



Westmoreland County Cares!

Local & National resources to help during COVID-19

Westmoreland County Mental Health Crisis Line

1-800-836-6010

Excelsa Health Crisis Response Center, Open 7AM-11PM, (724) 832-4465

Corner of Depot and W. Pittsburgh Street on the Westmoreland Hospital campus, Greensburg.

National Suicide Prevention Hotline & Text Line

1-800-273-8255 or text 741741

Ray of Hope (Westmoreland Suicide Prevention and Awareness Task Force)

Rayofhopewestmoreland.org

Virtual Support Groups

PMHCA (PMHCA.org) offers virtual support groups. Reminder: these are not clinical/therapeutic groups but offer social support.

ADULT "VIRTUAL Drop-In" Meetings will take place using ZOOM on Tuesdays and

Thursdays 1 p.m. - 2 p.m. Meeting link: <https://zoom.us/j/131337859> Meeting ID: 131-337-859

YOUTH "VIRTUAL Drop-In" Meetings will take place using ZOOM on Monday and Friday 1 p.m. - 2 p.m. Meeting link: <https://zoom.us/j/410999098>, Meeting ID: 410-999-098

L.O.S.S. (Loved Ones Stolen by Suicide)

1st Tuesday 6:30 p.m.—7:30 p.m. Held by phone

Phone or email support provided throughout the month.

Contact: Beth (724) 834-6351 x 118 bcrofutt@mhaswpa.org

Nurse Hotline (412-Nurse-4-U) 412 687-7348

If you or your loved one are having symptoms and you have questions, there is a Nurse Hotline available 24 hours a day you can call at anytime to ask about your health.



Westmoreland County Food Bank

(724) 468-8660

Westmoreland County Assistance Office

1-800-905-5413 or 724-832-5200

Westmoreland County Unemployment Office

1-800-772-1213

PA SafeLink Phone Program

HOW DO I ENROLL IN THE PROGRAM?

Apply online by visiting <https://www.safelinkwireless.com>

Call SafeLink Wireless at 1-800-723-3546

**Sage's Army
Help Line
(724) 863-LIFE**

Catholic Charities 1-866-409-6455, 724 837-1840

Blackburn Center: 1-888-832-2272 (24/7)

Call 211 for additional county resources

**Postpartum Depression
Project
(724) 705-7993
ppdproject.com**

NATIONAL HOTLINES

Postpartum Support International Help Line 1-800-944-4773, Postpartum.net

SAMHSA (Substance Abuse and Mental Health Services Administration National Hotline:)

1-800-662-HELP

SAMHSA Disaster Distress Help Line: 1-800-985-5990 or text "Talk With Us" 66746

LGBT National Hotline: 1-888-843-4564

Trevor Project for LGBT Youth: 1-866-488-7386, or Text START to 678678

National Veterans Help Line 877-WAR-VETS, 877-927-8387

COVID-19 SPECIFIC UPDATES

Westmoreland County Updates <https://www.co.westmoreland.pa.us/2880/Corona-Virus-Information>

PA State Updates <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

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