

MENTAL HEALTH RESOURCE GUIDE
FOR CUMBERLAND & PERRY COUNTIES
Hope is Essential To Recovery

Crisis Intervention (CI)

Call Crisis Intervention when you or a loved one is feeling overwhelmed or in a mental health crisis.

Penn State Health Holy Spirit Medical Center

503 N 21st St, Camp Hill, PA 17011

9-8-8 or 717-763-2222 website: pennstatehealth.org

UPMC Carlisle Hospital and Medical Center

361 Alexander Spring Rd

717-243-6005 (If no answer call 9-8-8 or 717-763-2222) website: upmccarlisle.com

All Other Areas

866-350-HELP (4357), (If no answer call 9-8-8 or 717-763-2222)

Veterans Crisis Line

9-8-8 and press 1, or Text 838255

NAMI HelpLine

If you or someone you know need help, contact NAMI HelpLine. NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.

Hours: Monday - Friday from 10:00 am to 10 pm

Call: 800-950-NAMI (6264) **Email:** helpline@nami.org

Text: "HelpLine" to 62640 **Chat:** nami.org/help

NAMI Teen & Young Adult (T&YA) HelpLine

To help with the mental health crisis among teens and young adults (Ages 13 to 30), NAMI has launched a new T&YA HelpLine, a free, nationwide peer-support service providing information, resource referrals and support to teens and young adults. It provides a safe space for young people to connect with peers who understand their struggles and offers them resources and information and help. We've been there and we can help. The T&YA HelpLine listens, offers support, and provides hope. You are not alone. The NAMI T&YA HelpLine is not a hotline, crisis line or suicide prevention line. If you or someone you know is experiencing a crisis, please chat, call or text 988.

Hours: Monday - Friday from 10 am to 10 pm

Call: 800-950-NAMI (6264) **Text:** (Friend) to 62640 **Chat:** NAMI.org/talktous

Merakey Warm Line

Toll-free mental health talk line for non-crisis calls. Provides a listening ear, problem solving, appointment and medication reminders for peers and family.

Hours: Monday & Friday - 7 pm to 9 pm/ Tuesday thru Thursday - 7 pm to 10 pm/

Saturday - 1 pm to 4 pm/ Sunday - 6 pm to 9 pm

877-243-7153

Child Abuse Childline

ChildLine is part of a mandated statewide child protective services program designed to accept child abuse referrals in general child well-being, concerns and transmit the information quickly to the appropriate investigating agency. ChildLine is responsible for receiving verbal and electronic referrals 24 hours a day, 7 days a week.

800-932-0313 24/7 webstite: childline.dhs.pa.gov

PA Bullying Prevention Consultation Line

The Bullying Prevention Consultation Line invites individuals experiencing chronic and unresolved bullying to discuss effective strategies and available resources to manage school-based bullying. Messages left will be returned during normal business hours Monday through Friday. Please note: this number is not monitored 24 hours a day/7 days a week and should not be used for emergencies.

866-716-0424 website: pabullying.education.pa.gov

StopBullying.gov

StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who's at risk and how you can prevent and respond to bullying.

16 Strong Project

The 16 Strong Project is a national nonprofit founded in 2018 at the Harvard Graduate School of Education. Our mission is to improve the mental health and well-being of our nation's youth in middle schools, high schools, colleges, and communities. The 16 Strong Project has proven its ability to move the needle forward in combating the youth mental health crisis through transformative programs, services, resources and activities. We empower youth through free student-led initiatives, educational workshops, school and college partnerships and community outreach. Our goals are to educate and equip young people with the tools and resources to cope with adverse childhood experiences (ACEs) before they reach a crisis point and to take a proactive approach to their mental health and well-being. The 16 Strong Project is empowering young people to end the stigma, end the cycle, end the silence, and end the suffering associated with childhood adversity.

website: 16strongproject.org email: info@16strongproject.org

The TREVOR PROJECT

The Trevor Project's mission is to end suicide among LGBTQ young people. They provide information and support to LGBTQ young people (ages 13-24) 24/7 all year around. Reach out to counselors-call, text, or chat anytime you need support such as thinking about suicide or feeling lonely. Topics can include but not limited to sexual orientation, talking about suicide, mental health, community, gender identity and being Black and LGBTQ.

Trevor Lifeline - 866-488-7386 website: thetrevorproject.org

Text- START to 678678 Chat- thetrevorproject.org

Born This Way Foundation

The Born This Way Foundation, co-founded by Lady Gaga, who has depression, anxiety and PTSD, and her mother Cynthia Germanotta, is dedicated to supporting the mental health of young people. Their mission is to empower and inspire young people to build a kinder, a braver world. They have stories and statistics that continue to prove that kindness, as simple as it appears, is often the key to unlocking a change we know is possible - for individual young people and for communities as a whole. They provide listings of various organizations that support young people in many various situations that may arise.

Website: bornthisway.foundation Email: info@bornthiswayfoundation.com

LGBT National Hotline Our highly trained and dedicated LGBTQIA+ volunteers provide free and confidential services to you. We are the only LGBT organization that offers national support, resources and information directly from the community, to the community. Conversations are anonymous and we will never contact any outside organizations or authorities. Calls are never outsourced or answered by other affiliated organizations.

Hours: Monday - Friday from 4 pm to 12 am / Saturday - 12 pm to 5 pm

National Hotline: 888-843-4564; Senior Hotline: 888-234-7243; Youth Hotline: 800-246-7743

Coming Out Support Hotline: 888-(OUT-LGBT) 888-688-5428 website: LGBTHotline.org

National Institute on Aging Hotline/24 Hour Toll-Free Friendship Line

Offers older adults friendly conversation or emotional support.
800-971-0016

Inpatient Acute Care Psychiatric Hospitals

If you are in need of inpatient acute psychiatric services, please contact the numbers below to get help and get connected.

Penn State Health Holy Spirit Behavioral Health Center

503 N 21st St, Camp Hill, PA 17011
717-763-2228 website: pennstatehealth.org

Penn State Health Hershey Medical Center Psychiatric Unit

500 University Dr, Hershey, PA 17033
800-243-1455 website: pennstatehealth.org

The Meadows Psychiatric Center

132 The Meadows Dr, Centre Hall, PA 16828
800-641-7529 website: themeadows.net

Pennsylvania Psychiatric Institute (PPI)

2501 N 3rd St, Harrisburg, PA 17110
717-782-6420 website: ppimhs.org

Roxbury Treatment Center

601 Roxbury Rd, Shippensburg, PA 17257
800-648-4673 website: roxburyhospital.com

Wellspan Health Philhaven

283 S Butler Rd, Lebanon, PA 17042
800-932-0359 or 717-273-8871 website: wellspanphilhaven.org

Wellspan Health York Hospital

1001 S George St, York, PA 17403
717-851-2304 website: wellspan.org

Sheppard Pratt-Towson Campus

6501 N Charles St, Baltimore, MD 21204
410-938-3000 website: sheppardpratt.org

The Johns Hopkins Hospital

1800 Orleans St, Baltimore, MD 21287
Emergency Psychiatry - 410-955-5964 website: hopkinsmedicine.org
JH Hospital Admissions - Adults & Young Adults, Inpatient Admissions - 410-955-5104,
JH Hospital Admissions - Children and Adolescents, Inpatient Admissions - 410-955-5335
JH Bayview Medical Center Admissions, Dual-Diagnosis (Mental Health & Substance Use Combined)
Inpatient Admissions - 410-550-0069
4940 Eastern Ave, Baltimore, MD 21224
410-550-0069 website: hopkinsmedicine.org

Shelters/Housing

Community CARES

Emergency shelter, resources and supportive services to individuals experiencing homelessness.
50 W Penn St, Carlisle, PA 17013
717-249-1009 website: morethanshelter.org

Community CARES Family Shelter

Emergency shelter and resources for families experiencing homelessness.
206 E Burd St, Shippensburg, PA 17257
717-249-1009 website: morethanshelter.org

Cumberland County Housing & Redevelopment Authority

Government subsidized housing, HUD-Section 8 housing.

114 N Hanover St, Carlisle, PA 17013

717-249-0789 website: cchra.com

Perry County Rental Assistance

Government subsidized housing, HUD-Section 8 housing

20 W McClure St, New Bloomfield, PA 17068

717-582-8853 website: cchra.com

Housing Coalition of Cumberland County

Changing the housing system to be more equitable, accessible and to advocate for all people.

New Life Community Church, 64 E North St, Carlisle, PA 17013

717-240-0060 x107 website: cumberlandhousingcoalition.com

Bethesda Mission: Women's Shelter

717-257-4442 website: bethesdamission.org

Bethesda Mission: Men's Shelter

611 Riley St, Harrisburg, PA 17102

717-257-4440 website: bethesdamission.org

Safe Harbour

Provides a continuum of housing and supportive services for people who are homeless or nearly homeless.

102 W High St, Carlisle, PA 17013

717-249-2200 website: safeharbour.org

Fairweather Lodges

For people with a mental health condition. Fairweather Lodge is shared housing and individual or shared employment, supervised by case manager. Located in Carlisle, Newport, Newville and Shippensburg.

