

*Persevere*



COVID-19 CRISIS COUNSELING PROGRAM

CONNECT WITH A **FREE**  
CRISIS COUNSELOR



**CALL 1-855-284-2494**



*Do you feel...*

*Stressed?*

*Overwhelmed?*

*Alone?*

*Afraid?*

*Anxious?*

*During these uncertain  
times, you are not alone.  
We are here to listen.*

**Please call our Pennsylvania Support and Referral Helpline**

**1-855-284-2494    TTY: 724-631-5600**

There are trained professionals available 24/7 ready to help you navigate these unprecedented challenges.

These services are FREE & CONFIDENTIAL.

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