



FIND HELP!

Call 2-1-1
Schuylkill County's
Community Help Line


24 HOURS A DAY
7 DAYS A WEEK
365 DAYS A YEAR

2-1-1 Provides Free Information & Referral Services to Community Resources

 Family
  Food
  Health Care

 Housing/Utilities
  Mental Health
  Substance Abuse

PHONE: 2-1-1 or (855) 567-5341
TEXT: Text your ZIP CODE to 898211
WEB: www.pa211east.org/schuylkill



DO YOU KNOW THE DIFFERENCE?

2-1-1 COMMUNITY HELP LINE

- ★ Free, confidential information and referral service
- ★ Available 24 hours a day, 7 days a week
- ★ Connects you to a broad range of services including aging services, counseling, food pantries, health services, housing, support groups and more
- ★ Search our online database at PA211East.org

3-1-1 Local Government Services (Not Available in all Areas)
4-1-1 Directory Assistance
5-1-1 Traffic Information
6-1-1 Telephone Company
7-1-1 TTY/Relay (Deaf and Hard of Hearing)
8-1-1 Call Before You Dig
9-1-1 Police, Fire, Ambulance

HELPING OTHER PEOPLE EVERYDAY

www.SchuylkillUnitedWay.org



Community Resources Guide



9 N. Centre St., Ste 301
Pottsville, PA 17901

Phone: (570) 622-6421 * Fax: (570) 622-7424

Email: maloneexdir@schuylkillunitedway.org

Website: www.SchuylkillUnitedWay.org

Schuylkill United Way



Revised 3/2022

Surviving Life's Challenges

How do I deal with my feelings?

It is normal to have these feelings, concerns and fears:

- * Panic
- * Helplessness
- * Guilt
- * Depression
- * Frustration
- * Betrayal
- * Denial
- * Isolation
- * Blame
- * Stress
- * Scared
- * Anger
- * Pressure
- * Resentment
- * Embarrassment
- * No Control

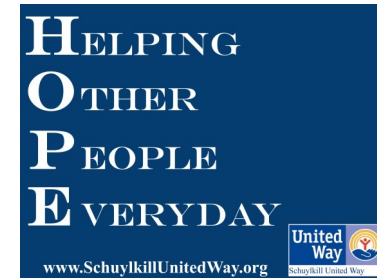


Recognizing your feelings and dealing with them is the first priority on your road to employment, handling increasing medical bills, and rebuilding a lost home due to fire, etc. It is human nature to feel as if the rug has been pulled out from under you when these circumstances happen. Hiding your feelings and pretending you are not worried or scared only makes things worse for you and those close to you. Here are some ways that may be helpful in dealing with your anxieties:

- Relieve tension by staying physically active
- Volunteer
- Develop hobbies or other interests
- Share your feelings with people who love and support you
- Join or start a support group



Fast Facts about the Schuylkill United Way



***99%** of every dollar raised in Schuylkill County stays right here in Schuylkill County.

***Over the last 85 years**, the Schuylkill United Way has returned **\$36 million to the community** through support to our partner agencies that provide programs and services at little or no cost.

***Administrative costs** for the Schuylkill United Way are 19%, well below the state average of 25%.

***The Schuylkill United Way** is an independent non-profit organization that is governed by a volunteer 30 member Board of Directors.

***All incentive prizes** for the campaign are **donated** by local community minded companies who support the Schuylkill United Way.

***During the annual Stuff the Bus** promotion in July, over 1,500 backpacks are stuffed with school supplies. Those backpacks are then distributed to our Partner Agencies & local school districts who give them to local children and families in need.





The Schuylkill United Way's newest program, the **Nurse's Pantry**, is in every elementary, middle, and high school in the county. The **Nurse's Pantry** provides basic hygiene items, healthy snacks, and school approved attire to children in need. We are

very happy to be able to help students be better equipped to succeed in school!

Schuylkill County residents can save up to 80% on the cost of their prescriptions. For more information, please visit www.singlecare.com.



The 2022 annual campaign raised \$1,164,000 in support of our agencies!



The Schuylkill United Way serves as the local administrator for the Emergency Food and Shelter Grant. (EFSP)



Unemployment: Where do I start?

