Mental Health During Covid-19

Have you been struggling with your mental health during COVID-19? Feelings of isolation, changes in learning, and loss of coping skills can take a toll on anyone. Reach out for support!

Feeling depressed or suicidal?
Westmoreland County Mental Health Crisis Hotline: 1-800-836-6010
Ray of Hope (Westmoreland Suicide Prevention and Awareness):
Rayofhopewestmoreland.org
Excela Health Crisis Response Center: (724) 832-4465, 43 Depot Street, Greensburg, PA, Open: 7 AM- 11PM
National Suicide Prevention: 1-800-273-8255

Know someone in pain?
Safe2Say: 1-844-723-2729 or visit www.safe2saypa.org/

Turning to substances?
SAMHSA (Substance Abuse and Mental Health Services Administration National Hotline): 1-800-662-HELP
Al Anon/Al Teen: 800-628-8920

Abuse?
Report Child Abuse: 800-932-0313
Blackburn Center: Hotline: 1-888-832-2272 or visit www.blackburncenter.org/
Hero Project: (Sexual Abuse) 877-874-4376

YOU CAN'T POUR FROM AN *Empty* Cup. TAKE CARE OF YOURSELF FIRST.

Penn Trafford School District has a Student Assistance Program (SAP) to assist with anyone that is not feeling their normal selves. You can reach out to anyone on the SAP team or any of your teachers or administrators.

Behavioral and Mental Health needs?
WCSI (Westmoreland County Casemanagement and Supports, inc.): 724-837-1808

Looking for support?
Trevor Project (LGTBQ+): 866-488-7386 or text START to 678678
Support Groups for those living on the Spectrum and their families Online: Autism Connection of PA – 1-800-827- 9385 or support@AutismOfPA.org

It's okay not to be okay.
Reach out today for support.

Contact a member of your SAP team to be set up with Penn Trafford's SAP Liaison, Courtney Wade, to acquire additional resources and support.