

You Are Not Alone.

**PA Support &
Referral Helpline**
1-855-284-2494
(TTY: 724-631-5600)

**Suicide Prevention
Lifeline: Call or Text 988**

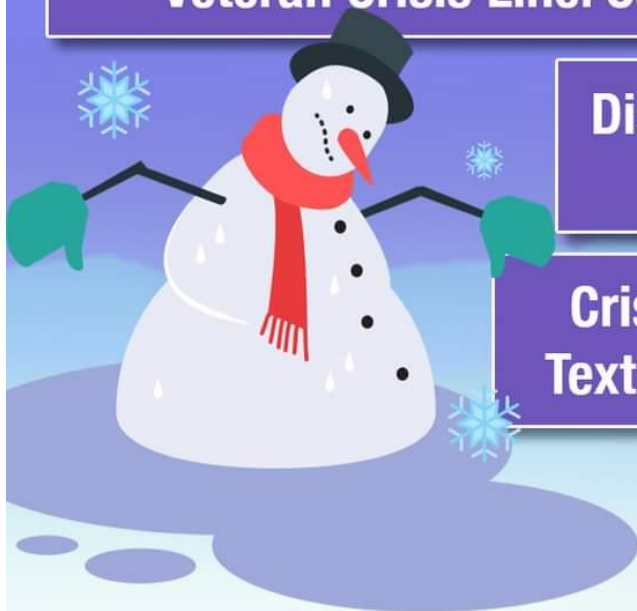
Trans Helpline: 877-565-8860

Veteran Crisis Line: Call 988 then Press 1

Disaster Distress Helpline:
1-800-985-5990

Crisis Text Line:
Text PA to 741741

**HELP IS
AVAILABLE**



PDA **pennsylvania**
DEPARTMENT OF AGING