Mental Health Resource Guide: You are not alone, there are ways you can feel better.

Things you can do to help:
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

Community Resources:

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-intellectual-developmental-disabilities.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.

For information and referral, contact PA 211: Dial 211 or text 898211
Need someone to listen, call 1-800-932-4616
How to Seek Help for Mental Health Treatment

If You Are In Crisis
  - Need hospitalization or immediate help
    - TrueNorth Wellness/Crisis Intervention (24/7)
      1-866-325-0339
    - Wellspring York Hospital Crisis Unit (24/7)
      1-800-673-2496
    - York County MH-IDD
      717-771-9618
    - Adams County Hanover MH-IDD
      717-632-8040

If You Need Help Understanding Where To Go
  - Case management can assist with referrals & linking to providers

If You Need Counseling/Therapy
  - If you have insurance
    - Contact your insurance company for a covered provider
  - If you do not have insurance
    - Apply for Medical Assistance at www.compass.state.pa.us or call 1-877-395-8930
  - Reach out to MH-IDD for funding
    - York 717-771-9618
    - Hanover 717-632-8040

York County Human Services, PA
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