

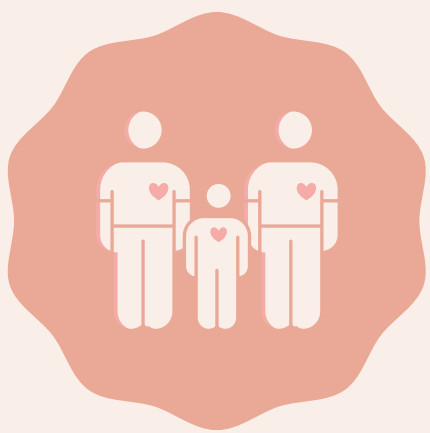
RESOURCES DURING COVID



COPING WITH STRESS

bit.ly/covid-coping

The CDC has compiled information on COVID-19 and tools for managing stress for individuals, parents, those at higher risk of contracting the virus, and first responders.



PARENTS AND CAREGIVERS

1-855-284-2494

Parents and caregivers who are feeling overwhelmed can call to speak to a trauma-informed specialist. Staff are available to listen 24 hours a day, everyday.



LGBTQ+ SUPPORT

Youth LGBTQ Hotline:
Call 1-866-488-7386

Trans Support Hotline:
Call 1-877-565-8860



CRISIS SUPPORT

Text HOME to 741741

To reach a Crisis Counselor anytime you are dealing with painful emotions and need support.

For Suicide Intervention:
Call 1-800-273-8255



SUPPORT FOR DRUG USERS

Behavioral Health Special Initiative:
215-546-1200

BHSI provides support to people without health insurance. Accepting calls Monday through Friday from 8:30am to 5pm.

Community Behavioral Health:
888-545-2600

CBH provides support to people with medical assistance or Medicaid

STAYING HEALTHY AND SAFE

RESOURCES DURING COVID



HARM REDUCTION SERVICES

Prevention Point: 215-634-5272

Call for information about their services, including medical treatment, Overdose Prevention, and Syringe Service Program.



PHILLY DOMESTIC VIOLENCE HOTLINE

1-866-723-3014 (TTY: 215-456-1529)

Call to access resources, information, and support for you or someone you know. Available 24 hours a day, everyday.

*Email lifeline also provided by Women In Transition: witservices@helpwomen.org



HOUSING FIRST PROGRAM

215-426-8610 Ext. 1236

Lutheran Settlement House's program offers support for survivors with housing. For more information, call and leave a message saying you are interested in the Housing First Program.



VETERAN CRISIS SUPPORT

1-800-273-8255

Call to connect with responders from the Department of Veteran Affairs. Available 24 hours a day, everyday.



SUPPORT FOR SEX WORKERS

1-866-509-SAFE(7233)

Call to for information about their services, including: safer sex and harm reduction supplies, bad date sheets, and medical and legal advocacy.