There are many life challenges that are addressed in this guide, but one of the most prevalent that we as a society are facing is increased unemployment. When an individual's job is lost there are many emotions that can emerge. Our country is experiencing tremendous change that no one can control.

The first thing to remember is that you are not alone! It is important to understand that you are still a valued member of the community.

To survive unemployment remember to incorporate the following into your new beginning...

Do **NOT** be complacent * Do **NOT** forget to love
Do **NOT** abandon the truth * Do **NOT** lose your sense of humor
Do **NOT** let failure win * Do **NOT** lose confidence in yourself

Recommendations for Financial Obligations



1. Notify your mortgage holder that you are on a lay-off. If you are unable to meet mortgage payments, request a postponement or reduction of payments until you return to work.
2. If you rent, inform your landlord of your situation. Again, if you are unable to pay your rent, ask your landlord to postpone or lower your payments until you return to work.
3. All utilities (phone, gas, electric, and water) should be notified that you are on a layoff. In most cases, payment arrangements can be made if you explain your situation.
4. If you have any accounts with department stores or other creditors (loans, credit cards, medical bills, etc.) you should notify them immediately. Creditors may ask you to pay a small payment each week, month, etc. If this is the case, you are strongly urged to comply with their request. One of the worst things you can do is not live up to the agreements set forth.
5. If you are paying child support or alimony make sure you contact the judge, domestic relations office, or court that issued the degree and inform them about the situation.



Partner Agencies



American Red Cross, Schuylkill County <i>www.redcross.org</i> <i>peter.brown@redcross.org</i>	610-375-4383
Avenues, Founded as UCP in 1952 <i>www.avenuesofpa.org</i> <i>pkeitsock@avenuesofpa.org</i>	570-622-7920
Big Impact Group of Schuylkill County <i>www.bigschuylkillcounty.org</i> <i>big.doug@aol.com</i>	570-622-0174
Boy Scouts of America/Hawk Mountain Council <i>www.hmc-bsa.org/</i> <i>Jim.milham@scouting.org</i>	610-926-3406
Child Development Inc. <i>www.childdevelop.org</i> <i>madevlin@childdevelop.org</i>	1-800-433-3370
Northeast Pa Manufacturer's & Employers Council, Inc YES Northeast Certificate Program <i>www.nepamaec.com</i> <i>cfasnacht@nepamaec.com</i>	570-622-0940
Nurse-Family Partnership <i>www.nursefamilypartnership.org</i> <i>jmarcalus@cpppa.org</i>	570-628-2611
Salvation Army/Pottsville Corps <i>www.easternusa.salvationarmy.org</i> <i>bettyellen.barrett@use.salvationarmy.org</i> <i>derek.barrett@use.salvationarmy.org</i>	570-622-5252
Salvation Army/Tamaqua Service Center <i>www.easternusa.salvationarmy.org</i> <i>Rebecca.netznik@use.salvationarmy.org</i>	570-668-0410
Schuylkill Co. Society for Crippled Children <i>skimmel@scscc.comcastbiz.net</i>	570-622-7170
Schuylkill Hope Center for Victims of Domestic Violence <i>www.schopecenter.org</i> <i>support@schopecenter.org</i>	570-622-3991
Schuylkill Wellness Services <i>www.ocountywellnessservices.org</i> <i>ccws1@cocounty.org</i>	570-622-3980
Schuylkill YMCA <i>www.schuylkillymca.com</i> <i>akarenda.schuylkillymca@gmail.com</i>	570-622-7850
Sexual Assault Resource & Counseling Center of Sch. Co. <i>www.sarccheals.org</i> <i>aperrotto@sarccschuylkill.org</i>	570-628-2965
Tamaqua Area Adult Daycare <i>taadcc@verizon.net</i>	570-668-6556
Tamaqua Area Meals on Wheels, Inc. <i>tamaquamow@verizon.net</i>	570-449-8271

Assistance

Pregnancy Counseling/Maternity & Child Support

Birthright (Frackville)	570-874-2621
Catholic Charities	570-628-0466
Child Care Information Services of Schuylkill County	1-800-216-1938 or 570-624-7950
Children & Youth Services of Schuylkill County	1-800-722-8341 or 570-728-2169
Jewel Women's Center	570-624-7244
Maternal & Family Health Svcs. (WIC)	570-622-1244
Nurse-Family Partnership	570-628-2611
Pregnancy Care Center	570-648-2600
Healthy Baby Helpline	1-800-986-2229

