



DEPARTMENT OF MENTAL HEALTH / AUTISM / DEVELOPMENTAL PROGRAMS
100 CHESTNUT STREET, HARRISBURG, PA 17101
(717)780-7050 / (717)780-7061 FAX

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Suicide Prevention Resource Guide

If you need immediate assistance, please call or text:

988 | **SUICIDE & CRISIS
LIFELINE**

This guide was created with funding provided by the Pennsylvania Department of Health's Preventive Health and Health Services Block Grant and is organized based on strategies outlined in the United States Center for Disease Control's *Suicide Prevention: Resource for Action* which can be viewed in its entirety here: [Suicide prevention resource for action : a compilation of the best available evidence](#). This guide includes resources at the county, state, and national levels. Most resources have websites where you can apply or find more information. Please hold down the "CTRL" button on your keyboard while clicking the blue, underlined word (such as [COMPASS](#)) and you will be automatically directed to the website.

Strategy 3: Improve Access and Delivery of Suicide Care

Program Name	Program Description	Contact Information
NAMI Central PA	Grassroots organization that provides support groups, advocacy, and education about mental illness and recovery	NAMI Central PA: Mental Health Support, Education & Resources info@namicentralpa.org 717-233-1164

Dauphin County ASPIRE	Suicide prevention information, resources, and training	Dauphin County ASPIRE Allies for Suicide Prevention: Inspiring, Responding, Educating 717-329-2723
Dauphin County Crisis Intervention	Dauphin County Crisis Intervention is a 24hr emergency mental health services provided by Dauphin County MH/A/DP. Crisis staff provide supportive counseling, outreach, assessment, and referral information to individuals experiencing an emotional crisis or difficulty coping with a personal problem.	Crisis Intervention Services 100 Chestnut St 1 st Floor Harrisburg PA 17101 717-232-7511
Connections Health Solutions Emergency Behavioral Health Crisis Walk-In Center and Mobile Services	Provides 24/7/365 urgent care and mobile crisis services. Mobile services can be accessed through 988, 911, or local crisis intervention programs	Connections emergency behavioral health crisis walk-in center 1100 S. Cameron St Harrisburg PA 17104 717-408-1353
988	988 is a national 24/7/365 suicide and crisis lifeline. The website has resources and information about suicide and other related topics	Get Help - 988 Lifeline Call/Text 988
Dauphin County Network of Behavioral Care	Dauphin County Network of Behavioral Care is a resource for individuals, families and agencies concerned with behavioral health. DCNBC provides an array of information about behavioral health services, laws, related news, communication tools and other features. It helps you find what you need and ensures there is no wrong door for those seeking services.	https://dauphin.pa.networkofcare.org
Dauphin County Where To Go When You Need Help Pamphlet	A comprehensive pamphlet of resources organized by categories of need such as food assistance and categories of populations such as teenagers, women, veterans, etc	Where To Go When You Need Help

Mental Health Facilities	This is a list of all Dauphin County PA mental health facilities. These clinics provide treatment to women, men, and teenagers who have MH issues including depression, anxiety, panic disorders, eating disorders, OCD, PTSD and other issues and phobias.	https://www.mentalhealthfacilities.net/clinics/pennsylvania/dauphin-county.html
Harrisburg Vet Center	Harrisburg Vet center offers confidential help for veterans, service members and their families at no cost in a non-medical setting. Services include counseling for depression, PTSD and psychological effects of military sexual trauma. This center can also connect you with more support in the VA and community.	Harrisburg Vet Center Veterans Affairs 800-698-2411
PerformCare	PerformCare is the behavioral-health managed care organization for Dauphin, Cumberland, Perry, Lebanon, and Lancaster Counties for residents enrolled in Medical Assistance. Member services can assist with providing information about available services, provider contact information, and assistance with care coordination.	PerformCare 1-888-700-7370
Capital Area Behavioral Health Collaborative	Capital Area Behavioral Health Collaborative manages the HealthChoices Behavioral Health contract on behalf of Dauphin, Cumberland, Perry, Lebanon, and Lancaster counties. This organization can also provide helpful information about local resources and behavioral health services. CABHC works closely with provider agencies to ensure good availability and accessibility for PerformCare (MA) members	Capital Area Behavioral Health Collaborative 717-671-7190
SAMHSA'S National Helpline	National helpline offers confidential treatment referral in both English and Spanish to individuals struggling with mental health conditions, substance use disorders. The SAMHSA website also contains a vast amount of information on various behavioral health topics.	SAMHSA's National Helpline SAMHSA 800-662-4357

