

Are you feeling stressed and anxious? Do you need help managing your mental health or drug and alcohol use? If you need to talk to someone, the below resources can be of help!



## Important Phone Numbers

Mental Health Crisis Intervention Services	1-800-499-7455
National Suicide Prevention	1-800-273-8255
SAMHSA Disaster Distress Helpline	1-800-662-4357

For Medicaid Behavioral Health Resources, refer to your assigned Behavioral Health Managed Care Organization.

	Web	Phone	County
Community Care Behavioral Health Organization	<a href="https://members.ccbh.com/covid-19-information">https://members.ccbh.com/covid-19-information</a>	1-844-488-5336	Adams, Allegheny, Bedford, Bradford, Berks, Blair, Cameron, Carbon, Centre, Chester, Clarion, Clearfield, Clinton, Columbia, Elk, Erie, Forest, Huntingdon, Jefferson, Juniata, Lackawanna, Luzernene, Lycoming, McKean, Mifflin, Montour, Monroe, Northumberland, Pike, Potter, Schuylkill, Snyder, Somerset, Sullivan, Susquehanna, Tioga, Union, Warren, Wayne, Wyoming, York
PerformCare	<a href="http://pa.performcare.org/index.aspx">http://pa.performcare.org/index.aspx</a>	Cumberland, Dauphin, Lancaster, Lebanon, Perry 1-888-722-8646 Franklin, Fulton 1-866-773-7917	Cumberland, Dauphin, Lancaster, Lebanon, Perry, Franklin, Fulton
Community Behavioral Health	<a href="https://cbhphilly.org/cbh-members/community-resources/coronavirus-covid-19-information/">https://cbhphilly.org/cbh-members/community-resources/coronavirus-covid-19-information/</a>	1-888-545-2600	Philadelphia

**Web****Phone****County****Magellan Healthcare**<https://www.magellanofpa.com/for-members>

Bucks 1-877-769-9784  
 Cambria  
 1-800-424-0485  
 Delaware  
 1-888-207-2911  
 Lehigh 1-866-238-2311  
 Montgomery  
 1-877-769-9782  
 Northampton  
 1-866-238-2312

Bucks, Cambria, Delaware, Lehigh,  
 Montgomery, Northampton

**Beacon Health Options**<https://pa.beaconhealthoptions.com/covid-19-members/>

Armstrong  
 1-877-688-5969  
 Beaver  
 1-877-688-5970  
 Butler  
 1-877-688-5971  
 Crawford  
 1-866-404-4561  
 Fayette  
 1-877-688-5972  
 Greene  
 1-877-688-5973  
 Indiana  
 1-877-688-5974  
 Lawrence  
 1-877-688-5975  
 Mercer  
 1-866-404-4561  
 Washington  
 1-877-688-5976  
 Westmoreland  
 1-877-688-5977  
 Venango  
 1-866-404-4561

Armstrong, Beaver, Butler, Crawford,  
 Fayette, Greene, Indiana, Lawrence,  
 Mercer, Washington, Westmoreland,  
 Venango



## Online Recovery Resources

Alcoholic Anonymous Virtual Meetings	<a href="https://aa-intergroup.org/">https://aa-intergroup.org/</a>
Alcoholic Anonymous Local Meetings	<a href="https://www.aa.org/pages/en_US/find-aa-resources">https://www.aa.org/pages/en_US/find-aa-resources</a>
Narcotics Anonymous Virtual Meetings	<a href="https://www.na.org/meetingsearch/">https://www.na.org/meetingsearch/</a>
Narcotics Anonymous Local Meetings	<a href="https://www.na.org/meetingsearch/">https://www.na.org/meetingsearch/</a>
Nar-Anon Virtual Meetings	<a href="http://www.naranon.com/forum/">http://www.naranon.com/forum/</a>
Al-Anon Virtual Meetings	<a href="https://al-anon.org/al-anon-meetings/electronic-meetings/">https://al-anon.org/al-anon-meetings/electronic-meetings/</a>



## Online Mental Health Resources

PA County Crisis Lines	<a href="https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Documents/Suicide_Prevention_Hotlines.pdf">https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Documents/Suicide_Prevention_Hotlines.pdf</a>
LiveWell Foundation	<a href="http://www.livewell-foundation.org">www.livewell-foundation.org</a>
Vibrant Emotional Health	<a href="https://www.vibrant.org/safespace/">https://www.vibrant.org/safespace/</a>