

COVID-19 Mental Health and Crisis Support

The outbreak of Coronavirus disease 2019 (COVID-19) can be understandably stressful. Fear and anxiety about disease can be overwhelming and cause strong emotions in adults and children. Some parents/students may find they need extra support in being able to cope with stress during these times.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others, there are local support systems available.

The PA Department of Education (PDE) Office of Safe Schools is partnering with the Center for Community Resources (CCR) to offer a 24/7 mental health and crisis support line for people dealing with anxiety or other difficult emotions. Callers will be able to speak with staff who are trained in trauma-informed principles and will listen, assess the person's needs, triage, and refer to other local supports and professionals as needed.

The Mental Health Support Line can be reached toll-free, 24/7 at 1-855-284-2494.