Pennsylvania Health Law Project	Free legal help for people getting or keeping Medical Assistance coverage	Pennsylvania Health Law Project Helping People in Need Get the Healthcare They Deserve 1-800-274-3258
Dauphin County Mental Health/ Autism/ Developmental Programs (MHADP)	Provides funding for mental health services for those who are uninsured or underinsured and works to ensure there is MH provider availability and quality services that meet the needs of communities throughout Dauphin County	Mental Health/Autism/Developmental Programs 717-780-7050
Pennsylvania Enrollment Services	Learn about the HealthChoices program, compare health care plans, find providers, and enroll or change a health care plan	Pennsylvania Enrollment Services Home Page PA Enrollment Services 1-800-440-3989
Pennie	Pennsylvania's health insurance marketplace Learn about health care plans and choose a plan that includes the coverage needed	Home Pennie 1-844-844-8040
PA MEDI	Free state health insurance assistance program which provides counseling for people with Medicare in Pennsylvania	PA MEDI - Medicare Education & Decision Insight 717-780-6130
American Association of Suicidology	Information, resources, training, and accreditation programs	American Association of Suicidology – Together, We Will Make An Impact!
American Foundation for Suicide Prevention (AFSP)	Information, resources, advocacy, training, community programs	Home AFSP

Strategy 4: Promote Healthy Connections

Program Name	Program Description	Contact Information
Community Support Program	The Community Support Program, or CSP, is an alliance of individuals, family members, and professionals working together to aid adults with severe mental illnesses and co-occurring disorders to live successfully in the community, build relationships and support, increase knowledge and learn new skills, share effective wellness techniques, and destigmatize behavioral health challenges.	DauphinCountyCSP@gmail.com 717-232-8761
Harrisburg Area Mental Health Support Group	A peer led support group for anyone struggling with mental illness or other kinds of similar life hardships. Meetings occur every Monday from 6:30-8:30pm and Thursdays from 1pm-3pm at St. Paul's Lutheran Church, 530 Bridge St, New Cumberland, PA	Free Mental Health Support in Central Pennsylvania Harrisburg Area Mental Health Support Group admin@harrisburgmentalhealth.org
Pennsylvania Mental Health Consumers' Association (PMHCA)	Pennsylvania Mental Health Consumers' Association (PMHCA) is a state-wide member organization dedicated to the support of all people who seek aid for recovery from a mental illness at any stage in their journey.	Pennsylvania Mental Health Consumers' Association PMHCA@pmhca.org 717-221-1022
NAMI Central PA	Grassroots organization that provides support groups, advocacy, and education about mental illness and recovery	NAMI Central PA: Mental Health Support, Education & Resources info@namicentralpa.org 717-233-1164
National Child Traumatic Stress Network	Pause-Reset-Nourish (PRN)* to Promote Wellbeing: Use as Needed to Care for Your Wellness!	PRN
US Department of Veterans PTSD: National Center for PTSD	Stress First Aid (SFA) is a framework to improve recovery from stress reactions, both in oneself and in coworkers. The model aims to support and validate good friendship, mentorship and leadership actions through core actions that help to identify and address early signs of stress reactions in an ongoing way (not just after "critical incidents").	Person-Centered Stress First Aid for Patients, Clients and Customers

