

# MENTAL HEALTH RESOURCES

Crisis Text Line: Text PA to 741-741

National Suicide Prevention Lifeline: 1-800-273-8255

TrueNorth Wellness Crisis Intervention (UPMC Memorial Hospital):

717-632-4900

Wellspan Crisis Intervention (York Hospital & Edgar Square): 717-851-5320 or

1-800-673-2496

[Safe2Say Hotline](#)