



 National Suicide Prevention Lifeline:
1-800-273-8255

 Veterans in Crisis: 1-800-273-8255 +
press 1

 Crisis Text Line: Text PA to 741-741

 Disaster Distress Helpline:
800-985-5990

 PA Support Helpline: 855-284-2494

 Get Help Now (substance use
disorder): 1-800-662-4357