Youth Move PA	Consumer-run and consumer-focused organization focused on reducing stigma and increasing rights for those with mental illness.	Pennsylvania Mental Health Consumers' Association - Youth MOVE PA 717-221-1022
Sources of Strength	Suicide prevention program involving peer leaders to enhance protective factors associated with reducing suicide at the school population level	Sources of Strength ympa@youthmovepa.org
Certified Peer Support Services	Certified peer specialists offer support, hope, and understanding gained from lived experience to help others on their path of recovery	Home Peerstar, LLC New 888-733-7781 Mental Health Services Keystone Human Services 717-482-8500
Aurora Club	Social rehabilitation program featuring support groups, social skills enhancement and training, community networking, recovery workshops, and volunteer activities	Aurora 717-232-6675
Patch-N-Match	Consumer-driven drop-in center for individuals with mental illness that assists consumers with gaining or maintaining skills, independence, and self-confidence	patchnmatchinc@aol.com 717-232-5575
Dauphin County Parks and Recreation	Provides information about opportunities for community events, engagement opportunities, and public parks	Parks & Recreation 717-599-5188

Strategy 5: Teach Coping and Problem-Solving Skills

Program Name	Program Description	Contact Information
Parent Child Interaction Therapy (PCIT)	PCIT is a specialized, evidence-based treatment program designed for parents and their young children who are experiencing behavioral and/or emotional difficulties	Official PCIT Website Parent Child Interaction Therapy CSG: 877-907-7970 PCS: 717-526-4881

The Incredible Years	The Incredible Years® offers a variety of evidence-based early intervention programs for parents, teachers, early childhood educators, counselors, and other professionals who work with children aged 0-12	Incredible Years
Parent to Parent of PA	Parent peer support program for children with special needs	Parent to Parent of Pennsylvania 717-540-4722
Central PA Family Support Services	Training and support programs for parents and families	Home - Family Support Services 717-614-0130
Fathering Me	Support program for young fathers of unplanned pregnancy	Home fathering.me
Families in Recovery	Support and education program for families touched by addiction	Early Childhood & Family Development 717-232-9757
Parents as Teachers	Training and support program for parents of children birth-kindergarten	Early Childhood & Family Development 717-232-9757
Fatherhood & 24/7 Dad	Free 12-week certification program for fathers seeking to improve their relationships with their children, partner, and family	Early Childhood & Family Development 717-232-9757
Education Leading to Employment and Career Training (ELECT)	Free program for pregnant and parenting youth that provides skill development, goal setting, parenting skills, and healthy decision-making	Pregnant & Parenting Teens (ELECT) – Capital Area Intermediate Unit 15 717-732-8400 ext 8383
PA Family Support Alliance	Training and resources	Home Pennsylvania Family Support Alliance 717-238-0937
Mental Health First Aid, Youth Mental Health First Aid, Teen	Evidence-based, early intervention course that teaches participants about mental health and substance use challenges	Community Services Group 717.285.7121 NAMI of Central PA 717-233-1164

Mental Health First Aid		
Smarter Parents, Safer Kids	Workshop designed to help parents and caregivers master effective communication about sex-related topics with their children	Parenting Workshops Harrisburg Area YMCA 717-362-9494
Triple P – Positive Parenting Program	Program designed to help parents and caregivers promote children’s well-being and make family life more enjoyable	Triple P Referral Form - Pennsylvania Counseling Services, Inc. 717-454-7543
NAMI Basics	Free education program for parents, caregivers and other families who provide care for youth who are experiencing mental health symptoms	NAMI Central PA: Mental Health Support, Education & Resources info@namicentralpa.org 717-233-1164
NAMI Family to Family	Free educational program for family, significant others and friends of people with mental health conditions	NAMI Central PA: Mental Health Support, Education & Resources info@namicentralpa.org 717-233-1164
NAMI Homefront	Free educational program for families, caregivers, and friends of military service members and veterans with mental health conditions	NAMI Central PA: Mental Health Support, Education & Resources info@namicentralpa.org 717-233-1164
NAMI Peer to Peer	Free educational program for adults with mental health conditions who are looking to better understand themselves and their recovery	NAMI Central PA: Mental Health Support, Education & Resources info@namicentralpa.org 717-233-1164