Senior Services

AARP	1-888-687-2277
Apprise Health Insurance Counseling	1-800-621-6325
Diakon Community Services for Seniors	570-624-3020
Eldercare Locator	800-677-1116
Office of Protective Services (Ombudsmen)	570-628-3931
PACE	1-800-225-7223
Retired Senior Volunteer Program (RSVP)	570-622-3103
Schuylkill County Meals on Wheels	570-624-3015
Schuylkill Co. Senior Services (Area on Aging)	570-622-3103
Schuylkill Elder Abuse Prevention	1-800-832-3313 or 570-622-3103
Social Security Administration	1-866-269-0880
Solutions for Better Aging	1-888-405-4242
Tamaqua Area Meals on Wheels	570-668-6954

Assistance

Employment/Unemployment Services

Avenues, Founded as UCP in 1952	570-622-7920
Advanced Medical Staffing	570-628-2800
AHEDD	570-622-9711
Career Link	570-622-5253
Civil Service Commission	717-787-7811
Goodwill Keystone Area (<i>Employment Only</i>)	570-385-6892
Manpower	570-622-9704
Office of Vocational Rehabilitation	610-621-5800
One Source Staffing	570-622-2626
ReDCo Group Workforce Investment Network	570-622-5241
Service Access & Management, Inc.	570-621-2700
Unemployment Compensation	1-888-313-7284

Clothing

Community Mission	570-617-4620
God's Helping Hands Outlet	570-386-5893
Open Arms Ministry	570-429-1782
Servants to All "My Father's House"	570-728-2917 or 570-900-1161

Transportation

Schuylkill Transportation System (STS)	1-800-832-3322
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Assistance

Health Services/Medical

American Cancer Society	1-800-227-2345
American Diabetes Association	1-800-342-2383 or 717-657-4310
American Heart Association	1-800-242-8721
American Lung Association	1-800-586-4872
Cystic Fibrosis Foundation	1-800-344-4823
Department of Health	1-877-724-3258
Maternal & Family Health Services (WIC) Cancer Screening	1-800-367-6347 or 570-622-1244
Medicare	1-800-633-4227
PA Elks Home Service Nurse	570-622-7920 ext. 114
Partnership for Prescription Assistance	1-888-477-2669
Schuylkill Alliance for Health Care Access	570-628-5515
Schuylkill County Assistance Office	570-621-3000
Schuylkill Wellness Services	570-622-3980

Hospitals

Blue Mountain Health System/Lehighton	610-377-1300
Geisinger Medical Center Danville	570-271-6211
Geisinger St. Luke's Hospital	1-866-785-8537
Geisinger Shamokin Community Hospital	570-644-4200
Lehigh Valley Hospital—Cedar Crest	610-402-8000
Lehigh Valley Health Network Schuylkill - South Jackson Street	570-621-5000
Lehigh Valley Health Network Schuylkill - East Norwegian Street	570-621-4000
Penn State Hershey Medical Center	1-800-243-1455
Penn State Health St. Joseph Medical Center	610-378-2000
Reading Hospital Tower Health	1-866-988-4377 or 484-628-8000
St. Luke's Hospital Miners Campus/Coaldale	570-645-2131

Assistance

Housing/Rental

EMERGENCY HOUSING

Schuylkill Community Action	570-622-1995
Schuylkill County Assistance Office	1-877-306-5439
Catholic Charities	570-628-0466
Servants to All/My Father's House	570-900-1161 or 570-728-2917

HOUSING SERVICES

Pottsville Housing Authority	570-628-2702
Schuylkill Housing Authority	570-385-3400

EMERGENCY / TEMPORARY SHELTER

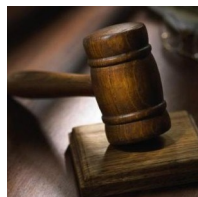
American Red Cross, Schuylkill County (Fire & Disaster Aid)	
	<i>Main Phone #: 610-375-4383</i>
	<i>Schuylkill County Residents Dial: 570-622-9550</i>
Children & Youth Services (households with children needing emergency shelter)	1-800-722-8341 or 570-628-1050