717-658-3553 website: new-visions.org

Paxton Street Ministries Home

Specialized Community Residence (Personal Care Home) housing 85 residents with their own room and meals provided.

2001 Paxton St, Harrisburg, PA 17111

717-236-5508 website: paxtonmin.org

Department of Veteran Affairs Homeless Veterans Helpline (24/7)

Provides referrals to VA housing or local housing programs.

877-424-3838 (877-4-Aid-Vet)

Property Tax/Rent Rebate Program Forms

The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The property tax/rent rebate is based on the property taxes or rents you paid during the previous calendar year. Owners must have taxes paid prior to filing. Renters must have a landlord-tenant relationship. Renters must make certain their landlords were required to pay property taxes. Starting in 2024, the maximum rate for people who qualify for the PTRR Program is \$1000. The income cap increases to \$45,000/year for homeowners and renters and it is tied to the increase in the cost of living.

888-222-9190 website: revenue.pa.gov/forms and publications/formsforindividuals/PTRR/pages/default.aspx

Counseling

Please contact your insurance company to see which counselors are in your network. If you do not have insurance, contact the Base Service Unit or Intake Unit listed under Mental Health/IDD Services.

Campbell Psychological Services for Adults, Families, Children and Teens

25 E North St, Carlisle, PA 17013

717-422-6440 website: campbellpsychpa.com

Diakon Family Services

960 Century Dr, Ste 131, Mechanicsburg, PA 17055
717-795-0330 website: diakon.org

Franklin Family Services

240 W King St, Shippensburg, PA 17257
717-267-1515 website: ffspa.com

Franco Psychological Associates

26 State Ave, Suite 101 Carlisle, PA 17015
717-243-1896 website: francopsychological.com

Penn State Health Holy Spirit Behavioral Health Center

503 N 21st St, Camp Hill, PA 17011
717-763-2219 website: pennstatehealth.org

Laurel Life (Cumberland County)

5006 E Trindle Rd, Suite U-101, Mechanicsburg, PA 17050
717-243-1326 website: laurellife.com

Laurel Life (Perry County)

550 Sherman's Valley Rd, New Bloomfield, PA 17068
717-582-9922 website: laurellife.com

Merakey Behavioral Health Stevens Center

33 State Ave, Carlisle, PA 17013
717-243-6033 website: merakey.org

Mock-Mays Associates

47 W Pomfret St, Carlisle, PA 17013
717-258-0214 website: mockmays.com

Newport Counseling Center

28 W Shortcut Rd, Newport, PA 17074
717-567-3524 website: newportcc.org

UPMC PinnacleHealth Psychological Associates

1000 Bent Creek Blvd, Suite 10
Mechanicsburg, PA 17050

717-988-9460 website: upmc.com

PA Counseling Cooperative (Telehealth Services)

(Daybreak Church) 321 Gettysburg Pike, Mechanicsburg, PA 17055
717-921-7004 website: pacounselingcoop.com

In Him Christian Wellness (Providing services regardless of ability to pay.)

635 N 12th St, Suite 101, Lemoyne, PA 17043

New Life Community Church, 64 E North St, Carlisle, PA 17013

Intake: 717-585-0627 Billing: 717-831-8452 website: inhimchristianwellness.org

Perry Human Services (Drug & Alcohol Outpatient Counseling)

8391 Spring Rd, #2, New Bloomfield, PA 17068
717-582-8703 website: perryhumanservices.org

Virtual Psychiatric Appointments

Talkiatry.com

For mild or moderate mental health issues that interfere with living from day to day. Human, virtual mental health care from doctors who take insurance. Takes medicare and some other insurances. Prescriptions are forwarded to the pharmacy of your choice. Specializes in anxiety, bipolar disorder, depression, OCD, insomnia, PTSD, AD/HD and children.

833-351-TALK (8255) website: talkiatry.com email: hello@talkiatry.com

Virtual Therapy

Betterhelp.com

For individuals, couples and teens. Tap into the worlds largest network of licensed, accredited and experienced therapists who can help you with a range of issues including depression, anxiety, relationships, trauma, grief and more. Therapists give you the same professionalism and quality you would expect from an in-office therapist, but with the ability to communicate when and how you want. People can talk to therapists by text, chat, phone or video. Schedule live sessions when convenient for you. Costs of therapy ranges from \$60 to \$90 per week (billed every four weeks). You can cancel your membership at any time, for any reason. Featured in the Wall Street Journal and the NewYork Times.

website: betterhelp.com

NOCD.com - Online OCD Treatment and Therapy

Our licensed therapists specialize in Exposure and Response Prevention (ERP) therapy, the most effective treatment for obsessive-compulsive disorder (OCD). Inside the NOCD platform, you can match with a licensed therapist and do live-face-to-face video sessions. Between sessions you can message your therapist, get support from our online peer community and use our in-app therapeutic tools. Some insurances are accepted such as: Aetna, Capital Blue Cross (CBC), Highmark, Humana, United Health Care/Optum and others. Call to confirm your insurance is accepted and schedule an appointment.

225 N Michigan Ave, Suite 1430, Chicago, Il 60601

312-766-6780 website: treatmyocd.com

Mental Health Support Groups via Conference Call and Online

NAMI Connection

NAMI Connection Wellness & Self-Care Support Group

Free peer-led support group for any adult who has experienced symptoms of a mental health condition. Meets weekly on Wednesdays from 7 pm to 8 pm on Zoom.

Email: namiconncp@gmail.com for Zoom link to the meeting.

Schizophrenia & Psychosis Action Alliance Support Groups for Individuals and Families

Conference calls and Zoom meetings are for people with Schizophrenia and related illnesses with separate calls and meetings for family members. Register for meetings on website. All times are ET.

Schizophrenia Alliance Support Groups:

Conference call times for individuals: Sunday@ 7 pm/ Monday@ 4 pm/ Wednesday@ 1 pm/
Thursday@ 7 pm/ Friday@ 2 pm & 7 pm/ Saturday@ 1 pm & 7 pm

Zoom Meeting Times for Individuals: Sunday@ 4 pm

Families for Care Support Groups:

Conference call times for families: Tuesday@ 7 pm

Zoom meeting times for families: Monday@ 9 pm/ Saturday@ 5 pm/ Sunday@ 6 pm

800-493-2094 website: sczaction.org Email: info@sczaction.org

Depression and Bipolar Support Alliance (DBSA)

Envisions wellness for people living with mood disorders (depression and bipolar disorder). DBSA provides hope, support and education to improve the lives of people who have mood disorders.

55 E Jackson Blvd, Suite 490, Chicago, IL 60604

800-826-3632 website: DBSAlliance.org

For online support groups you can join from anywhere in the U.S., visit website: DBSAlliance.org/OSG

For local support groups near you that are also meeting virtually, visit website: DBSAlliance.org/SupportFinder

For resources to keep you healthy and balanced at home, visit website: DBSAlliance.org/COVID-19

In-Person NAMI Cumberland and Perry Counties Family Support Groups (FSG'S)

NAMI Cumberland & Perry Counties Family Support Groups are led by family members of people with mental health conditions, for family members, caregivers and loved ones of individuals living with mental illness to gain insight from the challenges and successes of others facing similar circumstances.

First Thursday of the month in Camp Hill

Time 6:30 pm - 8 pm

Camp Hill Giant Food Store, Community Center (2nd Floor)

3301 E Trindle Rd, Camp Hill, PA 17011

(See website for more days/times of FSG's in Camp Hill)

Second Wednesday of the month in Carlisle

Time 7:00 pm - 8:30 pm

Merakey STAR Center

253 Penrose Pl, Carlisle, PA 17013 Near DQ (Dairy Queen)

NAMI FSG'S are free, confidential and no pre-registration is required.

PULSE (Preventing Unnecessary Loss through Suicide Education)

Suicide Prevention Task Force for Cumberland & Perry Counties

Promotes education and prevention of suicide. For further information contact Brian Wilson:

717-240-6325 website: cumberlandperrycountiespa.gov

Survivors of Suicide (SOS) Loss Peer Support Group

For family members and friends who have lost a loved one to suicide. The support group can help one to feel less alone and more understood by others who have experienced a loss by suicide. Meetings are held in the greater Harrisburg area. There is no fee and people can attend as often as they wish.

Please contact Robin at: Phone/Text: 717-877-9527 for more information. Email: mommy0004@aol.com

Author/Speaker/Advocate on Mental Health, Substance Use Disorder and Reentry

Lisa Kessler-Peters author of:

Why I Tried To Die: The Story Of Trauma, Resilience, and Restoration

How I learned To Hide: Unraveling Shame and Rejection

Contact me if interested in having me speak at or attend your events.

717-635-5924 Email: lisaredeemed@gmail.com

Author/Speaker/Advocate on Mental Wellness and Suicide Prevention

Milton Dennis author of, "Surviving Loss: My Journey of Hope," available for public speaking engagements to share my personal journey of mental wellness. Trained in resilient mindset, facilitation and various accredited mental health coaching programs.

