

Parallel Links Pediatrics PLLC

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Crisis Resources

Crisis Support Resources- available nationwide

These toll-free crisis hotlines offer 24-hour suicide prevention and support. Your call is free and confidential.

National Crisis Line: dial "988"

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

National Hopeline Network 1-800-SUICIDE (1-800-784-2433)

National Crisis Text Line Text "LISTEN" to 741-741

http://www.helpguide.org/topics/suicide_prevention.htm

Free Smart Phone Apps-

Virtual Hope Box

Calm in the Storm

Lifebuoy

ReliefLink

MY3

Allegheny County, PA

Re:Solve Crisis Network (24 hours a day, 365 days a year)

Telephone: call any time and speak with a trained counselor at 1-888-7-YOU CAN (1-888- 796-8226).

Mobile dispatch unit: Call for service. Trained crisis counselors will travel to where you are — anywhere in Allegheny County.

Walk in: No appointment needed. Visit the North Braddock Avenue location, near Pittsburgh, Pa.

Residential services: Residential and/or overnight services are available only for individuals, ages 14 and older, whose crisis extends over a period of time. Need for these services are assessed during walk-in visit. Referral to residential services will be made by a staff member, if appropriate.

Allegheny County Peer Support Warmline Service (2 pm to 10 pm, 7 days a week)

1-866-661-WARM (9276)

Washington County, PA

Washington County 911 (24 hours a day, 365 days a year)

Telephone: 911 Dispatcher will link the person directly with a mental health crisis worker upon request

Washington County Crisis Line (24 hours a day, 365 days a year)

1-877-225-3567

Crisis services provide supportive counseling, outreach, assessment, and referral information to individuals experiencing an emotional crisis or difficulty in coping with an emotional crisis or a behavioral problem.

Services are available via telephone, walk-in, and mobile dispatch unit 24 hours a day through Southwestern Pennsylvania Human Services (SPHS).

Washington County Warmline Service (6 pm to 9 pm, 7 days a week, except major holidays)

(724) 223-1026/ Toll Free: 1-800-MHA-2466

Mental health consumers/ family members in Washington and Fayette Counties may call and receive non-emergency peer support and/or community resource information. This phone line is unique as it is not a crisis line.