

WHAT NOW?

FRANKLIN COUNTY RESOURCES

FEELING SAD, NERVOUS, OR ANXIOUS? WE ARE HERE TO TALK.

Keystone Health Crisis Intervention, 24/7

717-264-2555 or 866-918-2555

**Mental Health Assoc. of Franklin/
Fulton Co. HelpLine** 717-264-2916

The Mental Health Support Line can be reached toll-free, 24/7 at
1-855-284-2494 from anywhere in PA

National Crisis Text Line: HOME to 741741

The Get Help Now Hotline can be reached 24/7 at 1-800-662-HELP
(4357) or text (717-216-0905) for substance use treatment and info

WellSpan Health Addiction Services WARM Line: 1-(844) WARM-LINE, 24/7
support for addiction recovery for you or a loved one

Download FREE myStrength app for support using the code, "START"

If you need additional resources for food, housing, employment, childcare, mental health, or other needs, call 2-1-1 or text your zip code to 898-211

SEEK IMMEDIATE MEDICAL ATTENTION IF:



- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or disorientation
- Bluish lips or face

If you are experiencing COVID-19 symptoms, you can access a free test. Call Keystone Health at 717-360-4889 or call the WellSpan Health Coronavirus Hotline at (855) 851-3641.

Looking for a mental health provider? Visit gis.franklincountypa.gov/MentalHealth/

IF SOMEONE IN YOUR HOME IS SICK

Sick or not, this applies to everyone at home.

DO:

- stay at home
- identify a "sick" room
- cover coughs and sneezes
- wash hands frequently
- clean surfaces often
- monitor symptoms
- stay in touch with your doctor

DO NOT:

- run errands
- use public transportation
- shop for groceries
- touch your face, nose, or mouth
- share personal items
- allow visitors