Strategy 6: Identify and Support People at Risk

Prevent Suicide PA	Information and resources about suicide	Home Page - Prevent Suicide PA
Dauphin County ASPIRE	Information, resources, and training	Dauphin County ASPIRE Allies for Suicide Prevention: Inspiring, Responding, Educating 717-329-2723
Dauphin County Crisis Intervention Program	Dauphin County Crisis Intervention is a 24hr emergency mental health services provided by Dauphin County MH/A/DP. Crisis staff provide supportive counseling, outreach, assessment, and referral information to individuals experiencing an emotional crisis or difficulty coping with a personal problem.	Crisis Intervention Services 717-232-7511 100 Chestnut St 1 st Floor Harrisburg PA 17101
988	988 is a national 24/7/365 suicide and crisis lifeline. The website has resources and information about suicide and other related topics	Get Help - 988 Lifeline Call/Text 988
Connections Health Solutions Emergency Behavioral Health Crisis Walk-In Center and Mobile Services	Provides 24/7/365 urgent care and mobile crisis services. Mobile services can be accessed through 988, 911, or local crisis intervention programs	Connections emergency behavioral health crisis walk-in center 1100 S. Cameron St Harrisburg PA 17104 717-408-1353
Crisis Text Line	A national 24/7/365 text/chat crisis service and the website has resources and information	Crisis Text Line Text HOME to 741741 Free, 24/7 Mental Health Support
The Trevor Project	Crisis intervention and suicide prevention services for LGBTQIA+ youth	The Trevor Project - Suicide Prevention for LGBTQ+ Young People 1-866-488-7386 Text 'START' to 678-678
Trans Lifeline	Hotline offering emotional and financial support to trans people in crisis	Home - Trans Lifeline
Suicide Prevention	Information and resources about suicide	Suicide Prevention Resource Center

Resource Center		
Jana Marie Foundation	Information, training, and resources about mental well-being	Home - Jana Marie Foundation
Beyond the Numbers – Mental Health America BIPOC Toolkit	A toolkit of historical content, systems of support, and actionable ways to move forward toward a mentally healthy future	2022-BIPOC-MHM-Toolkit.pdf
Collaborative Assessment and Management of Suicidality (CAMS)	Empirically validated treatment application of suicide-focused care	TEAMCare Behavioral Health 717-525-9804
Suicide Prevention Alliance	Information, resources, and training	Home - Suicide Prevention Alliance 717-585-0611
Safety Plan	Safety plan template	SPA_Safety_Plan
Question Persuade Refer (QPR) Training	Gatekeeper training designed to teach anyone how to appropriately respond to someone who is expressing or exhibiting signs of being suicidal	NAMI- 717-233-1164 Suicide Prevention Alliance- 717-585-0611
Signs of Suicide (SOS)	Teaches students how to identify signs of depression and suicide in themselves and their peers while providing materials and resources to school professionals, parents, and communities	NAMI of Central PA 717-233-1164
Mental Health First Aid, Youth Mental Health First Aid, Teen Mental Health First Aid	Evidence-based, early intervention course that teaches participants about mental health and substance use challenges	Community Services Group 717.285.7121 NAMI of Central PA 717-233-1164
Crisis Intervention Team (CIT) Training	40-hour training for law enforcement officers on a variety of behavioral health topics	Dauphin County Crisis Intervention Team 717-798-1899
A Journey Toward Health & Hope	Handbook for recovery after a suicide attempt	A Journey Toward Health and Hope
Lived Experience Academy	Educational website to help suicide attempt survivors	Lived Experience Academy

Live Through This	A collection of portraits and true stories of suicide attempt survivors	Home Live Through This
United Suicide Survivors International	Resources, courses, workshops, stories, and initiatives for those who have experienced suicide loss, suicide attempts, and suicidal thoughts and feelings	United Suicide Survivors International
First Watch	Resources for First Responders for Suicide Prevention	Suicide Prevention for First Responders Resources - FirstWatch
Frontline Responder Services	Support line for first responders staffed by peers	Help Line Frontline Responder Services 1-866-676-7500
Copline	Support line for law enforcement officers staffed by peers	CopLine 1-800-267-5463
Survivors of Blue Suicide	Services and supports for family and co-workers of law enforcement officer that died by suicide	Survivors of Blue Suicide
In Harms Way: Law Enforcement Suicide Prevention	Training, resources, and other materials on suicide prevention	Law Enforcement Suicide Prevention - In Harm's Way

