

Local Resources for Individuals and Families

- Contact Lebanon County MH/ID/ET. Phone: 717-274-3415.
- Talk with your primary care provider about how you're feeling.
- Your insurance company may have additional resources available. Call the phone number on the back of your card.
- Explore EAP resources through your employer.
- There may be peer-run support groups or WRAP classes in your area and more.
- For a comprehensive list of local resources, visit:



Mental Health Pocket Guide

Finding mental health support in Lebanon County.



FREE Local Education Opportunities

Trainings are provided throughout the year.



- **Question, Persuade, Refer, Training.** Recognize the warning signs of a suicide crisis and how to help.
- **Mental Health First Aid.** Provide help and support to someone who has a mental health problem or may be experiencing a crisis.
- **Trauma Informed Care.** Learn how to recognize trauma and how to respond.
- Other education opportunities may be available. Please check our website for details.

Suicide & Crisis Lifeline

Call or text 988

Crisis Text Lines

Text "PA" to 741741

FREE
Available 24/7



Lebanon County
SUICIDE PREVENTION
Task Force

Help. Hope. Healing.

communityhealthcouncil.com/suicide

You Matter

Taking care of yourself is one of the best ways to improve your mental well-being. Ways to take care of yourself include:

- Balanced nutrition
- Routine exercise
- Positive self-talk
- Healthy sleep habits
- Proper hydration
- Connection with others
- FREE online apps like WellSpan's MyStrength-visit
- mystrength.com, use code "START"

Lebanon County Crisis

717-274-3363, available 24/7

209 Hathaway Park
1st Floor
Lebanon, PA 17042

A safe space for everyone.

Walk-In Center
8am-8pm, Monday-Friday
Other hours by appointment.

Mobile Crisis Unit
Call 717-274-3363
Meeting you where you are.

What to do in a Mental Health ...

EMERGENCY

If you, a child, or a loved one is in a mental health crisis, call Lebanon County Crisis at 717-274-3363 or call 988.

NON-EMERGENCY

I am not in crisis but I am concerned about my symptoms:

- Do you have insurance? Call the number on the back of your card.
- Do you know if you have an Employee Assistance Program?
 - Your access to services depends on your insurance. Your community has services for help if you are experiencing mental health symptoms. Access to these services will depend on your insurance.
- No insurance or have additional questions? Call Lebanon County Mental Health/Intellectual Disability/Early Intervention (MH/ID/EI) at 717-274-3415.

I have a loved one I am concerned about, and I am their legal guardian:

- They are not in crisis: Do you have insurance? Call the number on the back of your card.
- No insurance or have additional questions? Call 717-274-3415 Lebanon County Mental Health/Intellectual Disability/Early Intervention (MH/ID/EI).

There is someone I am concerned about:

- They are not in crisis: We understand your concerns, but state and federal regulations may limit options. Lebanon County Crisis can be consulted when there are questions about Mental Health symptoms for others. In addition, you can encourage them to do the following: Call Lebanon County Crisis or call 988, call their insurance, reach out to their family doctor, or you can provide them with this pamphlet.



24/7 CALL, TEXT, CHAT