502 N Baltimore Ave, Mt. Holly Springs, PA 17065

Website: miltondennis.org Email: miltondennis77@gmail.com

My Podcast Surviving Loss : Our Journey of Hope

Available now on all major podcast platforms including Spotify and Apple Podcasts.

Listen to hear real, raw stories from those who have overcome grief and loss, as well as resident mental health experts providing resources and strategies for mental wellness.

miltondennis.org/podcast

Dedicate a podcast to a loved one:

Everyone has a platform. Want to use yours to advocate for mental wellness and suicide prevention? Get featured on one of our upcoming podcast episodes to share your story to help both yourself and others who are overcoming obstacles in their mental health journey. Our podcast dedication page, submit a dedication for someone you lost to honor their memory. Visit miltondennis.org/podcast to learn more and be featured in an upcoming episode.

CAL'S HOPE

Providing scholarships to those interested in public service and mental health advocacy. On-site support and community groups for those with thoughts of suicide or who are grieving a loved one lost to suicide. Donate today to provide our Heros with resources and scholarships. CAL'S Hope is a 501(c)(3) non-profit organization. Website: calshope.com

Employment/Training

AHEDD

AHEDD provides employment services throughout PA to people with disabilities. The individuals we serve include youth in transition from school-to-work and adults who are looking for employment in the community. A customized plan of service can include: skill assessments; career exploration and development; self-directed job search; job placement; work site support/training; and/or consultation on benefit, management issues by Community Work Incentive Coordinators (CWICs). The critical work we do helps people gain greater independence, become productive and contributing members of their community and meet the diversity in labor force needs of businesses. (Job Training/Placement/Ticket to Work Program).

3300 E Trindle Rd, Camp Hill, PA 17011

717-731-5485 website: ahedd.org

AutismSpeaks.org/workplace-inclusion-now

Workplace Inclusion Now (WIN) is Autism Speak's evidence-based employment system to build and support inclusive workplace culture through a comprehensive suite of resources. WIN brings together (job seekers and employees with autism), employers and communities to increase employment opportunities for autistic employees and create a more diverse and inclusive workforce.

Employment Skills Center

Helping people achieve personal growth and job betterment through education and training. Programs include Adult Basic Education, GED (General Educational Development) and ESL (English as a Second Language) programs, computer training, nurse aide, forklift training and community health worker.

29 S Hanover St, Carlisle, PA 17013

717-243-6040 website: employmentskillscenter.org

Goodwill Keystone Area

Goodwill provides employment services that will support you in finding and keeping a job. We involve you and your support network in the employment process.

1150 Goodwill Dr, Harrisburg, PA 17101

717-232-1831 website: yourgoodwill.org

Merakey STAR Center Supported Employment Program

Assists individuals living with mental health conditions to get and keep competitive employment of their choosing.

253 Penrose Pl, Carlisle, PA 17013

717-243-2278 ext 203 or 204 website: merakey.org

Office of Vocational Rehabilitation (OVR)

PA Office of Vocational Rehabilitation or OVR, provides vocational rehabilitation services to help persons with disabilities prepare for, obtain or maintain employment.

Forum Pl, 555 Walnut St, 8th Floor, Harrisburg, PA 17101

717-787-7834 website: dli.pa.gov/ovr/pages

PA Career Link

The PA Career Link, formerly the unemployment office, provides job search assistance, skill assessment and aptitude testing; Adult Basic Education and career counseling and resources.

(Cumberland County) 40 Noble Blvd, Ste 12, Carlisle, PA 17013 (Located at Carlisle Commons)

717-243-4431 website: pacareerlink.pa.gov

(Perry County) 133 S 5th St, Newport, PA 17074

717-567-7323 website: pacareerlink.pa.gov

Volunteer Opportunities

Community CARES (Shelter)

Community CARES depends on volunteers to staff our shelters, our resource center and assist in various functions and events.

50 W Penn St, Carlisle, PA 17013

717-249-1009 website: morethanshelter.org

Community Support Program (CSP)

Mental Health organization that promotes recovery in various aspects of life. Volunteers needed for office work, planning and working at conferences and picnics.

Consumer Satisfaction Services (CSS)

4775 Linglestown Rd, Suite 201, Harrisburg, PA 17112

717-651-1070 website: css-pa.org Email: msp@cumberlandperrymsp.org

NAMI (National Alliance on Mental Illness) of Cumberland & Perry Counties

Dedicated to improving the quality of life for people with mental illness and their families through support, education and advocacy. Volunteers are needed for office work, the newsletter, website maintenance, at the Annual Walk and other events.

P.O. Box 534 Camp Hill, PA 17011

717-620-9580 website: namicppa.org

Also see Food Pantries for other volunteer opportunities.

Free Self-Paced Online Educational Courses

Khan Academy

Our mission is to provide a free, world class education for anyone, anywhere. Learn for free about math, art, computer programming, economics, physics, chemistry, biology, medicine, finance, history and more. We offer practice exercises, instructional videos and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. We also cover test preparation (SAT, Praxis and LSAT) content. Go to the website for more information.

Website: khanacademy.org

GCF Learn Free

Join more than 100 million people from all walks of life who have come to us to learn the essential skills they need to live and work in the 21st century. Our extensive library includes: technology, work, core skills and reading and math, plus more. These are free self-paced online courses.

Website: edu.gcfglobal.org

Free Computer and/or Cellphone Training

Employment Skills Center - Computer Training Only

29 S Hanover St, Carlisle, PA 17013

717-243-6040 website: EmploymentSkillsCenter.org/programs/computer-training

Cumberland County Libraries

New Cumberland Public Library - iPhone Training

1 Benjamin Plaza, New Cumberland, PA 17070

717-774-7820 website: cumberlandcountylibraries.org

Fredricksen Library - Computer and Cellphone Training

100 N 19th St, Camp Hill, PA 17011

717-761-3900 website: cumberlandcountylibraries.org

Simpson Public Library - iPad Tech Help

16 N Walnut St, Mechanicsburg, PA 17055

717-766-0171 website: cumberlandcountylibraries.org

Bosler Memorial Library - Smartphone

158 W High St, Carlisle, PA 17013

717-243-4647 website: cumberlandcountylibraries.org

Perry County Libraries

Marysville - Rye Library - Computer and Cellphone Tutoring on Thursdays

198 Overcrest Rd, Marysville, PA 170523

717-957-2851 website: pecoinfo.org

Community Library of Western Perry County - One on one help with Computer Basics

104 E Main St, Blain, PA 17006

717-536-3761 website: pecoinfo.org

Diabetes/Weight Control/Eating Disorders

South Central Pennsylvania Overeaters Anonymous Intergroup

Meetings are virtual through zoom, please contact scpoai@gmail.com for meeting information. We support each other to recover from obese, anorexic, bulimic or of a normal weight who are recovering from compulsive eating.

P.O. Box 104, Camp Hill, PA 17011

717-870-8115 website: scpoai.org Email: scpoai.ig@gmail.com

Penn State Health Hershey Medical Group Briarcrest-Adolescent Health & Eating Disorders Clinic

A full range of Eating Disorder services are offered children, teens, and adults with eating disorders, including: intensive outpatient program, adult partial hospitalization program, child partial hospitalization program, and binge eating disorder clinic.

905 W Governor Rd, Suite 200, Hershey, PA 17033

717-531-7235 website: pennstatehealth.org

NAMI Hearts+Minds and NAMI Corazones+Mentes

Online information on nutrition and exercise for mental health. Information and effective tools that can improve your mental and physical health. Also, learn how nutrition and fitness interact to impact symptoms and medication side effects. Mental and physical health are intricately connected and empower yourself to improve both.

Website: nami.org/Hearts+Minds and nami.org/CorazonesyMentes

Exercise & Fitness

Financial Aid at YMCA's is income based, call to inquire. Accepts some Medicare Advantage insurance fitness plans.

Carlisle Family YMCA

311 S West St, Carlisle, PA 17013

717-243-2525 website: carlislefamilyymca.org

West Shore YMCA

410 Fallowfield Rd, Camp Hill, PA 17011

717-737-9622 website: ymcaharrisburg.org/locations/west

King's Fitness/Perry County

Call for Discount Program.

60 N 3rd St. Newport, PA 17074

717-567-2123 website: kingsfitnessforlife.com

Planet Fitness website: planetfitness.com

Accepts some Medicare Advantage insurance fitness plans. Check with insurance provider and Planet Fitness.