Strategy 7: Lessen Harm and Prevent Future Risk

Student Assistance Programs	Postvention support to public schools within Dauphin County after the death of a student or staff person	Mental Health Services Keystone Human Services 717-482-8500 information@khs.org
U.S. National Guidelines	Responding to Grief, Trauma, and Distress After a Suicide: U.S. National Guidelines – Survivors of Suicide Loss Task Force, April 2015	National Action Alliance for Suicide Prevention
Toolkit for schools	After a Suicide: A Toolkit for Schools, Second Edition, 2018	After a Suicide: A Toolkit for Schools 2nd Edition
Framework for successful messaging	A strategy for messaging to the public about suicide	Action Alliance Framework for Successful Messaging Action Alliance Framework for Successful Messaging

Olivia's House: A Grief and Loss Center for Children	Grief support and resources for children and families	Olivia's House – A Grief and Loss Center for Children 717-699-1133
United Suicide Survivors International	Resources, courses, workshops, stories, and initiatives for those who have experienced suicide loss, suicide attempts, and suicidal thoughts and feelings	United Suicide Survivors International
Survivors of Blue Suicide	Services and supports for family and co- workers of law enforcement officer that died by suicide	Survivors of Blue Suicide
STAR-Center Postvention Services	Consultation for school districts and agencies regarding postvention	Postvention Consultation STAR-Center University of Pittsburgh 412-864-3346
Highmark Caring Place	Grief support, resources, and training for children, families, schools, and communities	Highmark Caring Place 1800 Center Street Camp Hill, PA 17011 866-613-4673

Strategy 1: Strengthen Economic Supports

Program Name	Program Description	Contact Information
Low Income Home Energy Assistance Program (LIHEAP)	Assistance paying heating bill administered through the state-run county assistance offices	COMPASS
Heating Oil Assistance	Up to 100 gallons of free heating fuel for eligible households	HELP Ministries 717-238-2851
Cash Assistance	Monthly cash benefit administered through the state-run county assistance offices	COMPASS 1-866-550-4355
SNAP (formerly known as Food Stamps)	Monthly allowance for food administered through the state-run county assistance offices	COMPASS 1-866-550-4355

Free/Reduced School Meals	Free school meals for enrolled children administered through the state-run county assistance offices	<u>COMPASS</u> 1-866-550-4355
Child Care Works	Assistance paying for childcare administered through the state-run county assistance offices	<u>COMPASS</u>
CHIP/Medical Assistance	Free or reduced cost health insurance administered through the state-run county assistance offices	<u>COMPASS</u> 1-866-550-4355
Supplemental Security Income (SSI)	Monthly cash benefit administered through the Social Security Administration	<u>SSI</u>
Social Security Disability Insurance (SSDI)	Monthly cash benefit administered through the Social Security Administration	<u>SSDI</u>
Housing Choice Voucher (formerly known as Section 8)	Rental assistance paid directly to landlord - tenant chooses apartment from private landlords in Dauphin County and maintains voucher if they move to another apartment within Dauphin County. Special arrangements must be made with Harrisburg Housing Authority to use the voucher within Harrisburg city.	<u>Housing Authority of the County of Dauphin</u> 717-939-9301
Public Housing	Subsidized public housing - tenant lives in properties owned/leased by the Housing Authority and the subsidy is only for that property. Properties owned/leased by HACD are not within the city of Harrisburg.	<u>Housing Authority of the County of Dauphin</u> 717-939-9301
Family Self Sufficiency Program	Service to assist families with accessing necessary resources and supports to accomplish self sufficiency	<u>Housing Authority of the County of Dauphin</u> 717-939-9301
Rent Assistance	Rental assistance for those under threat of eviction	<u>HELP Ministries</u> 717-238-2851
Rapid Rehousing and Rental Assistance	Assistance for homeless individuals to obtain an apartment and pay rent/security deposit	Call 211

