

Key Steps to Lessen the Impact of Mental Distress

1. **Acknowledge** (symptoms or changes in emotional well-being, etc.)
2. **Recognize** (the impact these changes are having on life, i.e. relationships, work, etc.)
3. **Act** (take steps to improve well-being; utilize coping mechanisms, seek treatment, etc.)

Potential Symptoms  Anxiety, Obsessiveness, Loneliness, Traumatic Stress

Available Online Resources & Treatment Options

Mental Health Apps → Can be a helpful complement to mental health treatment or to maintain or improve mental well-being. Not a substitute for mental health Tx

Mental Health App Directories

NHS Apps Library – lists apps which have been screened through an assessment and criteria of effectiveness, security & technical stability

PsyberGuide – rates apps on user feedback/ratings, credibility & expert review giving each app a “credibility score” representing strength of scientific research support for the app and the therapeutic interventions provided therein.

[GoodRX - Prescription Savings Site](#)

The Crisis Text Line → Text “TALK” to 741741

Warm Line → 1-866-839-0445 or 570-270-6866

The Warm Line is a telephone support line where the caller is able to talk to trained peers that can listen to concerns and offer support. The Warm Line Peer Responder has a unique perspective on issues since they may have experienced many of the same feelings in the past. Warm Line is available Monday - Friday from 5:00pm - 9:00pm`

Wide-Ranging Mental Health Apps

1. This Way Up
2. Brain HQ
3. Headspace
4. Woebot
5. Good Days Ahead
6. Cognifit
7. Calm
8. Mood Mission
9. Sanvello
10. PTSD Coach
11. IntelliCare
12. Breathe2Relax
13. CBT-i-Coach
14. Stop Breath & Think
15. DBSA Wellness Tracker
16. Virtual Hope Box
17. Medisafe

Teletherapy Apps (Provide Connections to a Licensed Therapist)

1. AbleTo
2. Betterhelp
3. Online-Therapy
4. Talkspace
5. 7-Cups

Online Mental Health Support Communities

1. ForLikeMinds
2. NAMI
3. 7 Cups
4. Emotions Anonymous
5. Support Groups Central
6. Therapy Tribe
7. 18percent
8. PsychCentral

NEED HELP?



Food Banks



Emergency Housing



Utility Assistance



Drug & Alcohol Detox Treatment



Crisis Intervention

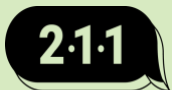
DIAL 2-1-1

GET CONNECTED. GET ANSWERS.

OR TEXT YOUR ZIP CODE TO 898211

PA211NE.ORG

AVAILABLE 24/7
FREE & CONFIDENTIAL
TRAINED REFERRAL COMMUNITY SPECIALISTS



NESECITA AYUDA?



Bancos de Comidas



Casas de emergencia



Asistencia de servicios publico



Tratamiento de drogas y alcohol



Intervencion de crisis

MARCAR 211

CONNECTARSE Y PREGUNTAR

OR TEXTEA TU CODIGO POSTAL 898211

PA211NE.ORG

DISPONIBLE 24 HORAS/7 DIAS A LA SEMANA
SERVICIO GRATIS Y CONFIDENCIAL
ESPECIALISTAS ENTRENADOS EN HACIENDO REFERIDOS DE LA COMUNIDAD



1-800-273-8255

CALL THE NAMI HELPLINE

800-950-NAMI

info@nami.org

M-F, 10 AM - 6 PM ET

FIND HELP IN A CRISIS OR
TEXT "NAMI" TO 741741



Center for
Community
Resources™

Connecting People to Services

If you are dealing with anxiety,
difficult emotions, or need someone
to talk to, call the
24/7

SUPPORT & REFERRAL LINE
to speak with a trained specialist.

P: 1-855-284-2494

TTY: 724-631-5600

In partnership with PA Department of Human Services

Drug & Alcohol Services

PA Department of Drug & Alcohol Hotline

A 24 hours a day, 7 days a week, 365 days a year hotline staffed by trained professionals who will stay on the phone with the caller until a treatment provider with an opening is identified.

