

## **Mental Health Crisis Information**

### 1. Crisis Text Line (crisistextline.org)

If in emotional crisis, any child, adolescent or adult can text HOME to 741741 to receive live support via text from a trained Crisis Counselor.

### 2. Philadelphia Suicide Crisis & Intervention Line 267-687-4381

Philadelphia residents can call if they (or someone they know):

- Are suffering from depression
- Have feelings or thoughts of wanting to harm themselves or others
- Have feelings of hopelessness
- Are having difficulty dealing with life stresses
- Suffer from intense anger or other emotional or substance abuse crises

Compassionate, trained professionals are available 24-hours a day, 7 days a week. Callers will receive counseling, guidance and direction for receiving prompt evaluative and treatment services.

En español:

Red Nacional de Prevención del Suicidio

### 3. Philadelphia Children's Crisis Response Center <https://www.philachildrenscrc.com/>

855-548-7332

Philadelphia Children's Crisis Response Center (PCCRC) is designed to help young people who are experiencing overwhelming and immediate mental or behavioral healthcare struggles.

4. Please call 911 if you have immediate and serious concerns about your own or another's safety.

## **United Way Assistance**

Welcome to 2-1-1 SEPA

2-1-1 SEPA is part of the national 2-1-1 Call Centers initiative that seeks to provide an easy-to-remember telephone number, chat, text, and a web resource for funding health and human services— for everyday needs and in crisis situations.

2-1-1 SEPA is brought to you by United Way of Greater Philadelphia and Southern New Jersey in collaboration with the United Way of Southwestern Pennsylvania and the United Ways of Bucks County, Chester County, and Southern Chester County. These United Ways, together with local county government and provider agencies, work to ensure important local program information is accessible through our helpline when it is most needed.

Every day, highly trained 2-1-1 call specialists provide referrals to:

- Basic Human Needs Resources: food banks, shelters, rent and utility payment assistance
- Physical and Mental Health Resources: crisis intervention services, support groups, counseling
- Employment Support: financial assistance, job training, education programs
- Support for Older Adults and Persons with Disabilities: home-delivered meals, transportation, health care
- Youth and Child Care Programs: after school programs, summer camps, mentoring, protection services
- Regional Disaster Preparation

With one phone number, callers gain free, confidential access to thousands of programs and services that can help improve the quality of their lives. Help is available 24 hours a day, seven days a week by calling 2-1-1 (or 1-866-964- 7922). TTY and language services are available in more than 170 languages and dialects. For more information about us or our partners or 2-1-1 SEPA, please email us directly at [info@211sepa.org](mailto:info@211sepa.org). 2-1-1 SEPA is also made possible in part by generous support from Philadelphia Energy Solutions.