Planet Fitness-Enola

314 East Penn Dr, Enola, PA 17025

717-510-6456

Planet Fitness-Hampden Twp (Hampden Centre)

4580 Carlisle Pike, Mechanicsburg, PA 17050

717-761-1202

Planet Fitness-Upper Allen Twp
101 Gettysburg Pike, Mechanicsburg, PA 17055
717-591-2332
Planet Fitness-Carlisle Pike (Silver Spring Commons)
6520 Carlisle Pike Suite 365-B, Mechanicsburg, PA 17050
717-265-9200
Planet Fitness-Carlisle
1186 Walnut Bottom Rd, Carlisle, PA 17015
717-701-8581
Planet Fitness-Shippensburg
28 Shippensburg Shopping Center, Shippensburg, PA 17257
717-530-1435

Crunch Fitness

Services include gym, aerobics, cycling, and personal training. Also has saunas and is wheelchair accessible.
(Hampden Commons) 5850 Carlisle Pike, Mechanicsburg, PA 17050
717-620-4642 website: crunch.com

Ark Fitness-Community Fitness Center

Offers NEXT Generation personal training. Accepts some Medicare Advantage insurance fitness plans.
220 N York St, Mechanicsburg, PA 17055
(Corner of York St and Factory St on Rte 114 in Mechanicsburg Borough).
717-230-1544 website: arkfitclub.com

Mental Health (MH)/Intellectual and Developmental Disabilities (IDD) Services

Cumberland & Perry Counties MH/IDD Program

Its mission is to empower and support persons with MH/IDD and their families in the community. MH/IDD offers services to people of all ages with serious mental illness or intellectual and developmental disabilities.
1615 Ritner Highway, Carlisle, PA 17013
717-240-6320 website: cumberlandcountypa.gov

Community Mental Health Centers

Call the base service unit (BSU's) at the below Community Mental Health Centers to inquire about what mental health services are available for your needs such as psychiatrists, therapists, case managers and partial hospitalization programs.

Penn State Health Holy Spirit Behavioral Health Center, Base Service Unit (BSU)

503 N 21st St. Camp Hill, PA 17011
717-763-2221 website: pennstatehealth.org

Merakey Stevens Center, Base Service Unit (BSU)

33 State Ave, Carlisle, PA 17013
717-243-6033 website: merakey.org

National Alliance on Mental Illness (NAMI)

NAMI (National Office)

The nations largest grassroots mental health organization dedicated to building better lives for the millions of individuals and families affected by mental illness. Founded in 1979, NAMI is a nationwide non-profit with more than 600 local Affiliates and 49 State Organizations that engage in advocacy, support and education.
4301 Wilson Blvd, #300, Arlington, VA 22203
800-950-NAMI (6264) website: nami.org

NAMI Keystone PA (State Office)

NAMI Keystone PA is a 501 (c)(3) grassroots non-profit organization that gives PA a unified voice in advancing NAMI's mission of raising awareness about mental health and providing recovery-focused support, education and advocacy for people living with mental illness and their loved ones. NAMI Keystone PA offers training on various programs such as family support groups (FSG) and Connection (Peer) support group facilitators. Also training on Family-to-Family and Peer-to-Peer class facilitators and other programs.

105 Braunlich Drive, #200, Pittsburgh, PA 15237

888-264-7972 website: namikeystone.org

NAMI Cumberland & Perry Counties PA (Local Affiliate)

NAMI CP PA is a nonprofit, volunteer, grassroots organization serving individuals and families affected by mental illness by providing individual and group support, education and community awareness. NAMI CP PA offers free mental health classes and support groups for family members and people with mental health conditions.

P.O. Box 534, Camp Hill, PA 17011

717-620-9580 website: namicppa.org Email: info@namicppa.org

Social Security Administration (SSA)

PA SSA handles several federal programs such as retirement, SSI, Medicare, and disability benefits.

200 S Spring Garden St, Carlisle, PA 17013 (located in Castles Commons Shopping Mall)

Hours: Monday-Friday 9:00am to 4:00pm

866-635-0507 website: ssa.gov

PA ABLE

The PA ABLE savings program allows people with disabilities and their families to have greater control of their finances and to plan for a more financially secure future. Program highlights: save without jeopardizing government benefits while getting significant tax advantages. PA ABLE savings are not counted against ANY federal needs-based benefits. Earnings are free from PA and federal income taxes when used for qualifying expenses. Contribute up to \$17,000 per year. Eligibility requirements: PA ABLE accounts are for people with a qualifying disability that began before age 26. Use your PA ABLE account to pay for expenses including, but not limited to: basic living expenses, education, housing, transportation, employment training and support, assisted technology, personal support services, healthcare, financial management plus more.

855-529-ABLE (2253) website: paable.gov Email: info@paable.gov

Special Needs Trust

Allows individuals with lifelong disabilities to set aside resources without their eligibility for government benefits: including SSI, Medicaid (Access Card) and subsidized housing

For information on a Special Needs Trust contact:

Taylor P. Andrews, Esq.

Andrews, Johnson and Braught Law Offices

78 W Pomfret St, Carlisle, PA 17013

717-243-0123 website: ajandblaw.com

Veterans Administration (VA)

Department of Veteran Affairs - Philadelphia Regional Office

Apply for and manage the VA benefits and services you earned as a veteran, service member or family member-like health care, disability claims, education benefits and military records (DD214).

800-827-1000 website: benefits.va.gov

Cumberland County Office of Veterans Affairs & Services

We honor and support our veterans by providing assistance, education, outreach and advocacy to veterans and their families and ensuring that each veteran receives the appropriate federal, state and county benefits and services.

20 N Hanover St, Suite 103, Carlisle PA 17013

717-240-6178 website: cumberlandcountypa.gov/veterans-affairs&services

VA Medical Centers (VAMC)

VA Hospitals provide primary care and speciality health services including mental health (inpatient and outpatient services), flu shots and COVID-19 vaccines for veterans of the armed services.

Lebanon VA Medical Center (VAMC)

1700 S Lincoln Ave, Lebanon, PA 17042

800-409-8771 (Mental Health Care) x4232 website: va.gov.lebanon

Martinsburg VA Medical Center (VAMC)

510 Butler Ave, Martinsburg, WV 25405

800-817-3807 website: va.gov.martinsburg

VA Community Based Outpatient Clinics (CBOC's)

VA CBOC's provide primary care and specialty care including mental health, flu shots and COVID 19 vaccines for veterans of the armed forces.

Cumberland County VA CBOC

Lebanon VAMC is the hub for the Cumberland County CBOC

(In Rossmoyne Business Center) 5070 Ritter Rd, Mechanicsburg, PA 17055

717-590-1525 website: va.gov/cumberlandcountypa-va-clinic

Hagerstown, MD VA CBOC

Martinsburg, WV VAMC is the hub for Hagerstown, MD CBOC

1101 Opal Court, Multimedia Lab, Hagerstown, MD 21740

800-817-3807 website: va.gov/hagerstown-va-clinic

Social Action/Advocacy

Community Support Program (CSP) of Cumberland and Perry Counties, PA

CSP is a forum of all community stakeholders (family members, consumers or peers, providers and interested citizens), to work together to move forward the community mental health systems and to support the concept of "community." Outreach is an important aspect in CSP, to assist the broader community to have an awareness of the mental health system. Additionally, CSP provides a structure for identifying needs, advocating for excellent treatment and rehabilitative supports and recognizing the power of communities working together to support each other.

Consumer Satisfaction Services (CSS)

4775 Linglestown Road, Suite 201, Harrisburg, PA 17112

717-651-1070 website: css-pa.org Email: csp@cumberlandperrycsp.org

NAMI Keystone PA

A 501(c)(3) non-profit organization that gives PA a unified voice in advancing NAMI's mission of raising awareness about mental health and providing recovery-focused support, education and advocacy to people living with mental illness and their loved ones.

105 Braunlich Drive, #200 Pittsburgh, PA 17537

888-264-7972 website: namikeystonepa.org

PA Mental Health Consumers' Association (PMHCA)

PMHCA is a state-wide member organization dedicated to the support of all people who seek aid for recovery from a mental illness at any stage in their journey. We advocate on issues directly related to mental health services in PA while educating the public with the goal of eliminating stigma and discrimination surrounding mental illness.

2551 Walnut St Harrisburg, PA 17103

717-221-1022 website: pmhcawildapricot.org Email: pmhca@pmhca.org

Disability Rights PA (DRP)

Disability Rights PA protects and advocates for rights of people with disabilities so that they may live the lives they choose free from abuse, neglect, discrimination and segregation.

301 Chestnut St, Suite 300, Harrisburg, PA 17101

800-692-7443, (TDD) 877-375-7139 website: disabilityrightspa.org

Legislature/Advocacy (Comment Lines)

President

Joe Biden 202-456-1111

US Senators

Bob Casey 717-231-7540

John Fetterman 717-782-3951

US Representative

Scott Perry 717-550-6565

PA Governor

Josh Shapiro 717-787-2500

PA State Senators

Mike Regan 717-787-8524

Greg Rothman 717-582-2454

PA State Representatives

Patty Kim 717-303-3715

Sheryl Delozier 717-761-4665

Barb Gleim 717-249-1990

Torren Ecker 717-259-7805

Thomas Kuts 717-975-2235

Perry Stambaugh 717-582-8119

To find more PA State Representatives go to website: legis.state.pa.us

Voter Registration

Cumberland County Bureau of Elections

Hours: Monday - Friday 8 am - 4:30 pm

1601 Ritner Hwy, Suite 201, Carlisle, PA 17013

717-240-6385 website: cumberlandcountypa.gov

Perry County Voter Registration Office

Hours: Monday - Friday from 8 am - 4 pm

25 W Main St, New Bloomfield, PA 17068

717-582-2131 website: perryco.org

HealthChoices (Medicaid/Medical Assistance/Managed Care Organizations (MCO's) PA Department of Human Services)

All plans cover the same basic benefits plus extra services. Co-pays and extra services differ for each plan. To compare the co-pays and extra services each plan offers, go to website: dhs.pa.gov/healthchoices or enrollnow.net.

