"START"

mystrength.com, use code WellSpan's MyStrength-visit

- ekkek online apps like
- Connection with others
 - Proper hydration
 - Healthy sleep habits
 - Positive self-talk
 - Routine exercise
 - Balanced nutrition

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

You Matter

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. check our website for details. may be available. Please

- Other education opportunities recognize trauma and how to respond.
- Irauma Informed Care. Learn how to
- nealth problem or may be experiencing a and support to someone who has a mental
- Mental Health First Aid. Provide help crisis and how to help.
- Recognize the warning signs of a suicide
- · Question, Persuade, Refer, Training,

throughout the year. Trainings are provided

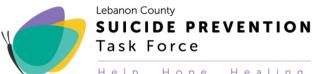
Opportunities FREE Local Education

Suicide & Crisis Lifeline

Call or text 988

Crisis Text Lines Text "PA" to 741741

> FREE Available 24/7



Help. Hope. Healing.

of local resources, visit: • For a comprehensive list

or WKAP classes in your area and more. • There may be peer-run support groups employer.

- Explore EAP resources through your phone number on the back of your card. additional resources available. Call the
 - Your insurance company may have about how you're feeling,
 - Talk with your primary care provider Phone: 717-274-3415.
 - Contact Lebanon County MH/ID/EI.

Individuals and Families Local Resources for

Mental Health Pocket Guide

Finding mental health support in Lebanon County.



communityhealthcouncil.com/suicide

What to do in a Mental Health ... EMERGENCY NON-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.



24/7 CALL, TEXT, CHAT

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.