

Mental Health Resource Page

Phone Lines

Lancaster County Warm Line
717-945-9976

Lancaster County Crisis Intervention
717-394-2631

National Human Trafficking Hotline:
888-373-7888

National Suicide Prevention Lifeline
988 Text or Call
800-273-TALK (8255)

Behavioral Health & Developmental
Services Crisis Intervention
717-394-2631

Childline and Abuse Registry
800-932-0313

Elder Abuse Report
717-299-7979

Veterans Crisis Line
988, Press 1 or text 838255

24/7 Cancer Helpline
1-800-227-2345

Apps



Understood: Support ADHD
Kids



Finch: Self-Care Pet



iChill App: Trauma tools



Meeting Guide
Alcoholics Anonymous



Insight Timer - Meditation

Advocacy

Adult and Senior Advocate

Michelle Frederick, at **717-397-7461** or by
email at **mfrederick@mhalancaster.org**

Educational Advocate

Supporting you through the IEP/504
process. 717-397-7461 or email us at
mha@mhalancaster.org

UNDERSTOOD

Expert-vetted resources and support so
people who learn and think differently
can thrive – in school, at work, and
throughout life.

<https://www.understood.org/>

Family

National Parent Helpline

1.855.4A.PARENT (1-855-427-2736)

NAMI Family-to-Family

free, 8-session educational program for family, significant others and friends of people with mental health conditions

1323 N Front St Harrisburg, PA 17102

<https://namicentralpa.org/event/nami-family-to-family-may-june-2025-dauphin-2/>

LGBTQ+

LGBT Community Center Coalition of Central PA

Events, Programs & Resources

www.centralpalgbtcenter.org

Common Roads Lancaster

LGBTQ+ Support Group (ages 12-18)

119 N Duke St, Lancaster, PA 17602

Passageways

Explore Identity support group
transgender and non-binary folks ages 16 +
1323 N Front St, Harrisburg, PA 17102

Aging With Pride

LGBTQ+ older adults support group
(generally ages 50+)

1323 N Front St, Harrisburg, PA 17102

Silent Witness Peacekeepers Alliance

Allies provides peacekeepers for LGBTQIA events all over Central PA

www.SilentWitnessPA.org

Support Groups/ Meetings

Depression Support Group

Every Wednesday, 7:00 PM – 8:30 PM

In-person at 245 Butler Avenue, Suite 204, Lancaster
PA 17601

Bipolar Support Group

Every Monday, 7:00 PM – 8:30 PM

941 Wheatland Ave, Lancaster PA 17603

Anxiety, Panic, and OCD Support Group:

Every 1st & 3rd Thursday from 7:00 PM – 8:30 PM

In-person at 245 Butler Ave, Suite 204, Lancaster, PA
17601

Gamblers Anonymous

1051 Landis Valley Rd, Lancaster Tuesdays at 6pm

201 Crescent Ave, Ephrata Wednesdays at 7pm

Nicotine Anonymous Butt Kickers Group

613 Main Street, Akron Tuesdays at 6:30pm

Adult Children of Alcoholics & Dysfunctional Families

Friends Meetinghouse, 110 Tulane Terrace,
Lancaster Sundays at 6pm

The Compassionate Friends- Greif

Faith Church, 2124 Old Philadelphia Pike, Lancaster
2nd Tuesday of each month- 7:00pm

You Are Not Alone-loss of a loved one due to drugs

Ephrata Library, 550 South Reading Road, Ephrata
1st Monday of each month- 6:30-8:00pm

HERO

Heal, Endure, Restore after Overdose
4075 Old Harrisburg Pike, Mount Joy- *see meeting list*

Vendela Counseling is here for you. Here is our link for scheduling!



V E N D E L A
C O U N S E L I N G L L C



Support Groups/ Meetings

Al-Anon/Alateen Support Groups, Lancaster

Meetings held at many locations throughout the county

877-298-5027

www.pa-al-anon.org

Coping with the Loss of a Child (of any age)

Hosting: Hospice & Community Care

4th Tuesday, 6:30–8 PM

Pathways Center, 4075 Old Harrisburg Pike, Mount Joy, Pa. 17552

(717) 391-2413 or (800) 924-7610

Coping with the Loss of a Companion/Spouse

Hosting: Hospice & Community Care

4th Tuesday, 2:30–3:30 PM

Pathways Center, 4075 Old Harrisburg Pike, Mount Joy, Pa. 17552

and 3rd Tuesday, 6:30–8:00 PM

Hospice & Community Care, 685 Good Drive, Lancaster

(717) 391-2413 or (800) 924-7610

Coping with the Loss of a Parent or Sibling

Hosting: Hospice & Community Care

1st Tuesday, 6:30–8:00 PM

Pathways Center, 4075 Old Harrisburg Pike, Mount Joy, Pa. 17552

(717) 391-2413 or (800) 924-7610

Men's Depression Support Group

Hosting: Mental Health America of Lancaster County

1st and 3rd and 5th Tuesday, 7:00 PM

630 Janet Avenue, Lancaster, PA 17601

717-397-7461

Mother-to-Mother Group

Hosting: Mental Health America of Lancaster County

2nd and 4th Monday, 12 PM

630 Janet Avenue Lancaster, PA 17601

717-397-7461

Women's Depression Support Group

Hosting: Mental Health America of Lancaster Count

1st, 3rd and 5th Tuesday, 7 PM

630 Janet Avenue Lancaster, PA 17601

717-397-7461

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