PA Enrollment Services Consumer Support Center Physical Health Plans (To Sign Up):

AmeriHealth Caritas PA

888-991-7200 website: amerihealthcaritas.pa.com

Geisinger Health Plan

855-227-1302 website: ghpfamily.com

HealthPartners Plans

800-553-0784 website: HPPlans.com

Highmark Whole Care

800-392-1147 website: highmarkwholecare.com

UPMC for You

800-286-4242 website: upmchealthplan.com/foryou

Behavioral Health Choices MCO (Mental Health and Drug & Alcohol Plan)

PerformCare

To find a provider call: 877-722-8646 24/7 website: pa.performcare.org

Vision Care & Eyeglasses

Most vision care centers take some or all of the health choices vision plans (Medicaid/Managed Care Organizations (MCO)). Call to find out if a vision care center takes your Health Choices MCO insurance. Some example of providers that take Health Choices plans are:

Cumberland County

Babineau Opticians (this provider will allow you to put new lenses into your old frames).

5295 E Trindle Rd, Mechanicsburg, PA 17050

717-697-9441 website: babineauopticians.com

My Eye Dr. (Located in Carlisle Commons)

40 Noble Blvd, Suite 120, Carlisle, PA 17013

717-218-6656 website: locations.myeyedr.com

My Eye Dr.

341 Baltimore Rd, Shippensburg, PA 17257

717-532-8806 website: locations.myeyedr.com

Perry County

Sisson-Boyer Eyecare

300 Bretz Court, Suite 200, Newport, PA 17074

717-567-3103 website: visionsource-sisson-boyer.com

On-line low cost eyeglass providers

These companies can sell you eye glasses on-line as long as you have an eye glass prescription from a vision care center. These companies accept some insurances. Check websites to see if your insurance is accepted.

Warby Parker.com

ZenniOptical.com

Amazon.com (Search Payne Eyewear)

Other Insurance Coverage

Healthy Beginnings Plus (HBP) is PA's efforts to assist low income, pregnant women who are eligible for Medical Assistance (MA) in having a positive prenatal care experience. The intent of HBP is to render services that meet women's psychological needs in addition to rendering traditional medical/obstetric services. Pregnant clients may elect to participate in HBP or receive their prenatal care in a traditional MA system. MA covers children of low-income families through age 18.

800-986-BABY (2229) website: dhs.pa.gov/HBP

CHIP: (Childrens Health Insurance Program) CHIP is PA's program to provide health insurance to uninsured children and teens who are not eligible for or enrolled in medical assistance (MA). Children ages birth to 19 years old qualify. There is never an income limit for CHIP. Children automatically qualify for CHIP if they have too much income to qualify for MA or the Healthy Beginnings Plus (HBP) There are lower cost premiums and co-pays than for most other insurances. If you already have health insurance, you cannot apply for CHIP.

800-986-KIDS (5437) website: compass.state.pa.us

*NOTE: Any women who is pregnant in PA and does not have insurance coverage automatically qualifies for Medicaid (Access Card).

Medicare

Medicare is the federal health insurance program for: people who are 65 or older, certain younger people with disabilities and people with end stage renal disease.

Medicare Part A (hospital insurance) covers inpatient hospital care, skilled nursing facility, hospice, lab tests, surgery and home health care.

Medicare Part B (medical insurance) covers medically necessary services like doctor services and tests, outpatient care, home health services, durable medical equipment and other medical services.

Medicare Part C (medicare advantage plans) provided by private insurers it covers most of the same coverage as Medicare Part A and Part B and many also offer additional benefits at no extra cost such as dental, vision, hearing aids and wellness coverage.

800-MEDICARE (633-4227) website: medicare.gov

Medicare Part D (prescription drug coverage) is for Medicare enrollees. Part D plans are offered by private insurers, not the federal government. Each Part D prescription drug plan may have varying benefits, costs and rules. To compare plans you can speak with a licensed insurance agent. You can also compare plans online for free.

833-986-2904 24/7 website: MyRXPlans.com

PA MediHelpline (PA Medicare Education and Decision Insight)

PA Medi offers free Medicare counseling. They are specially trained to answer your questions and provide you with objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicare Advantage Plans, Prescription Plans and Medicaid.

Cumberland County: 717-240-6110 website: cumberlandcountypa.gov/aging&communityservices

Perry County: 717-582-5128 website: perryco.org/AreaAgencyOnAging

Pennie (PA Health Insurance Marketplace)

Pennie's is PA's official health coverage marketplace and the only place to get financial assistance to help lower the cost of coverage and care. If you have lost Medicaid coverage, Pennie has quality health plan options for low or no cost. The annual open enrollment period is November 1 to January 15 of every year.

Pennie Call Center Hours: Monday - Friday from 8 am to 6pm

844-844-8040 website: Pennie.com

Aging Programs and Services

Aging and Community Services provides information and assistance to the public. Information and Assistance is the first point of contact for people who request information or need assistance regarding community based services and supports. Appointments can be made with our staff to assist you to complete applications for various programs such as PACE/PACENET, Property Tax Rebate and Rental Rebate, LIHEAP, SNAP, Caregiver Support Program, Legal Services, Older Adult Protective Services, Senior Centers, and other programs.

Cumberland County Aging and Community Services

1100 Claremont Rd, Carlisle, PA 17015

717-240-6110 888-697-0371 x 6110 website: cumberlandcountypa.gov/aging

Perry County Area Agency on Aging

315 Keystone Way, New Bloomfield, PA 17068

717-582-5128 website: perryco.org/AreaAgencyOnAging email: athebes@perryco.org

PA Department of Human Services

(DHS-Medicaid Office/Medical Assistance/Access Card/Medical Assistance for Workers with Disabilities (MAWD))

For low income people, provides quality health care coverage, SNAP (food stamps), free or reduced price school meals, cash assistance, childcare or low-income home energy assistance program (LIHEAP).

Cumberland County Assistance Office (CAO)

33 Westminster Dr, Carlisle, PA 17013

717-240-2700 website: dhs.pa.gov/compass

Perry County Assistance Office (CAO)

100 Centre Dr, PO Box 280, New Bloomfield, PA 17068

717-582-2127 website: dhs.pa.gov/compass

PACE Program-Prescription Assistance

Pennsylvania’s Prescription Assistance Programs for older adults, PACE and PACENET, offer low-cost prescription medication to qualified residents age 65 and older. The program works with Medicare Part D plans and other prescription drug plans such as retiree/union coverage, employer plans, Medicare Advantage (HMO, PPO) and Veterans’ Benefits (VA) to lower out-of-pocket costs for medications.

800-225-7223 website: aging.pa.gov/pace-prescriptionassistance

Prescription Drug Patient Assistance Programs

Programs called Patient Assistance Programs (PAP’s) which are created by pharmaceutical companies, provide free or discounted medicine to people who are unable to afford them. Each program has its own qualifying criteria. The following websites are PAP’s:

- PatientAssistanceToday.com 888-344-8915
- Rx Assist.org 877-537-5537
- NeedyMeds.org 800-503-6897
- RxAssistancePrograms.com 855-201-0232
- SCBN.org 888-331-1002
- RxHope.com

Prescription Drug Savings Cards

You can use a prescription drug savings card whether you do or do not have insurance or Medicare. When your drug savings card offers a better price than your insurance co-pay, use it instead.

Good Rx - Show this card to save up to 80% on your prescriptions. Good Rx is not insurance (but can be used instead of insurance). If you run into an issue, please call our Good Rx Advocates at 855-268-2822.

Questions? Customers: 855-442-9965; Pharmacists: 855-482-1940

WellRx.com

WellRx savings program customers can expect an average savings of 65% to 80%. WellRx cards work by, Step 1: Download the mobile app or click Get Savings Card on the website. Step 2: Search for the lowest priced prescription medications near you. Step 3: Show your Savings Card at the pharmacy each time you fill or refill a prescription.

Community Healthcare Centers

(Medicaid/Access Card/Low Income/Sliding Scale Fee)

Hamilton Health Center(s)

Provides medical, dental and behavioral primary health care services especially for low-income Medicaid multi-lingual or multi-cultural backgrounds.

- A) 110 S 17th St, Harrisburg, PA 17104
717-232-9971 website: HamiltonHealthCenter.com
- B) 46 Red Hill Court, Newport PA 17074
717-204-7865 website: HamiltonHealthCenter.com

Sadler Health Center(s)

A federally qualified health center providing comprehensive community-based primary care, dental, behavioral health services, lab testing, pediatrics, women's health, addiction recovery, insurance enrollment, pharmacy and COVID-19 vaccinations.

