



24/7 SUPPORT AND REFERRAL LINE

SUPPORT

Do you need a safe and non-judgmental place to talk about daily struggles, depression, or difficult emotions?
We can help!

ASK

Do you need information on mental health resources in PA and how to get connected? We can help!

CONNECT

Are you looking to share your experiences or be connected to local resource? We can help!

1-855-284-2494 | TTY 724-631-5600

In partnership with the PA Department of Human Services