

Important Reminder:

Crisis Resources: For the majority of individuals, the holidays can prove to be a source of stress. In addition, we are contending with a Pandemic that has created unprecedented conditions- causing all of our daily lives and routines to have changed in some form or another. The loss of many of our common outlets for stress relief, such as working out at the gym, visits to the library or coffee shop, etc. is also impacting all of us.

With the understanding in mind that most individuals are contending with a multitude of converging stressors simultaneously, **please remember to care for yourself this holiday season and to practice kindness and offer compassion to others.** The CDC has published information in this regard, and one such guide is attached to this email.

The following resources may also be beneficial to keep on hand, and please make sure to share with those who may need the information.

- The **Pennsylvania's Support & Referral Helpline** connects Pennsylvanians with mental and emotional support and to local resources. Call [855-284-2494](tel:855-284-2494) (TTY: [724-631-5600](tel:724-631-5600)).
- **Call 2-1-1** to reach the United Way and get connected to help in your area. Search on the [United Way of Pennsylvania website](#).

BERKS COUNTY CRISIS INTERVENTION (offered by SAM, Inc.):		
Phone (use either number)	610.236.0530	1.877.236.0530
Text	Text RUOK to 484.816.7865	You will be asked to register your phone number if the system recognizes you as a first time user.
Web	www.txtaboutit.net/sam	Go to the middle of the web page & inside the gray box, please click the words, "Click Here to Register." Proceed and follow the prompts.

Mobile Outreach/ Walk-in Services	Mobile outreach is performed as needed.	Walk-in crisis services are currently suspended due to building restrictions imposed by the Pandemic.
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Other Crisis Resources

Other Crisis Resources

Persevere PA	Free Hotline Available 24/7, Including Holidays	1-855-284-2494
		TTY 724-631-5600

- Operated by DHS
- Staffed by skilled, compassionate counselors
- Available to PA residents struggling with anxiety & other challenging emotions
- Referrals offered to community resources

Other Crisis Resources

National Suicide Prevention Lifeline	Free Hotline Staffed 24/7	1-800-273-8255
	Spanish Speaking Free Hotline Staffed 24/7	1-888-628-9454
	Text Service Option	Text "PA" to 741-741

- For use by individuals in crisis
- Free, confidential support is offered by trained counselors

Other Crisis Resources

United States Veterans Affairs	Text Service Option	838255
	Free Hotline Staffed 24/7	1-800-273-8255
	Internet Chat Access	www.veteranscrisisline.com

- Available for veterans, active duty service members, active duty and reserve National Guard members, and family and friends of service members or veterans
- Free, anonymous, confidential resource

- **Trained responders**
- **You can text as much or as little as you like to get the confidential conversation started. A trained responder will text you back and ask you a few questions. You may text STOP at any time to end the conversation**

Disaster Distress Hotline	Free Hotline Multilingual Staffed 24/7	1-800-985-5990
	Text Service Option	Text "TalkWithUs" to 66746

- **National hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster**
- **Toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories**
- **Information on how to recognize distress and its effects on individuals and families**
- **Tips for healthy coping**
- **Referrals to local crisis call centers for additional follow-up care and support**

The Trevor Project	Trevor Text Line	Text "START" to 678 - 678
	Trevor LifeLine Free Hotline Staffed 24/7	1-866-488-7386
	TrevorChat Free, Online Chat	https://www.thetrevorproject.org/get-help-now/

- **Trained counselors available to offer support 24/7**
- **If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk**
- **The Trevor Project is the leading national organization providing crisis intervention and suicide prevention to LBGQT youth**