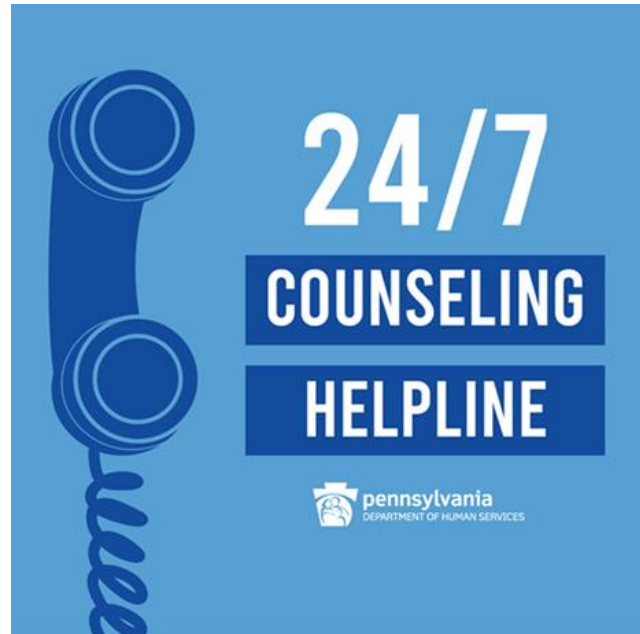


## Are you feeling lonely? Are you feeling anxious?

The Statewide Support & Referral Helpline is staffed by skilled and compassionate staff that are available 24/7 to respond to those struggling with anxiety and other challenging emotions due to the COVID-19 emergency. Staff at the Helpline refer callers to community-based resources that can further help to meet individual needs.

*The toll-free, round-the-clock support line is officially operational.  
The number to call is **1-855-284-2494**.  
For TTY, dial 724-631-5600.*



The Helpline was created by the Department of Human Services DHS and the [Center for Community Resources](#) (CCR). Helpline staff are trained to be accessible, culturally competent, and skilled at assisting individuals in the ID/A community as well as anyone else who might have a need – teens, adults, special populations and their supporters. Staff use the principles of trauma-informed care to listen, assess needs, triage calls, and provide appropriate referral to community resources to children, teens, adults and special populations.

CCR will collaborate with individuals, families, police, emergency medical teams, hospitals, schools, and human service providers on the local level to provide quality care to their community members.

Many other resources also remain available to Pennsylvanians in need of support, including:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Nacional de Prevención del Suicidio: 1-888-628-9454
- Crisis Text Line: Text “PA” to 741-741
- Veteran Crisis Line: 1-800-273-TALK (8255)
- Disaster Distress Helpline: 1-800-985-5990
- Get Help Now Hotline (for substance use disorders): 1-800-662-4357
- Pennsylvania Sexual Assault Helpline – 1-888-772-7227
- National Domestic Violence Helpline – 1-800-799-7233

Visit the PA Department of Health’s dedicated [Coronavirus webpage](#) for the most up-to-date information regarding COVID-19.

[Click here](#) to access PA’s Office of Developmental Programs COVID-19 page.