



# PENNSYLVANIA MENTAL HEALTH RESOURCES



## **Need to talk? Need a quick referral for someone who needs to talk?**

<b>National Suicide Prevention Lifeline:</b> <i>Available 24 hours everyday</i>	<b>Call 1-800-273-8255</b>
<b>Red Nacional de Prevención del Suicidio:</b> <i>Available 24 hours everyday</i>	<b>1-888-628-9454</b>
<b>NAMI Helpline:</b> <b>M – F 10:00 am – 6:00pm EST</b>	<b>Call 1-800-940-6264</b>
<b>Crisis Text Line:</b>	<b>Text 741741</b>
<b>Emergency:</b>	<b>Call: 9-1-1</b>

### ⇒ **[Substance Abuse and Mental Health Services Administration](#)**

Click on Behavioral Health Treatment Services Locator.

Find treatment facilities confidentially and anonymously (enter an address, city, or zip code). Search by:

- Type of Care
- Service Settings
- Emergency Mental Health Services
- Facility Operation
- Payment / Insurance / Funding Accepted
- Payment Assistance Available
- Special Programs / Groups Offered
- Age Groups Accepted
- Language Services
- American Indian or Alaskan Native Languages
- Other Language

Eligible mental health treatment facilities include:

- Facilities that provide mental health treatment services and are funded by the state mental health agency (SMHA) or other state agency or department
- Mental health treatment facilities administered by the U.S. Department of Veterans Affairs
- Private for-profit and non-profit facilities that are licensed by a state agency to provide mental health treatment services, or that are accredited by a national treatment accreditation organization



# PENNSYLVANIA MENTAL HEALTH RESOURCES



⇒ [Pennsylvania Department of Human Services](#)

Providing services including medical assistance, SNAP, TANF, childcare, child welfare, and more that improve the quality of life for Pennsylvanians.

⇒ [DHS Human Services Provider Directory](#)

- Search for additional county mental health treatment providers.

⇒ [Service Care Provider Search by County](#)

- Search for drug and alcohol treatment providers.

⇒ [Pennsylvania Association of County Administrators of Mental Health and Developmental Services](#)

- Visit to find a county MH/DS office.

⇒ [Pennsylvania Network of Care](#)

- Web resource which provides information and tools, such as:
  - Information and service directories for every county in Pennsylvania
  - Research library
  - Free online trainings available in multiple languages, including American Sign Language
  - Local, state, and national links to government resources and organizations that specialize in mental health
  - Bill tracking to follow current state and federal legislation
  - Social networking
  - Secure storage of personal folders including health information, reference materials, WRAP plans and Mental Health Advance Directives

⇒ [Pennsylvania 211](#) is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, 7 days a week. To contact 2-1-1, simply dial the numbers 2-1-1 from any phone.

⇒ [National Suicide Prevention Lifeline](#): 1-800-273-8255

[Live “chat” with Lifeline staff is an option.]

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.



# PENNSYLVANIA MENTAL HEALTH RESOURCES



⇒ **Crisis Text Line** Text 741741

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to communicate by text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. Their goal is to help texters move from hot moments to a cool calm. Sometimes that means making referrals to longer term or local resources.

- **Resource Handout about the Crisis Text Line**

⇒ **NAMI/National Alliance on Mental Illness**

NAMI is a nationwide advocacy group for individuals and families living with mental illnesses.

Call the NAMI Helpline: 800-950-6264 (Monday – Friday, 10:00am – 6:00pm EST)

Or in a crisis? Text NAMI to 741741

**Pennsylvania NAMI State Organization**

Phone (412) 366-3788

**NAMI Affiliate Directory**

✦ 30 Pennsylvania affiliates

⇒ **Mental Health America**

Mental Health America promotes mental health as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at risk, integrated care, services and supports for those who need it, with recovery as the goal.

**Pennsylvania Affiliate Mental Health America**

There are currently six (6) affiliates in Pennsylvania.

⇒ **Mental Health First Aid**

This national web site has links to find a MHFA course near you. Mental Health First Aid teaches people how to identify, understand, and respond to signs of mental illnesses and substance use disorders in your community.

⇒ **Depression and Bipolar Support Alliance**

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.



# PENNSYLVANIA MENTAL HEALTH RESOURCES



⇒ **Active Minds**

Text “Brave” to 741-741 to reach the Crisis Text Line (free 24/7 support).  
Active Minds is changing the conversation about mental health impacting college students and mental health on 600 campuses, including 43 in Pennsylvania.

⇒ **Boys Town National Hotline 1-800-448-3000**

Text: VOICE to 20121

The Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. It is accredited by the American Association of Suicidology (AAS).

- Spanish-speaking counselors and translation services representing more than 140 languages are available, along with a TDD line (1-800-448-1833), that allows counselors to communicate with speech-impaired and hearing-impaired callers.

⇒ **National Maternal Mental Health Hotline**

Call or Text: 1-833-TLC-MAMA (1-833-852-6262)

The Hotline provides free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges and their loved ones. The service is available via phone and text in English or Spanish.