

Mental Health Help & Support Resources

<https://www.pa.gov/guides/mental-health/>

Crisis Help

Mental health crises can range from risk of suicide to rapid mood swings, abusive behavior, inability to perform daily tasks, paranoia, and/or loss of touch with reality. If you or someone you know is experiencing a mental health crisis, please reach out for help.

- **Call 911:** If there is an immediate risk of endangering oneself or others, contact 911. Inform the operator that you are calling about a mental health crisis.
- **Crisis Text Line:** Get 24/7 help from the [Crisis Text Line](#) . Text PA to 741741 to start the conversation.
- **Suicide Prevention Lifeline:** If you or someone you care about is experiencing thoughts of suicide, please call [the Lifeline](#) at [800-273-8255](#).
- **PA Crisis Hotlines:** [Find a crisis line in your county](#).

Reaching out for help is the right thing to do. You are not alone.

Find Help and Treatment

Looking for mental health help? There are several ways to start your search.

- **Pennsylvania's Support & Referral Helpline** connects Pennsylvanians with mental and emotional support and to local resources. Call [855-284-2494](#).
- **Call 2-1-1** to reach the United Way and get connected to help in your area. Search crisis services, hotlines, and warmlines near you on the [United Way of Pennsylvania website](#) .
- **Find a Facility/Specialist** - use [Psychology Today's search engine](#) or [SAMHSA's search tool](#) to find therapists, treatment facilities, health care centers, support groups, and more.

You're Entitled to Treatment [The Pennsylvania Department of Insurance is here to help you](#) if you are having trouble with the mental health benefits covered by your insurance. Call them at [877-881-6388](#) for assistance.

Common **WARNING SIGNS** of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

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- ! **Feeling very sad or withdrawn for more than two weeks**
 - ! **Trying to harm or end one's life or making plans to do so**
 - ! **Severe, out-of-control, risk-taking behavior that causes harm to self or others**
 - ! **Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing**
 - ! **Significant weight loss or gain**
 - ! **Seeing, hearing or believing things that aren't real***
 - ! **Excessive use of alcohol or drugs**
 - ! **Drastic changes in mood, behavior, personality or sleeping habits**
 - ! **Extreme difficulty concentrating or staying still**
 - ! **Intense worries or fears that get in the way of daily activities**

*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



Call the NAMI HelpLine at 800-950-NAMI (6264)

50%
of all lifetime mental illness begins by age
14

75%
by age
24

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

 NAMI HelpLine
800-950-NAMI (6264)

 NAMI

 NAMICommunicate

 NAMICommunicate

 www.nami.org

 **nami**
National Alliance on Mental Illness

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults
experience
mental illness

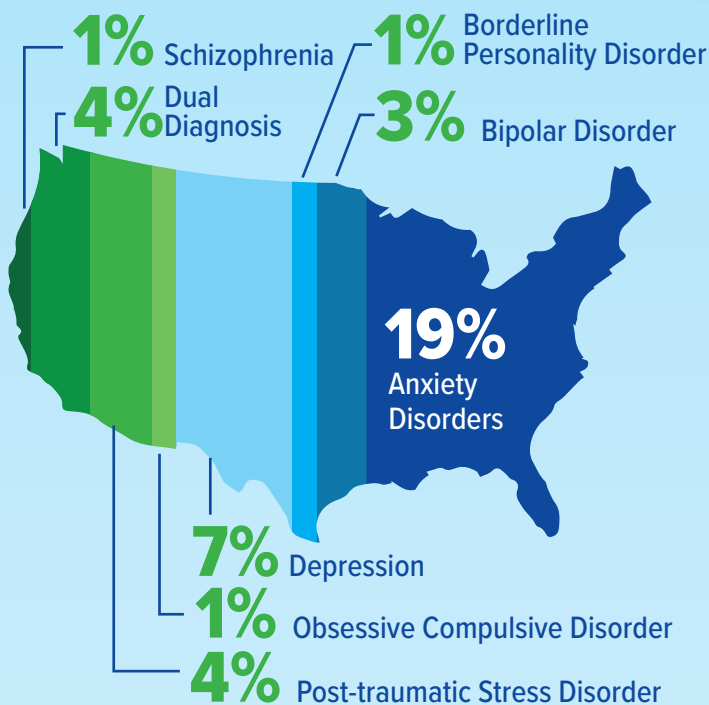
1 in 25

1 in 25 U.S. adults
experience serious
mental illness

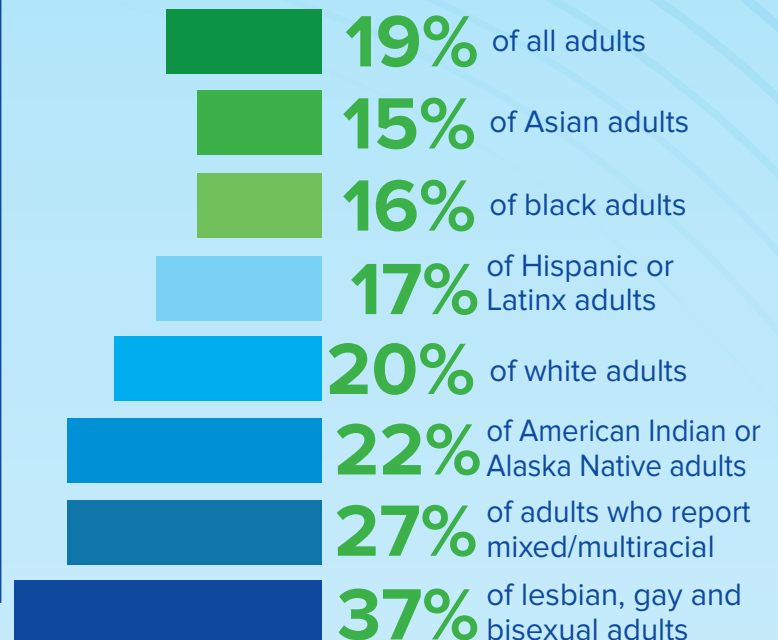
17%

of youth (6-17 years)
experience a mental
health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health
care professional



Call the NAMI
HelpLine at
800-950-NAMI (6264)



Connect with
friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)

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🐦 NAMICommunicate

📷 NAMICommunicate

🌐 www.nami.org

 **nami**
National Alliance on Mental Illness

It's Okay to Talk About **SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

Suicide is **NOT** the answer.

2nd Suicide is the 2nd leading cause of death for people ages 10-34



The overall suicide rate has increased 31% since 2001



Suicide is the 10th leading cause of death in the U.S.

46% of people who die by suicide have a diagnosed mental health condition

90% of people who die by suicide have experienced symptoms of a mental health condition

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



HIGH RISK POPULATIONS

75% of all people who die by suicide are male



4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 12 times more likely to attempt suicide than the general population

12x



If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)



NAMICommunicate



www.nami.org

 **nami**
National Alliance on Mental Illness



COVID-19 CRISIS COUNSELING PROGRAM

CONNECT WITH A **FREE**
CRISIS COUNSELOR



CALL 1-855-284-2494



Do you feel...

Stressed?

Overwhelmed?

Alone?

Afraid?

Anxious?

*During these uncertain
times, you are not alone.
We are here to listen.*

Please call our Pennsylvania Support and Referral Helpline

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

There are trained professionals available 24/7 ready to help you navigate these unprecedented challenges.

These services are FREE & CONFIDENTIAL.

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