

Caring Ones SG

...is an informal "open" support group. It offers the opportunity for sharing, support and encouragement for anyone who has a loved one with mental illness.



We are here to help

Meetings are held monthly at the MHA office in South Greensburg:
3rd Monday of every month from
6:00PM - 7:30PM

For more information, call:
Heather McLean (724) 834 6351
Ex:126, hmclean@mhaswpa.org



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Caring Ones
SUPPORT
GROUP

For those
supporting a
loved one with
mental illness



Caring for a loved with mental illness can be difficult at times.

We want to help. We encourage anyone to attend this group that is looking for support, encouragement, and some understanding.

It can be a very difficult time for families and friends trying to navigate the road to recovery and to provide the best support to a loved one struggling with mental illness.

Mental Health America exists to provide caring support and advocacy to the mental health community. Whether your experience is new or you have been in the fight for a long time, getting the support you need can make all the difference in your life and the life of your loved one.

This group can also offer resources for both mental health and social service needs.

Please do not hesitate to reach out to us and attend the group.

Not Alone

Never feel like you're alone
Or that you'll never heal
Know there are other people
That know just how you feel

They know the pain is deep
And never leaves your mind
But try to lean on others
There's a comfort you will find

They are there to listen
And they are always near
To help you to get thru it
Or simply dry or share a tear

Please reach out a hand
Let someone help you thru
You are never alone
They are there for you

-Cheryl Miller

Local & National Resources

Westmoreland County Behavioral Health and Developmental Services

(724) 830-3617

co.westmoreland.pa.us

Westmoreland County 24hr Crisis Line

1-800-836-6010

Excela Health Walk-In Crisis Center

532 W Pittsburgh Street,
Greensburg PA 15601

(724) 832-4465

24 Hour Crisis Text Line

741741

National Suicide Prevention Lifeline

suicidepreventionlifeline.org

1-800-273-TALK

Ray of Hope

rayofhopewestmoreland.org

American Foundation of Suicide Prevention

1-888-333-AFSP afsp.org

Office of Mental Health and Substance Abuse

PO Box 2675

Harrisburg, PA 17105

(717) 787-6443