Coordinated Entry Access Site (Servants to All) Dial 211 for access to services

Salvation Army, Pottsville Corps	570-622-5252
Salvations Army, Tamaqua Service Center	570-668-0410
Schuylkill Community Action	570-622-1995
Schuylkill County Assistance Office (emergency shelter allowance)	570-621-3000
Schuylkill Haven Council of Churches (Sch.Haven Area & 1 night only)	570-385-2049
Service Access & Management (SAM) (individuals with mental health needs)	570-621-2700
Servants to All /My Father's House	570-900-1161 or 570-728-2917
Veterans Homeless Hotline	1-877-424-3838

Legal Help

MidPenn Legal Services	570-628-3931
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Assistance

Emergency Food/ Food Programs

Avenues (Food Pantry)	570-622-7920
Board of Assistance of Schuylkill Co. (Food Stamps)	570-621-3000
Catholic Charities	570-628-0466
Community Mission in Minersville	570-617-4620
Diakon Community Services	570-624-3010
Holy Family Community Outreach (Minersville only)	570-544-4741
Mahanoy City-St. Vincent DePaul Society (Mahanoy area only)	570-617-0751
National Hunger Hotline	1-866-348-6479
Open Arms Ministry (St. Clair)	570-429-1782
Orwigsburg Food Pantry	570-366-3867 option 3
Pine Grove Council of Churches (Pine Grove only)	570-345-8216
Pottsville Area Soup Kitchen	570-628-5119
St. Matthew's Parish (Minersville only)	570-544-2739
Salvation Army, Pottsville Corps	570-622-5252
Salvation Army, Tamaqua Service Center	570-668-0410
Schuylkill Community Action - (Call for a list of local food pantries)	570-622-1995
Schuylkill County Area Aging Office	570-622-3103
Schuylkill County Assistance Office	570-621-3000 or 1-877-306-5439
Schuylkill Haven Council of Churches (Sch. Haven area only)	570-205-1763
Servants to All "My Father's House"	570-728-2917 or 570-900-1161
Tamaqua Area Meals on Wheels	570-668-6954
Trinity Church of Christ (Tamaqua area residents only)	570-391-6719
Maternal & Family Health Svcs. (WIC)	570-622-1244

Free Meals

God's Chuckwagon Mobile Soup Kitchen	570-259-3468
St. Pat's Pottsville Area Kitchen	570-617-2957
Salvation Army/Pottsville Corps	570-622-5252

Emergency Fuel

Catholic Charities	570-628-0466
Schuylkill County Assistance Office	570-621-3000
Schuylkill Community Action	570-622-1995



Assistance

Crisis Intervention/Counselors/Emergency Hotline

Access Services	570-366-5096
Advocacy Alliance	1-877-315-6855
Alcoholics Anonymous	570-628-4550
Child Abuse	1-800-932-0313
Clinical Outcomes Group, Inc.	570-628-6990
Narcotics Anonymous	1-800-407-7195
National Suicide Prevention Lifeline	1-800-273-8255
Office of Drug & Alcohol	570-621-2890
Open Arms Ministry	570-429-1782
Pennsylvania Coalition Against Rape	1-888-772-7227
Pa. Treatment & Healing (Drug & Alcohol Program)	570-516-9377
Poison Control	1-800-222-1222
Northwestern Human Services	570-628-3323
ReDCo Group Behavior Services	570-628-5234
Sexual Assault Resource & Counseling Center (SARCC)	570-628-2965
Schuylkill County Crisis Hotline	1-877-993-4357
Safe Haven Crisis Facility	570-628-0152
Schuylkill Medical Center-Pathways Counseling Services	570-621-5910
Sch. Hope Center for Victims of Domestic Violence	1-800-282-0634 or 570-622-3991
Service Access & Management, Inc.	570-621-2700

Utilities

Catholic Charities	570-628-0466
On-Track/Operation Help (Schuylkill Community Action)	570-622-1995
PPL Utilities	1-800-342-5775
Public Utility Commission	1-800-692-7380
Salvation Army, Pottsville Corps	570-622-5252
Salvation Army, Tamaqua Service Center	570-668-0410
Schuylkill County Assistance Office	570-621-3072

