



## Things you can do to help

- Check out the Human Services website & Facebook page for current events  
*www.pchs.d.org*  
*www.facebook.com/yorkcountymanservices*
- 10 steps for mental wellness:

1. talk about your feelings
2. keep active
3. eat well
4. keep hydrated
5. keep in touch
6. ask for help
7. take a break
8. care for others
9. do something you're good at
10. accept who you are

## For the Individual

- National Suicide Prevention Lifeline  
1-800-273-8255  
Text "HELP" to 741741
- Feeling Blue  
*www.feeling-blue.com*
- School Aged Children - Contact your School's "Student Assistance Program" (SAP) or school counselor.

## For the Family

- York Adams Mental Health 717-771-9618  
*yorkcountypa.gov/health-human-services/mental-health-mental-retardation-program.html*
- System of Care  
*LightTheWay4MentalHealth.org*
- Get trained on mental health first aid  
*www.mentalhealthfirstaid.org*
- Be a supportive family member, reach out to each other. Contact crisis if needed.

## Community Resources

- NAMI York-Adams 717-848-3784  
*namiyork.org*
- Suicide Prevention of York 717-759-8916  
*www.facebook.com/suicidepreventionofyork*
- For information and referral, contact PA 211: Dial 211 or text 898211 Need someone to listen, call 1-800-932-4616



## Mental Health & Wellness

# How to Seek Help for Mental Health Treatment