Talk: 1-800-662-HELP (4357)

Text: (717)216-0905

[Chat](#)

Online Recovery Meetings:

Alcoholics Anonymous

[AA Meetings Online](#)

[AA Meetings via Telephone](#)

[AA Meetings via Zoom](#)

Narcotics Anonymous

[NA Meetings Online.](#)

SMART Recovery

[SMART Recovery Online Meetings & Forums](#)

SAMHSA

[SAMHSA: D&A Recovery Resources](#)

Recovery Podcasts

- Center for Motivation and Change - [Beyond Addiction](#)
- Hazelden Betty Ford - [Let's Talk: Addiction and Recovery Podcast](#)
- Pennsylvania Public Media - [Battling Opioids Podcast](#)
- SobrieTea Party - [Recovery Rocks Podcast](#)

Mobile Apps for Recovery

- [RecoveryLink](#) - Search daily recovery meetings; physical activities; meditations; & more
- [Connections Mobile](#) - Connect with trained counselors and peers; access e-therapy & more.
- [WEConnect](#) - Scheduling routines to stay active in your recovery.

COVID-19 RESOURCES



pennsylvania
DEPARTMENT OF DRUG AND
ALCOHOL PROGRAMS

INDIVIDUALS WITH A SUBSTANCE USE DISORDER

GET HELP NOW HOTLINE · [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

A 24 hours a day, 7 days a week, 365 days a year hotline staffed by trained professionals who will stay on the phone with the caller until a treatment provider with an opening is identified.

In addition to the hotline, text and chat options are available.

Text: [717-216-0905](tel:717-216-0905) · Chat: bit.ly/GHNchatline

ONLINE RECOVERY MEETINGS

Many organizations are offering online meetings while social distancing is being recommended.

- 12Step Forums [online AA meeting](#).
- Alcoholics Anonymous [telephone meetings](#) and [audio/video meetings](#).
- Chronic Pain Anonymous [video meetings](#).
- Cocaine Anonymous [voice and email meetings](#).
- LifeRing Secular Recovery [online meetings](#).
- Narcotics Anonymous [online meetings](#).
- Pro-A List of [online recovery meetings](#).
- SAFE Campuses Collegiate Recovery Leadership Academy [meetings](#).
- SAMHSA [virtual recovery resources](#).
- SMART Recovery holds daily [online meetings and forums](#).
- Unity Recovery is offering eight daily [online meetings](#).

Unity Recovery created [guidelines](#) for digital recovery meeting hosts, co-hosts, and chat moderators.

COVID-19 RECURSOS



INDIVIDUOS CON TRASTORNO POR ABUSO DE SUSTANCIAS

LÍNEA DIRECTA PARA AYUDA INMEDIATA • [1-800-662-4357](tel:1-800-662-4357)

Es una línea directa las 24 horas del día, los 7 días de la semana, los 365 días del año, con profesionales capacitados que se mantienen al teléfono con la persona que llama hasta que se identifique un proveedor de tratamiento con citas disponibles. Además de la línea directa, hay disponibles opciones de texto y chat. Texto: [717-216-0905](tel:717-216-0905) • Chat: bit.ly/GHNchatline

REUNIONES DE RECUPERACIÓN EN LÍNEA

Muchas organizaciones ofrecen reuniones en línea mientras se recomienda el distanciamiento social.

- Foro de Reuniones de 12 Pasos de AA [en línea](#).
- Reuniones de Alcohólicos Anónimos [reuniones en línea](#).
- Reuniones anónimas para individuos con [Dolor Crónico](#).
- [Reuniones](#) anónimas sobre uso de cocaína por teléfono o correo electrónico.
- [Reuniones en línea](#) de LifeRing Secular Recovery.
- [Reuniones en línea](#) de Narcóticos Anónimos.
- Pro-A - Listado de [reuniones de recuperación en línea](#).
- Recintos Universitarios SEGUROS - [Reuniones](#) de la Academia de Liderazgo de Recuperación en Colegios.
- [Recursos de recuperación virtual](#) de SAMHSA.
- [Reuniones y foros diarios en línea](#) de SMART Recovery.
- [Reuniones diarias en línea](#) de Unity Recovery.