Assistance

Home Health/Hospice Care/Nursing Homes

Affilia Home Health	570-628-4455
Broad Mountain Nursing & Rehabilitation Center	570-874-0696
Comfort Keepers	570-858-0392
Covenant Home Care	1-800-726-8761
Golden Living Center	570-622-3982
Hometown Nursing Home	570-668-1775
Hospice of Central Pa (www.hospiceofcentralpa.org)	570-628-2290
Lehigh Valley Home Care Schuylkill	570-621-5050
Ombudsman (Nursing Home Complaints/Issues)	570-628-3931
Rosewood Rehab & Nursing Center	570-385-0331
Schuylkill Home Care	570-385-2818
Senior Centers:	
Mahanoy City	570-773-0738
Minersville	570-544-5121
Pottsville	570-628-3513
Schuylkill Haven	570-385-5611
Shenandoah	570-462-3155
Tremont	570-695-3500
Seton Manor	570-366-0400
Shenandoah Manor Nursing Center	570-462-1908
St. Luke's Miners Memorial	570-645-2131
Tremont Nursing Center	570-695-3141
Volunteer Home Care	570-621-7254

Veterans' Services

Lebanon VA Medical Center	1-800-409-8771 or 717-272-6621
Opportunity House (www.opphouse.org)	(570) 604-6948 or (610) 374-4696 Ext 293
Schuylkill County VA Clinic	570-581-8244
Schuylkill Co. Veterans' Affairs	570-628-1400
Scranton Veteran Center	570-344-2676
Supportive Services for Veterans & Families (SSVF)	570-604-6948
Veteran's Homeless Hotline	1-877-424-3838
Veteran's Outreach Social Worker	717-272-6621 Ext. 4732 or 570-933-1140
Veteran's Suicide/Crisis Hotline	1-800-273-8255
Wilkes-Barre VA Medical Center	570-824-3521

Assistance

Libraries

Ashland Public Library	570-875-3175
Frackville Free Public Library	570-874-3382
Mahanoy City Public Library	570-773-1610
Minersville Public Library	570-544-5196
Orwigsburg Free Public Library	570-366-1638
Port Carbon Public Library	570-622-6115
Pottsville Free Public Library	570-622-8880
Ringtown Area Library	570-889-5503
Schuylkill Haven Free Library	570-385-0542
Shenandoah Library	570-462-9829
Tamaqua Public Library	570-668-4660
Tremont Area Public Library	570-695-3325
Tri-Valley	570-682-8922

Lifelong Learning Centers

Alvernia University Schuylkill Center	570-385-2382
Empire Beauty School	570-622-6060
Lehigh Carbon Community College, Tamaqua	570-668-6880
Lifelong Learning Center	570-628-5761
Penn State Schuylkill Campus	570-385-6000
Schuylkill Technology Center South Campus	570-544-4748
Schuylkill Technology Center North Campus	570-874-1034
St. Joseph Center for Special Learning	570-622-4638

Assistance

Abuse/Victims' Services

National Child Abuse Hotline	1-800-422-4453
National Center for Missing & Exploited Children	1-800-843-5678
National Center for Victims of Crime, Abuse & Domestic Violence, Rape	1-800-394-2255
National Child Abuse and Neglect	1-800-422-4453
National Domestic Violence Hotline	1-800-799-7233
Sch Hope Center for Victims of Domestic Violence	1-800-282-0634
Sexual Assault Resource and Counseling Center (SARCC)	570-628-2965

Children/Youth Services/Support

Avenues, Founded as UCP in 1952	570-622-7920
Big Impact Group of Schuylkill Co.	570-622-0174
Child Care Information Services of Schuylkill County	570-624-7950
Child Development, Inc.—Head Start of Schuylkill County	570-544-8959
Foster Care Supports—Bridge 127	570-573-3613
Girl Scouts in the Heart of PA	1-800-692-7816
Healthy Kids Helpline	1-800-986-5437
Keystone Job Corps Center	570-708-0692
Maternal & Family Health Svcs. (WIC)	570-622-1244
National Hotline for Missing & Exploited Children	1-800-843-5678
SAM, Inc Early Intervention Services	1-877-216-5035 or 570-621-2700
Schuylkill Co. Children & Youth	570-628-1050
Schuylkill Intermediate Unit 29	570-544-9131
Schuylkill YMCA	570-622-7850
Valley Youth House (shelter of at-risk youth, sites located outside of Schuylkill County)	570-866-5556

