

**COVID-19 CRISIS COUNSELING PROGRAM** 

## GET CONNECTED WITH A FREE CRISIS COUNSELOR





## CALL 1-855-284-2494



Do you feel...

Stressed?

Overwhelmed?

Alone?

Afraid?

Anxiety?

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

Please call our Pennsylvania Support and Referral Line 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.