

Stressed, Anxious, Depressed and want to talk to someone…

Call 1-855-464-9342

Question about COVID19…

Call 1-877-724-3258

Delaware County Human Services

**Supportive Things to Do During Social Distancing, Quarantine, and Isolation**

* Rely on credible information sources while limiting exposure
* Contact utilities, cable, internet, etc. providers to make alternative payment arrangements if you are unable to work
* Talk to friends, family, and others through social media, telephone, text, Skype, Face Time
* Reach out for support

Resources

Delaware County Crisis Connection Team 1-855-889-7827

 24/7 Mobile Mental Health Services

Peer Support Warm Line 1-855-464-9342

PA Get Help Now 1-800-622-4357

 24/7 Hotline for Drug and Alcohol Treatment Services

Childline 1-800-932-0313

Domestic Abuse Project 1-610-565-4590

Community Action Agency 1-610-874-8451

 Housing assistance – Mon-Fri, 8:00am-3:00pm

DIFAN/Family and Community Services 1-610-566-7540

 Coordinates twelve food cupboards

Certified Recovery Specialists (CRS) Program 1-610-619-8616

24/7 National Suicide Prevention Lifeline 1-800-273-8255

24/7 Crisis Text Line Text PA to 741-741

Magellan Member Services Delaware County 1-888-207-2911

Email Human Services with any questions or concerns at humanservices@delcohsa.org

**Coping and Relaxing**

Engage in activities you enjoy

Meditate

Take deep breaths

Talk to others about your feelings and experiences

Write in a journal

Maintain a sense of hope

**Online and Virtual Recovery Supports**

**PRO●A Pennsylvania Recovery Organizations Alliance**

<http://pro-a.org/wp-content/uploads/2020/03/PROA-Online-Support-Resource-list-31720.pdf>

Connections Recovery App: <https://www.addictionpolicy.org/connections-app>