



Delaware County Human Services

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

Call 1-855-464-9342

Question about COVID19...

Call 1-877-724-3258

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

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>

Resources

Delaware County Crisis Connection Team 24/7 Mobile Mental Health Services	1-855-889-7827
Peer Support Warm Line	1-855-464-9342
PA Get Help Now 24/7 Hotline for Drug and Alcohol Treatment Services	1-800-622-4357
Childline	1-800-932-0313
Domestic Abuse Project	1-610-565-4590
Community Action Agency Housing assistance – Mon-Fri, 8:00am-3:00pm	1-610-874-8451
DIFAN/Family and Community Services Coordinates twelve food cupboards	1-610-566-7540
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