Housing Choice Voucher (formerly known as Section 8)	Rental assistance paid directly to landlord - tenant chooses apartment from private landlords in Harrisburg city and maintains voucher if they move to another apartment within Harrisburg city. Special arrangements must be made with HACD to use the voucher on an apartment outside Harrisburg city.	Harrisburg Housing Authority 717-234-9664
Public Housing	Subsidized public housing - tenant lives in properties owned/leased by the Housing Authority and the subsidy is only for that property. Properties owned/leased by HHA are within Harrisburg city.	Harrisburg Housing Authority 717-234-9664
Transitions Program and Permanently Affordable Housing	A comprehensive program that equips families with the tools, skills, and confidence to build a stable and self-sufficient future. Graduates of the Transitions Program are eligible for Permanently Affordable Housing	Transitions Program Brethren Housing Association 717-233-6016 bha@bha-pa.org
Bridge of Hope	A comprehensive service for homeless or at-risk mothers of children under 18	Get Help Bridge of Hope - Harrisburg 717-303-9930
Capital Area Coalition on Homelessness (CACH)	CACH website provides information about all housing resources in Dauphin County	Capital Area Coalition on Homelessness 717-737-1100
The Salvation Army of Harrisburg	The Salvation Army Harrisburg provides diverse programs, including basic needs assistance, self-sufficiency mentoring, workforce development, choice shopping food pantry, Family Table nutrition education, youth programs, and emergency disaster services.	Harrisburg Capital City Region - Home Page 717-233-6755
Mastering Budgeting Basics; Getting Ahead in a Just Gettin' by World	Individual and group budgeting education to achieve financial stability and success	Tri County Community Action 717-232-9757
Prepare for Your Career Journey	Career readiness and supported employment program	Tri County Community Action 717-232-9757

OnTrack and Operation Help	Utility payment plan for PPL customers - reduced monthly payments, protection from disconnections, and debt forgiveness	Tri County Community Action 717-232-9757
Employment Services	Resume building & interview preparation, adult basic education & ESL, career counseling & resources, job search assistance, skill assessment & aptitude testing, training programs & workshops	Careerlink Capitol Region 100 N. Cameron St, Ste 101 Harrisburg, PA 17101 717-783-3270 https://www.pacareerlink.pa.gov
Harrisburg Area Community College	Associate degree, diploma, and certificate programs in a variety of fields including trades, technology, and health care	Harrisburg Area Community College

Strategy 2: Create Protective Environments

Program Name	Program Description	Contact Information
Project Child Safe	Firearm safety education program that partners with local law enforcement to provide free firearm safety kits	Harrisburg Police Department: 717-558-6900 Dauphin County Sheriff's Department: 717-780-6590 Penbrook Borough Police Department: 717-232-3844 PA State Police Troop H Headquarters: 717-671-7500
Student Assistance Programs	Consultation and assessment for students that may be struggling with mental health concerns	Mental Health Services Keystone Human Services 717-482-8500 information@khs.org
NAMI Central PA	Grassroots organization that provides support groups, advocacy, and education about mental illness and recovery	NAMI Central PA: Mental Health Support, Education & Resources info@namicentralpa.org 717-233-1164
Dauphin County Drug and Alcohol Services	Prevention education and consultation; treatment resources for those suffering from SUDs.	Drug & Alcohol Services 717-635-2254

Counseling on Access to Lethal Means (CALM)	A suicide prevention program designed to reduce access to lethal means in times of crisis	CALM: Counseling on Access to Lethal Means – Suicide Prevention Resource Center
Suicide Awareness Voices of Education	Offers free cable gun locks	Home - SAVE: Suicide Prevention Information and Advocacy
Be SMART	Information, resources, and advocacy to promote responsible gun ownership	Be SMART Secure Gun Storage