

24 hour PA Mental Health Support Resources

The Department of Human Services (DHS) has launched the statewide Support & Referral Helpline staffed by skilled and compassionate caseworkers who will be available 24/7 to counsel Pennsylvanians struggling with anxiety and other challenging emotions due to the COVID-19 emergency and refer them to community-based resources that can further help to meet individual needs.

“Pennsylvanians will overcome this crisis together by following the guidance of public health professionals who advise social distancing to slow the spread of the COVID-19 virus, but physical isolation does not mean social isolation,” said DHS Secretary Teresa Miller. “We must support people where they are during this time of crisis.”

The toll-free, round-the-clock support line is available at

1-855-284-2494. For TTY, dial 724-631-5600.

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Nacional de Prevención del Suicidio: 1-888-628-9454
- Crisis Text Line: Text “PA” to 741-741
- Veteran Crisis Line: 1-800-273-TALK (8255)
- Disaster Distress Helpline: 1-800-985-5990
- Get Help Now Hotline (for substance use disorders): 1-800-662-4357
- United Way of Pennsylvania: Text your zip code to 898-211 for resources and information in your community.