



# Mental Health Monday



You are not alone. Help is available for whatever difficulties you are experiencing. Each Monday, we are going to share some tips and resources to help you take care of yourself. Check back on our website/social media each week for something new. If you're struggling, please don't wait to ask for help. If someone is in immediate danger, please call 9-1-1 or go to the nearest emergency room.

## Here are some resources:

Team PA COVID-19 Free Crisis Counseling Support and Referral Line: **1-855-284-2494**

PA Crisis Text Line: **Text PA to 741741**

Safe2Say Something PA: **1-844-723-2729**

National Suicide Prevention Lifeline: **1-800-273-8255**

PA 211: **pa211.org or call 2-1-1 or 1-855-567-5341**

Monroe County Crisis: **570-992-0879**

Carbon, Monroe, Pike Mental Health and Developmental Services: **570-421-2901**

PA Department of Drug and Alcohol Programs Get Help Now Line: **1-800-662-HELP (4357)**

If you or someone you know is in need of Naloxone (Narcan) or Dispose RX (to safely dispose of unused medication) or more information/education, please contact [dana.stebelski@sluhn.org](mailto:dana.stebelski@sluhn.org) or leave a message at 484-526-6569 (this number is not for emergencies and is not monitored 24 hours/day)

