

Drowning in problems?  
No lifeboat in sight?

Are you up  
to your neck  
in problems?

Have your children  
become hard to manage?  
Are they showing signs  
of stress and anxiety?

If you or someone you know could use  
a supporting hand,

► **simply dial 2-1-1.**

This free community and crisis hotline can help you with:

- programs and services for children and adults
- food
- shelter
- transportation
- financial assistance, and much more.

You are not alone. **People who can help  
are waiting for your call.**



## Other helpful free resources

- ▶ Pennsylvania Support and Referral Helpline:

**1-855-284-2494**

- ▶ Safe2Say program, a youth violence protection program:

**1-844-723-2729**

- ▶ National Suicide Prevention Lifeline:

**1-800-273-8255**

- ▶ Mental Health Crisis Text Line:

**Text "PA" to 741-741**



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*children first*

[www.westmorelandchildrenfirst.org](http://www.westmorelandchildrenfirst.org)