

## **PA Secretary of Human Services Teresa Miller's Announcement: Mental Health/Warmline**

As I've mentioned previously, we're in an unprecedented time for everyone. It's uncertain and very scary. This fear is completely understandable, and the indefinite timeline is likely creating a lot of anxiety during a time where we may be or feel more removed from our support networks. But social distancing doesn't have to mean social isolation, and we want people to know that even as we all face this difficult period, no one is alone.

The Center for Community Resources offers a 24/7 mental health and crisis support line for people dealing with anxiety or other difficult emotions. Callers will be able to speak with staff who are trained in trauma-informed principles and will listen, assess the person's needs, triage, and refer to other local supports and professionals as needed.

**The Mental Health Support Line can be reached toll-free, 24/7 at 1-855-284-2494.**

**Many other resources also remain available to Pennsylvanians in need of support include:**

- **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**  
<http://www.suicidepreventionlifeline.org>
- **Nacional de Prevención del Suicidio: 1-888-628-9454**
- **Crisis Text Line: Text "PA" to 741-741** <http://www.crisistextline.org>
- **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**
- **Safe2Say - 1-844-SAF2SAY (723-2729)** <https://www.safe2saypa.org/>

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

## Additional Resources

\* CDC's "Manage Anxiety and Stress" page provides what stress can look like and tips to manage that stress.

<[https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html)>

\* The National Child Traumatic Stress Network has a guide for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19).

<[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)>

\* Mental Health America has compiled a range of resources and information on their "Mental Health and COVID-19 PAGE <<https://mhanational.org/covid19>>"

\* SAMHSA's "Coping With Stress During Infectious Disease Outbreaks page outlines the signs of stress and steps you can take to alleviate stress.

<<https://suicidepreventionlifeline.org/wp-content/uploads/2020/03/sma14-4885.pdf>>"

\* SAMHSA's "Taking Care of Your Behavioral Health page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.

<<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>>"

\* SAMHSA's "Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.

<<https://suicidepreventionlifeline.org/wp-content/uploads/2020/03/PEP20-01-01-006-508.pdf>>"

\* Vibrant Emotional Health's Safe Space provides interactive coping tools to help users when they need it. <<http://vibrant.org/safespace>>

\* If you feel you or someone you know may need emotional support, please visit the Lifeline's website for helpful resources or call 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline. [Suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) <<http://www.suicidepreventionlifeline.org/>>.

\* The NYS Office of Mental Health's "Managing Anxiety in an Anxiety Provoking Situation" resource page provides tips for all on how to manage anxiety surrounding the COVID-19 outbreak.

<[https://www.vibrant.org/wp-content/uploads/2020/03/OMH\\_COVID19\\_ManagingStressAnxiety\\_031620.pdf](https://www.vibrant.org/wp-content/uploads/2020/03/OMH_COVID19_ManagingStressAnxiety_031620.pdf)>"

\* If you're worried that someone in your life may be suicidal, you can use the Lifeline's 5 steps to help someone that may be in suicidal crisis.

<<https://www.bethe1to.com/>>.

\* PA Department of Education has a list of suicide awareness/ prevention education resources for students, parents, and schools.

<<https://www.education.pa.gov/Schools/safeschools/laws/Pages/Section1526.aspx>>

\* The PA Parent and Family Alliance has compiled useful resources for families and providers across the state. Currently the list has over 200 resources in areas such as education, mental wellness, work, necessary services, art, relaxation, and much more.

<<http://www.paparentandfamilyalliance.org/hometogether-resources>>