

# Family Resources

## Mental Health/Crisis

**Should you have a concern for someone's immediate safety please call 9-1-1**

- Suicide Prevention Line: **800-273-TALK (8255)**
- Lehigh County Mental Health Crisis Intervention Services (24 hours) **610-782-3127**
  - Provides mental health assessments to all age groups regardless of income or insurance
  - **During this time of mandatory social distancing due to the coronavirus**, Lehigh County Crisis Intervention is providing support *over the phone* and can assist *electronically* with emergency mental health hospitalizations if needed.
- Warmline: **610-820-8451**
  - for people who are NOT in crisis, but need someone to talk with. The Warmline is a telephone support service for adults. Warmline is a safe, nonjudgmental concerned service for those Lehigh County residents struggling with mental health concerns
  - Warmline accepts call between 6am and 2am, 7 days per week.
- Crisis Text Line: Text: **"PA" to 741741** (24 hours support from trained crisis counselors)
- Turning Point (Domestic Violence): 24 Hour HELP-LINE: **610-437-3369**
- Lehigh County Office of Children and Youth: **610-782-3064**
  - Call **610-782-3200** for Information and Referrals



1-844-723-2729 | [www.safe2saypa.org](http://www.safe2saypa.org)

Safe2Say Something is a youth violence prevention program run by the Pennsylvania Office of the Attorney General. The program teaches youth and adults how to recognize the warning signs and signals, especially within social media, from individuals who may be a threat to themselves or others and to "say something" BEFORE it is too late.

## Allentown School District

### GRAB AND GO MEAL PICKUP LOCATIONS

Grab & Go meal pickup times and locations have been adjusted. Meals will only be offered at Central Elementary, Trexler, Raub, Harrison Morton and South Mountain MS and Allen and Dieruff HS from 11 AM - 1 PM.

Updated list: <https://bit.ly/33tlxaz>

**Communicate with Allentown School District using our Let's Talk platform on ASD's website.**

## Additional Resources



**dial 2-1-1 or text your zip code to #898-211 to talk with a resource specialist for free**

Pennsylvania 211 East is a free, confidential, non-emergency, comprehensive information and referral service that connects Northampton County residents with the health and human services they need. For more information/resources regarding the following:

Health/Dental; Disaster Services/COVID-19 Response; Rental Payment Assistance; Housing/Shelter-Search Assistance; Electric Service Payment Assistance; Utility Assistance; Food/Meals/Food Pantry; Employment/Income/Financial Assistance; Mental Health; Crisis Services/Helplines/Warmline; Clothing/Household Items; Substance Abuse/Disorders; Family Services; Transportation; Veteran/Military; Disability Services; Legal Assistance; Community/Services/Events

## Mental Health Agency Information

### For clients already in treatment with a mental health agency:

Please contact your treatment provider as most providers are continuing to call in prescriptions and offering support over the phone, even if they are currently not seeing clients in their offices during this time.

### Resources for the public from *KidsPeace* (3/20/20)

The Coronavirus outbreak can have a detrimental effect on our kids' mental and emotional health. Anxiety, depression and behavioral issues all can be consequences of the struggles children and teens are having as they cope with the uncertainty surrounding the public health emergency.

KidsPeace has helped kids and families navigate mental health issues for more than 100 years. Today, KidsPeace offers not only direct mental health care services, but tools for the general public to address the potential toll of the Coronavirus outbreak on our children's wellbeing.

#### **Walk-in Clinics and Assessments**

All KidsPeace's outpatient locations in Lehigh and Monroe County will continue to offer free walk-in mental health assessments by clinically trained professionals – no appointment needed! The assessments allow for fast evaluation of mental health condition and if needed crisis intervention – relieving the pressure on hospitals and emergency rooms as they prepare for a surge in COVID-19 cases. KidsPeace is committed to providing walk-in assessments at these offices as long as they are open during the emergency.

The service is available during business hours at these locations:

- **Allentown (two locations)**
  - 801 E Green Street (across from Dieruff High School); 610-799-8910
  - 451 W Chew Street, Suite #105 (St. Luke's Sacred Heart Hospital Campus) 610-776-5465
- **Bethlehem**
  - KidsPeace Broadway Campus Family Center (1620 Broadway, Bethlehem) 610-799-8600

**PLEASE NOTE: Individuals who are showing symptoms of COVID-19 (fever, dry cough, shortness of breath) SHOULD NOT come to the KidsPeace office in person! Those individuals should call the office nearest them and have the clinical professional do the assessment over the phone.**

Check out [www.kidspeace.org](http://www.kidspeace.org) for more information about their outpatient services.

#### **TeenCentral.com**

*TeenCentral.com* is a web-based confidential and anonymous service providing a range of information and encouragement to older kids and teens – including the opportunity to submit questions and concerns and get an individualized response from clinical experts -- provided in a “safe space” for young people who may have reluctance to discuss such matters with parents or other adults. KidsPeace is currently dedicating more resources to the site specifically to address the mental and emotional health concerns raised by the COVID-19 outbreak. [www.teencentral.com](http://www.teencentral.com)