A) 100 N Hanover St, Carlisle, PA 17013

717-218-6670 website: SadlerHealth.org

B) (For dental only) 1104 Montour Rd, Loysville, PA 17047

717-960-4380 website: SadlerHealth.org

C) 5210 E Trindle Road, Mechanicsburg, PA 17050

717-218-6670 website: SadlerHealth.org

Wellspan Family Medicine

Offers primary care, pediatrics, geriatrics, women's health, urgent care, surgical services and behavioral health.

46 Walnut Bottom Rd, Suite 200, Shippensburg, PA 17257

717-532-4148 website: wellspan.org

Low Cost Teeth Cleaning & Dental Fillings

HACC (Harrisburg Area Community College) Dental Treatment Facility

As of 2023, teeth cleanings are \$40 and fillings are between \$10 to \$40. All services are supervised by licensed dental hygienists and dentists.

Services provided take longer than the average appointment by your dentist. Please remember this is a teaching facility.

Select Medical Health Education Pavilion, Room 102,

HACC Harrisburg Campus

One HACC Dr, Harrisburg, PA 17110

717-780-2441 website: hacc.edu/dentalreatmentfacility

ASERT (Autism Services, Education, Resources and Training)

Its mission is to innovate, collaborate and lead to improved access to quality services, data and information; to provide support, training and education in best practices; and to facilitate a connection between individuals with autism, developmental disabilities and special populations, families and key stakeholders at local, state and national levels.

877-231-4244 website: paautism.org Email: info@paautism.org

Co-Occuring Disorders (Mental Health and Drug & Alcohol Issues Combined)

Merakey Behavioral Health Stevens Center (Outpatient/Co-Occurring Disorders)

Provides outpatient services for co-occurring disorders. Merakey's addiction recovery outpatient program (OP) provides treatment for adults with addictions and/or behavioral health challenges. Services include individual counseling and specialty groups.

33 State Ave, Carlisle, PA 17013

717-243-6033 website: merakey.org

Roxbury Treatment Center (Inpatient services for co-occurring disorders)

Inpatient psychiatric stabilization with the capability and expertise to treat those who have co-occurring substance use disorder needs. An integrated approach, for inpatient only, to co-occurring disorders consists of identifying and treating the symptoms of both substance use and mental health disorders. Intensive outpatient programming (IOP) for substance use only, is designed to maintain sobriety and stability in the early recovery period.

601 Roxbury Rd, Shippensburg, PA 17257

800-648-4673 website: roxburyhospital.com

Al-Anon Family Groups (AFG)

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

website: PA-Al-Anon.org/meetings

Opioid Addiction Info & Resources:

Learn more about heroin and opioid addiction treatment resources available in PA. Find out how you can get naloxone, a medication that can reverse an overdose caused by opioids. Learn more about PA's guidelines on the safe use of opioid in the treatment of pain.

800-662-HELP (4357) website: PA.gov/Opioids

Addiction Services - WARM LINE (Wellspan Addiction Recovery & Mentoring)

Services are free and available 24/7. People can choose to remain anonymous. Asking for help with addiction is hard, whether its for yourself or a loved one. We offer confidential mentoring and support to anyone who calls. If you have questions about treatment options or you need to speak to someone for support, call us today.

* Speak with someone who won't judge you. * Learn more about treatment and recovery options for you or someone you care about. * Talk about how to help a loved one whose struggling with addiction. * Get connected to family mentoring resources.

844-WARM-LINE (927-6546) 24/7 Website: wellspanphilaven.org

Maternal Assistance Program (MAP)

If you are currently pregnant or recently post-partum, struggling with an addiction or have a history of addiction to drugs and/or alcohol...we are here to help.

717-763-3008 website: map@pennstatehealth.psu.edu Text: 717-615-7679

Capstone Program/First Episode Psychosis

Capstone is a program designed to provide comprehensive treatment and support for young adults ages 16-30 experiencing early psychosis. Capstone is a team approach offering clinical assessment, peer support, treatment, and on-going supported employment and education to the individual and their family. Must be a current resident of Dauphin, Cumberland and Perry counties.

Capstone - PA Psychiatric Institute (PPI)

2501 N 3rd St, Harrisburg, PA 17110

717-782-6493 website: ppimhs.org/capstoneprogram

Partial Hospitalization Programs

Some people with mental health symptoms need more treatment than traditional outpatient services can provide but do not necessarily need inpatient hospital stay. Other individuals may have needed the safety of an inpatient stay now need to continue daily treatment following their return home. After completing a day of treatment, individuals return home for the evening. This minimizes disruption in their daily routines, maintains uninterrupted support of family and friends and facilitates learning by encouraging immediate practice of newly acquired coping skills.

Short-Term Programs

Penn State Health Holy Spirit Behavioral Health Center

503 N 21st St, Camp Hill, PA 17011

717-763-2219 website: pennstatehealth.org

Penn State Health Hershey Medical Center

22 Northeast Dr, Hershey, PA 17033

717-531-8338 website: pennstatehealth.org

PA Psychiatric Institute (PPI)

Additional Dialectical Behavioral Therapy (DBT) intensive outpatient program for people with Borderline Personality Disorder (BPD).

2501 N 3rd St, Harrisburg, PA 17110

717-782-6493 or 866-746-2496 website: ppimhs.org

Long-Term Program

Merakey Stevens Center

33 State Ave, Carlisle, PA 17013

717-243-6033 website: merakey.org

Assertive Community Treatment (ACT)

ACT Team (ACT) is a way of delivering a full range of services to people who have been diagnosed with a serious mental illness. ACT's goal is to give people with a mental health condition adequate community care and to help them have a life that is not dominated by their mental illness. ACT is designed to support individuals who have been unsuccessful with traditional mental health services. (Frequent crisis interactions, psychiatric hospitalizations, homelessness, and/or co-occurring disorders). Services include: 24/7 support and crisis stabilization, medication management, activities of daily living, help with getting on benefits, housing, employment, managing finances, healthcare, co-occurring disorders, (substance use) and counseling. The ACT team members include: a psychiatrist, nurse, mental health and substance use counselor, employment and housing specialist and peer specialist.

Merakey ACT Team

33 State Ave, Carlisle, PA 17013

717-243-6033 website: merakey.org/assertivecommunitytreatment

Mobile Peer Support Units

Peer Support Services are delivered by Certified Peer Specialists who have lived experience in mental health and who are trained and state-certified in recovery-based, empowerment model that embraces the strengths of the individual being served to achieve their goals in their recovery and community integration process. Peer Support Services are intended to inspire hope in individuals that recovery is not only possible but probable.

Merakey Stevens Center

33 State Ave, Carlisle, PA 17013

717-243-6033 website: merakey.org

Peerstar (located in Belvedere Professional Center)

Also includes Drug & Alcohol recovery specialists for co-occurring disorders.

850 Walnut Bottom Rd, Suite 301, Carlisle, PA 17013

888-733-7781 website: peerstarllc.com

Social/Recreation/Leisure (Drop-In Centers - Social and Psychiatric Rehabilitation Centers)

Social Rehab is where people with mental health conditions can connect with others and build social skills as well as integrate into the community. Psych Rehab is a program that supports people in the mental health community who want to make changes in their lives. People are supported with reaching various goals such as learning budgeting skills, going back to school, and improving communication skills, etc.. Psych Rehab members can participate in one-to-one appointments as well as groups to learn skills and get peer support.

Cumberland County

Aurora Social Rehabilitation Services

104 W Main St, Mechanicsburg, PA, 17055

717-232-6675 x 3 website: aurora-services.org

Merakey STAR Center

253 Penrose Pl, Carlisle, PA, 17013

717-243-6033 x 264 website: merakey.org

New Visions - Ship Dock

142 E King St, Shippensburg, PA 17257

717-300-3821 website: new-visions.org

Perry County

Merakey Perry County STAR Center

134 S 5th St, Newport, PA 17074

717-204-7923 website: merakey.org

County & Bus Transportation

Capital Area Transit

Both fixed route and shared ride transit services are available in Cumberland & Perry counties.

Half Fare Program for Seniors or People with Disabilities on Medicare

A Medicare card is needed for proof of eligibility for the Federal Half Fare Program, however, a Medicare card cannot be used to ride the bus. Passengers may bring their Medicare card to a CAT office to receive their identification card.

901 N Cameron St, Harrisburg, PA 17101

717-238-8304 website: cattransit.com

Rabbit Transit Shared Ride for Cumberland & Perry counties

Fees for rides vary, go to website for more info. Customers can schedule rides by calling the call center.

Hours: Monday - Friday from 7am to 7pm and Saturday 7:45 am to 3pm.

800-632-9063 website: rabbittransit.org

Food Pantries (Because no one should go hungry)

Cumberland County: (For a longer list see website: cumberlandcountypa.gov/foodpantries)

Shippensburg Produce & Outreach (Located in Katie's Place Thrift Shop)

A faith-based nonprofit that provides fresh vegetables, fruits, eggs, milk and other healthy items to those in the Shippensburg community who qualify.

