### Resources for Coping with a Crisis

If you or someone you know is having a mental health crisis, call the crisis line for your county or you can call 911 (e.g. if there is immediate danger of physical harm).

COUNTY CRISIS INTERVENTION SERVICES

**Cumberland County**

**Crisis Intervention: Cumberland County:** Camp Hill area: 717-763-2222  Carlisle area: 717-243-6005   
All other areas: 866-350-HELP <https://www.ccpa.net/2493/Crisis-Intervention> Contact helpline Carlisle 717-249-6226 or 1-800-932-4616 Holy Spirit Teenline 1-800-722-5385

**Dauphin County**

**Dauphin County Crisis Intervention Program:** 717-232-7511 <http://www.dauphincounty.org/government/Human-Services/Mental-Health-Intellectual-Disabilities/Pages/Crisis-Intervention-Services.aspx>

Contact Helpline: Harrisburg 717-652-4400 or 1-800-932-4616

**Franklin County**

**Crisis Intervention: Keystone Health Crisis Intervention Program:** 717-264-2555 <https://keystonehealth.org/our-programs/keystone-crisis-intervention-program> Contact Helpline 1-800-932-4616

**Perry County**

**Perry County Crisis Intervention:** 1-866-350-4357 or 717-243-6005 <http://cumberland.pa.networkofcare.org/mh/services/agency.aspx?pid=cumberlandperrycountiescrisisinterventioncarlisle_776_2_0> Holy Spirit Teenline 1-800-722-5385 Contact Helpline 1-800-932-4616

**York County**

**Crisis Intervention: York Hospital Crisis Intervention Services:** 717-851-5320 <https://yorkcountypa.gov/health-human-services/mental-health-mental-retardation-program/mental-health.html> Contact Helpline 1-800-932-4616

National Suicide Prevention Hotlines:

1-800-273-TALK (8255)

Online Hotlines

Chat online at: [www.ImAlive.org](http://www.ImAlive.org) or [www.CrisisChat.org](http://www.CrisisChat.org)

CRISIS TEXT LINE

Text “PA” to 741-741