

★ ★ Mental Health Resources ★ ★

Crisis Text Line Text CONNECT to 741741 Crisis Text Line is free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors. Our first priority is helping people move from a hot moment to a cool calm, guiding you to create a plan to stay safe and healthy.	Family Child Resources familychildresources.holcomb-bhs.org Family-Child Resources strengthens and supports children, adults, families, and communities to improve their sense of well-being through prevention, education, intervention, and counseling services	National Alliance on Mental Illness York County www.namiswpa.org NAMI provides support, education, and advocacy, for those who have a mental health diagnosis and their families.
National Suicide Prevention Lifeline 1-800-273-8255 www.suicidepreventionlifeline.org/ 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're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.	Olivia's House: A Grief and Loss Center for Children www.oliviashouse.org We offer bereavement services to families in the form of mental health/grief and loss specialist referrals, in-house peer support education, professional trainings, lending library, and so much more!	Pennsylvania Comprehensive Behavioral Health Services (PCBH) www.pcbh.biz PCBH is a licensed outpatient mental health clinic. We provide, Outpatient counseling, Psychiatric services, Psychological Services, Advocate Services, School Based, Building the ABCs, Parent-Child Interaction Therapy, Behavioral Health Rehabilitative Services as well as groups.
Psychological Associates of PA PC psychassocpa.com Our office provides assessment, individual, and family therapy around a variety of issues including anxiety, depression, academic struggles, ADHD, stress management, and family relationships	Rost & Associates www.rostandassociates.com Therapy at Rost & Associates is designed to be helpful, whether you are having difficulties in marital, family, professional or social relationships. Using both evidence-based standards and treatments that are individually tailored to meet the unique needs of our clients.	The Trevor Project 1-866-488-7386 www.thetrevorproject.org Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.
True North Wellness Services 1-866-325-0339 truenorthwellness.org Drug and alcohol and mental health services	Wellspan Crisis Intervention (717) 851-5320 Mental Health and substance abuse evaluations.	Wellspan Philhaven www.wellspanphilhaven.org WellSpan Philhaven is south central Pennsylvania's most comprehensive behavioral health organization. For 65 years, we have focused on treating the whole person – mind, body and soul. We offer services for all ages and various levels of care, including hospitalization, residential and day programs, outpatient counseling, and services in the home, school and community.
York/Adams Drug and Alcohol Commission (717) 771-9222 Oversees the administration of Drug and Alcohol treatment, prevention and intervention programs in York & Adams County. Evaluates, Monitors, and Funds our contracted providers for these services.	York County Office of Children, Youth and Families 1-800-729-9227 The Agency investigates referrals of suspected child abuse and/or neglect. The mission is to protect children, promote strong families, promote child well being and provide timely permanency.	Smart Phone Apps Hope Box MY3 SaferHome