREE support over the phone, and coordinate more help when needed. They can also provide tips on how to support someone in an emotional crisis, how to tell if someone needs more advanced help, and guide on staying within the proper boundaries when helping others



For these and any other needs, call us at **412-231-1258**

* These resources are current as of 3/25/2020 and may change with conditions, governmental restrictions, and availability