Online Recovery Meetings for Family Members

[Al-Anon Meetings Online](#)

[Adult Children of Alcoholics Online & Telephone Meetings.](#)

[Families Anonymous Meetings Online](#)

[Herren Project Support Groups Online](#)

[Nar-Anon Family Meetings Online.](#)

[Partnership for Drug-Free Kids Online Community](#)

[Parents of Addicted Loved Ones \(PAL\) Telephone Meetings](#)

[SMART Recovery Online Meetings - Family & Friends](#)

Recovery Podcasts

Hazelden Betty Ford - [Let's Talk: Addiction & Recovery Podcast](#)

My Child & Addiction - [A Parent-to-Parent Podcast](#)

Pennsylvania Public Media - [Battling Opioids Podcast](#)

COVID-19 RESOURCES



pennsylvania
DEPARTMENT OF DRUG AND
ALCOHOL PROGRAMS

FAMILIES FACING SUBSTANCE USE DISORDER

GET HELP NOW HOTLINE · [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

A confidential, free, 24-hour-a-day, 365-day-a-year, information service, for individuals and family members facing substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

ONLINE MEETINGS

- 12 Step Forums Al-Anon online [family group meetings](#).
- Al-Anon [electronic meetings](#).
- [Families Anonymous](#) chats, online meetings, and phone meetings.
- Herren Project spousal, parent/family, and grief [support groups](#).
- Nar-Anon [family groups](#).
- Partnership for Drug-Free Kids [online community](#) for parents/caregivers.
- Parents of Addicted Loved Ones [telephone meetings](#).
- [SMART Recovery meetings](#) for families and friends (pink text).

FREE PODCASTS

- Hazelden Betty Ford - [Let's Talk: Addiction and Recovery Podcasts](#)
- My Child & Addiction - [A Parent-to-Parent podcast](#)
- Pennsylvania Public Media - [Battling Opioids podcast](#)

OTHER ONLINE RESOURCES

- Get naloxone using Pennsylvania's [standing order](#).
- Partnership for Drug-Free Kids pulled together [information to help navigate](#) these extraordinary times.

Resources for Older Pennsylvanians

Area on Aging Services:

Luzerne/Wyoming Counties:

P: 570-822-1158

<https://www.luzernecounty.org/847/Aging>

Lackawanna County:

P: 570-963-6707

<https://www.lackawannacounty.org/index.php/departmentsagencies/human-services/area-agency-on-aging>

Wayne County:

P: 570-253-4262

<https://www.waynecountypa.gov/149/Area-Agency-on-Aging>

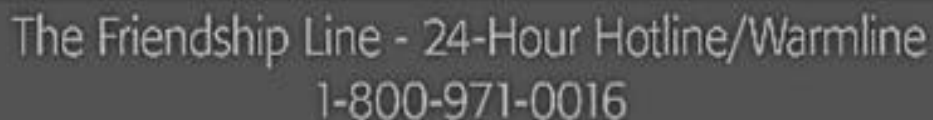
Susquehanna County: (Also serves Bradford, Tioga & Sullivan Counties)

<http://www.bsstaaa.org>

PA Link to Community Care

<http://www.carelink.pa.gov>

Helps persons with disabilities & seniors find information that will connect them to supports and services in their community including advocacy; behavioral health; finances; health care; housing; in-home services; legal services; support groups & more!



The Friendship Line - 24-Hour Hotline/Warmline
1-800-971-0016

[Friendship Line Intake Form Link](#)

[SAGE Connect](#) – Intergenerational program for older adults in the LGBT community

[SeniorCorp RSVP](#) - Nationwide Volunteer network for individuals 55 & older

[AARP's Friendly Voice Virtual Call Center](#) – Virtual call center for vulnerable adults to call when feeling isolated or just need a friendly voice

[AARP's Community Connections](#) - Mutual aid group (informal group of volunteers) banding together to find effective ways to support people most in need living in their local community