130 S Penn St, Suite 5, Shippensburg, PA 17257

717-447-9100 Ext 1 website: shipout.org

New Hope Ministries

5228 E Trindle Rd, Mechanicsburg, PA 17050

717-766-7333 website: nhm-pa.org

Project SHARE

5 N Orange St, #4, Carlisle, PA 17013

717-249-7773 website: projectsharepa.org

Project SHARE Farmstand

The Farmstand is a supplement to our monthly food distribution, so people can get fresh nutritious food, produce, dairy, bread products (as needed). The Farmstand is open to anyone in the community who is in need.

123 Lincoln St, (Corner of N Pitt & Lincoln), Carlisle, PA 17013

Contact Meagan Smith 717-249-7773 x232 Email: msmith@projectsharepa.org

website: projectsharepa.org/farmstand

Perry County: (For a longer list see: foodpantries.org/co/pa-perry)

Bread of Life Outreach (Located at Newport Assembly of God Church)

35 N Front St, Newport, PA 17074

717-567-9181 website: breadoflifeoutreach.org

Neighbor Helping Neighbor Food Bank

300A S Carlisle St, New Bloomfield, PA 17068

717-594-0027 website: nhnfoodbank.com

Meals on Wheels

Meals on Wheels provides home-delivered meals to persons who are unable to prepare and/or purchase a hot meal for themselves due to age, physical or mental infirmity or who are convalescing from illness or injury. We are often the only human contact our clients have throughout their day. We offer meals to individuals for a reduced rate if they cannot afford to pay; however, funds are limited and based on donations received. Meals on Wheels is a non-profit volunteer-run organization. We are your friends and neighbors, some of us retired, others stay-at-home moms.

- West Shore717-737-3924
- Mechanicsburg.....717-697-5011
- Carlisle Borough.....717-245-0707
- Shippensburg.....717-300-3563
- Cumberland County.....888-697-0371 x 6110
- Perry County (Agency on Aging)..717-582-5128

Home Delivered Meals

Home Delivered Meals are nutritionally balanced frozen meals provided by Aging and Community Services to individuals who, through a needs assessment, are determined to be eligible and reside outside of the service area of local Meals on Wheels programs.

Cumberland County Aging and Community Services

1100 Claremont Rd, Carlisle, PA 17015
717-240-6110 888-697-0371 x 6110 website: cumberlandcountypa.gov/aging

Perry County Area Agency on Aging

215 Keystone Way, New Bloomfield, PA 17068
717-582-5128 website: perryco.org/AreaAgencyOnAging email: athebes@perryco.org

Clothing, Household Goods &/or Furniture (Thrift Stores, etc)

Cumberland County

Katie’s Place Thrift Shop

130 S Penn St, Shippensburg, PA 17257
website: KatiesPlaceAtShip.org

Community Aid Thrift Store

4833 Carlisle Pike, Mechanicsburg, PA 17050
717-412-7706 website: communityaid.org/shop

Goodwill Stores & Donation Centers

- A) (At West Shore Plaza), 1200 Market St, Lemoyne, PA 17043
717-737-6134 website: yourgoodwill.org
- B) (At Hampden Centre), 4880 Carlisle Pike, Mechanicsburg, PA 17050
717-635-2881 website: yourgoodwill.org

Salvation Army Family Stores:

- A) 3901 E Trindle Rd, Camp Hill, PA 17011
800-728-7825 website: pa.salvationarmy.org/harrisburg/pa
- B) 469 E North St, Carlisle, PA 17013
717-706-3670 website: pa.salvationarmy.org/carlisle/pa
- C) 20 E Pomfret St, Carlisle, PA 17013
717-249-1411

Newburg United Methodist Church Clothing Center

Hours: Wednesday & Saturday - 9 am to 12 pm/ Thursday - 6 pm to 8 pm
203 N High St, Newburg, PA 17240
717-423-6223 website: newburgumc.com

New Digs Ministry, Inc

Receives, stores and gives away furniture, household goods and linens.

Hours: Wednesdays from 9 am to 12 pm/ 1st and 3rd Saturdays from 9 am to 12 pm.

(Mission Central) 5 Pleasant View Dr. Mechanicsburg, PA 17050

717-620-9735 (Have referring agency call) website: newdigsministry.org

Computer Ministry

Collects computer equipment items and refurbishes them and donates the equipment to nonprofit ministries, organizations and individuals for a small fee.

Hours: Monday/Wednesday/Friday 9 am to 3 pm.

(Mission Central) 5 Pleasant View Dr. Mechanicsburg, PA 17050

717-766-6373 website: compministry.org

Perry County

Appalachian Thrift and Resale

11 S Market St, Duncannon, PA 17020

717-596-0544

Vicki's Treasures

51 Wentzel's Damm Rd, Landisburg, PA 17404

717-789-9372 website landisburg.secomnd-hand.shop

Robinson's Bargain Store

3664 Shermans Valley Rd, Loysville, PA 17074

Hours: Thursday 8 am - 4 pm/ Friday 8 am - 6 pm/ Saturday 8 am - 4 pm

On-line Thrift Store

ThreadUp.com

His Hands Auto Repair Ministry, Inc. & Auto Sales

We feel the calling by God's Word (1 Peter 4:10) to apply our skills and abilities to assist the financially challenged people within our community, while offering affordable auto repairs to the general public, which help to support the mission. We are a PA inspection facility, do general maintenance and other repairs.

730 N College St, Carlisle, PA 17013

717-258-5483 website: hishandsauto.org email: support@hishandsauto.org

Contact and Support Center for Perry County Residents Who Are Seeking Assistance with Daily Living Concerns

Join Hands Ministry

This is a collaborative community outreach program providing direction, intervention and support to persons facing a variety of daily living challenges in Perry County. Referrals are accepted from all sources with no referral restrictions beyond Perry County residents.

Hours: Monday - 9 am to 6 pm/ Tuesday/Wednesday/Thursday - 9 am to 1 pm.

North, 51 S Church St, New Bloomfield, PA 17068

717-582-7844 website: joinhands.help

Shippensburg Community Resource Coalition

A hub for resources in the Shippensburg community, programming for youth and university internships.

206 E. Burd St, Unit 1, Shippensburg, PA 17257

717-477-1961 website: shipresources.org/ShippensburgResourceGuide

Legal Services

Community Law Clinic (Penn State Dickinson Law School)

For those under-served populations living near or below the poverty line, the Community Law Clinic represents the way forward in matters of family law, disability law and other areas, such as housing issues, where people need legal assistance. It advocates in family law matters such as divorce, support, custody, adoption and protection from abuse; and in disability law matters such as: ability discrimination, special education, Americans with Disabilities Act claims and Social Security Disability claims; and in housing issues such as landlord-tenant complaints. Clients are represented by law students, who are supervised by attorneys. If a person meets the income level of 125% of poverty level services are pro bono or free.

Hours: Monday - Friday from 8 am-5 pm

45 N Pitt St, Carlisle, PA 17013

717-243-2968 website: dickinsonlaw.psu.edu/community-law-clinic

Mid-Penn Legal Services

A non-profit, public interest law firm that provides high quality free legal services to low-income residents and survivors of domestic violence and sexual assault in 18 counties in central PA, including Cumberland and Perry counties.

401 E Louthier St, Suite 103, Carlisle, PA 17013

To apply for services call: 800-326-9177 website: midpenn.org

Public Defender Offices

Public Defenders are criminal defense attorneys who protect the constitutional rights of indigent individuals accused of violating the law. They dedicate their careers and their lives to protecting societies interest in the fair administration of justice for all people, regardless of their finances, race, gender, ethnicity, sexual orientation or citizenship.

Cumberland County

Hours: Monday - Friday from 8 am-4:30 pm

1 Courthouse Sq, Suite 300, Carlisle, PA 17013

717-240-6285 website: cumberlandcountypa.gov/publicdefender

Perry County

Perry County Courthouse

Hours: Monday - Friday from 8 am-4 pm

2 E Main St, PO Box 37, New Bloomfield, PA 17068

Office of District Court Administrator: 717-582-5143, Option 5 Email: Christina Zook: czook@perrycounty.org

website: perryco.org/departments/courts

Free Tax Preparation

Individuals and families may be eligible to receive free tax preparation through the Money in Your Pocket (MIYP) program. Tax preparation sites are located throughout Cumberland and Perry Counties. For more information on tax prep sites contact the United Way of The Capital Region.

717-724-4077 email: miyp@uwcr.org

Free Cellphone, Data, Text & Minutes Program

Assurance Wireless, a government program, offers a FREE cellphone and FREE cellphone service, including FREE UNLIMITED Monthly Data, Text and Minutes, to qualified customers. Must be on one of several government assistance programs to qualify such as: Medicaid (Access Card), SSI, SNAP (Food Stamps), Veterans Pension or Survivors Pension, Free School Breakfast or Lunch Programs, Federal Pell Grants, Women, Infants and Children (WIC), Section 8 or Federal Public Housing & Tribal Specific Programs.

