



Suicide and Crisis National Lifeline

Call or Text **988**

Substance Abuse and Mental Health Services

Counselors are trained to provide free and confidential emotional support and crisis counseling to people in suicidal crisis or emotional distress and connect them to resources. These services are available 24 hours a day, seven days a week, across the United States.

Crisis Intervention - Local

717-232-7511

24-hour mental health and addiction services

National Domestic Violence Hotline

800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

National Sexual Assault Hotline

800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at Online Hotline. Free help, 24/7.

National Help Line for Substance Abuse

800- 262-2463

Alcohol Hotline

800- 331-2900

Alcohol & Drug Abuse Hotline

800-729-6686

Catholic in Recovery

catholicinrecovery.com