888-321-5880 website: AssuranceWireless.com

Total Wellness Resources

Exercise

Physical Activity: Regular exercise can help manage depression symptoms, boost overall mood, reduce cognitive issues, and alleviate anxiety and stress, along with many other mental benefits.

Website: cdc.gov/basics/adults

Quit Smoking

Quitline is free and is paid for by your public health department, health plan or employer. It is based on proven strategies, is self-paced and customized for each person. It is also staffed by trained quit coaches. Medications, which may be free, to help you quit smoking are also available such as nicotine replacement, therapy (nicotine patch, gum or lozenges). Nicotine nasal spray & inhaler are also available by prescription. Non-nicotine medications are Chantix, which lessens withdrawal symptoms and blocks the enjoyable effects of smoking and Bupropion SR (Zyban, Wellbutrin SR), which also lessens your desire to smoke as well as the symptoms of depression and sadness that can come with quitting smoking.

800-QUITNOW (784-8669) website: pa.quitlogix.org

Also see Hamilton and Sadler Health Centers for Smoking Cessation Services

Smokefree.gov is designed to help you or someone you care about quit smoking.

Healthy Eating

The benefits of healthy eating add up over time, bite by bite. Small changes matter. A healthy eating routine is important at every stage of life. Download the Start Simple with MyPlate mini-poster in English or Spanish.

website: Choose myplate.gov

WebMD Mental Health Guides

These guides contain information to help you understand mental health conditions, their symptoms and treatment options.

Website: [webmd.com/\(type name of mental illness\) guide](http://webmd.com/(type name of mental illness) guide)

Very Well Mind.com

A mental health and wellness platform that covers all aspects of your life-whether you're living with a mental health condition or managing day-to-day stressors, looking to level up your relationships or tapping into fascinating psychology theories.

List of the Best Free Mental Health Apps

Anxiety: MindShift CBT

Depression: Bezzly

Bipolar Disorder: eMoods Classic

PTSD: PTSD Coach

CBT & ACT: What's Up?

Mental Health Recovery Magazine

Print magazine:

ADDitude Magazine is a medical conditions magazine that offers trustworthy advice on treatment options and learning methods for families and adults dealing with Attention Deficit/ Hyperactivity Disorder (ADD/ADHD) for Learning Disabilities (LD).

888-762-8475 website: additudemag.com

Digital Mental Health Newsletters

BP Hope.com: Hope and Harmony for people with Bipolar disorder

BP Newsletter is for Bipolar Disorder and is filled with inspirational features and first-person profiles, latest news and research and educational information for building a healthy lifestyle including stress reduction, exercise, sleep, treatment, relationships and more.

877-575-4673 website: bphope.com Email: subscriptions@bphope.com

Hope to Cope.com: Hope for Anxiety & Depression

Hope-to-Cope is an award winning newsletter that provides hope, empowerment and support for those living with anxiety and depression. It delivers information and inspiration to people who want to live healthier, more balanced lives.

website: hopetocope.com

Mental Health Books

I AM NOT SICK, I don't need help! - 20th Anniversary Edition: How to help someone accept treatment. (Book One of LEAP) - Listen-Empathize-Agree-Partner by Amador, PhD

Becoming Fluent in LEAP (Book Two of LEAP): How to Get to Partnering by Amador, PhD

Stop Walking on Eggshells for Parents: How to Help your Child (of Any Age) with Borderline Personality Disorder without Losing Yourself by Kreger, Adamec, MBA and Lobel, PhD

The Bipolar Disorder Survival Guide - 3rd Edition: What You and Your Family Need To Know by Miklowitz, PhD

The Anxiety & Phobia Workbook - 7th Edition: A Practical Step-by-Step Guide by Bourne, PhD

The Dialectical Behavior Therapy Skills Workbook - 2nd Edition: Practical DBT Exercises for Learning, Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance by McKay PhD, Wood, PhD & Brantley, MD

Taking Charge of Adult ADHD - 2nd Edition: Proven Strategies to Succeed at Work, at Home and in Relationships by Barkley PhD

OCD Workbook , 3rd Edition: Your Guide to Breaking Free from Obsessive-Compulsive Disorder by Hyman, PhD & Pedrick, RN

Wellness Recovery Action Plan (WRAP): Transform your life, your way, with WRAP, WRAP Plus & WRAP for Life: by Copeland, PhD (Check out: WellnessRecoveryActionPlan.com)

Also check out: Barnes & Noble Bookstore, Amazon.com and newharbinger.com

PA Coalition Against Domestic Violence

Among the services provided to domestic violence victims are: crisis intervention; counseling; accompaniment to police, medical and court facilities; and temporary emergency shelter for victims and their dependent children. Prevention and educational programs are provided to lessen the risks of domestic violence in the community at large.

National Hotline 24/7: 800-799-SAFE (7233)/ Cumberland County Hotline: 800-852-2102

Text: START to 88788 website: pcadv.org

Sexual Assault/Rape Crisis Services (SARCS)

YWCA SARCS of Cumberland County is committed to helping our community heal, including BIPOC and those identifying as gender-expansive. They provide services to anyone in need in Cumberland County of any gender, gender identity, gender expression or sexual orientation.

YWCA Carlisle in Cumberland County

Hours: Monday - Friday: 8:30 am to 4:30 pm

301 G St, Carlisle, PA 17013

717-243-3818 website: [ywcacarlisle.org/sexual assault](http://ywcacarlisle.org/sexual%20assault)

24 Hour Sexual Assault/Rape Crisis Hotline

888-727-2877

Domestic Violence Support Group for Residents of Perry County

Meets Thursdays from 2 pm to 3 pm. Call or text 24-hour hotline:

800-852-2102 Website: dvscp.org

National Institute of Mental Health (NIMH)

NIMH conducts and supports research that seeks to understand, treat and prevent mental illness. NIMH also offers authoritative information about mental disorders and a range of related topics. Download, read and order free NIMH brochures and fact sheet about mental disorders. Publications are also available in Spanish.

Hours: Monday - Friday 8:30 am to 5:00 pm ET

866-615-6464 website: NIMH.nih.gov Email: nimhinfo@nih.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline is a free, confidential 24/7/365 treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
800-662-HELP (4357) 24/7/365 website: samhsa.gov/findhelp

Office of Mental Health and Substance Abuse Services (OMHSAS)

OMHSAS oversees funding for county mental health systems in PA.
717-787-6443 website: dhs.pa.gov/omhsas

Anxiety and Depression Association of America (ADAA)

ADAA is an international non-profit organization dedicated to the prevention, treatment and cure of anxiety, depression, OCD, PTSD and co-occurring disorders through the alignment of science, treatment and education.
240-485-1018 website: adaa.org

International Obsessive-Compulsive Disorder (OCD) Foundation

The OCD Foundation is a national, non-profit organization dedicated to giving support to individuals with obsessive-compulsive disorder, their families and friends, medical professionals and other concerned individuals.
617-973-5801 website: iocdf.org

National Center for Post-Traumatic Stress Disorder (PTSD)

The mission of the National Center for PTSD is to advance the clinical care and social welfare of America's Veterans and others who have experienced trauma or who suffer from PTSD, through research, education and training in the sciences, diagnosis, and treatment of PTSD and stress related disorders.
802-296-6300 website: ncptsd.va.gov

National Eating Disorders Association (NEDA)

The National Eating Disorders Association (NEDA) is the leading U.S. non-profit organization providing support to individuals, families and loved ones affected by eating disorders. NEDA advocates for prevention, research, and access to quality care for eating disorders. Each year, we help millions of people nation-wide find information and appropriate treatment resources through our programs and services.
212-575-6200 website: nationaleatingdisorders.org

American Foundation for Suicide Prevention (AFSP)

Established in 1987, AFSP is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.
888-333-AFSP (2377) website: afsp.org Email: advocacy@afsp.org

Mental Health America (MHA)

MHA advances the mental health and well-being of all people living in the U.S. through public education, research, advocacy and public policy, and direct service.
800-969-6642 website: mhanational.org

Depression and Bipolar Support Alliance (DBSA)

DBSA envisions wellness for people living with mood disorders. It also provides hope, help, support and education to improve the lives of people who have mood disorders.
800-826-3632 website: dbsalliance.org

Schizophrenia and Psychosis Action Alliance

It stands for hope and recovery through the promotion of education, peer-based support programs and better public policy.
800-493-2094 website: sczaction.org

Findhelp.org

Find free or reduced-costs resources like food, housing, financial assistance , healthcare and more.

PA-Navigate.org

Search and connect to support. Financial assistance, food pantries, medical care and other free or reduced-cost help starts here. PA Navigate is a statewide community information tool designed to address health and social care needs for Pennsylvanians by connecting them to community services.

Cumberland County Resource Handbook

Health and Human Services resources in Cumberland County, mainly for use by professionals.
888-697-0371 ext. 7887 website: cumberlandcountypa.gov/3592/resourcehandbook, then press: link Resource Handbook.

Completed on May 2, 2024 by Thom Fager and Nancy Myers.