

## MENTAL HEALTH RESOURCES WITHIN MINSI TRAILS COUNCIL

### **Crisis and Suicide Lifeline: 988 (call or text)**

They can help with risk assessments, and they have a database of available resources in the community. They often will work with local County Crisis for response if there is a more immediate need.

### **Immediate Emergency - 911**

Many of our first responders have received information on deescalating mental health crisis situations. This training is called Crisis Intervention Training and responders who have attended the course are part of the Crisis Intervention Team. This training is more widely utilized in COG and not as many State Troopers have gone through the training. However, you can always ask for a CIT trained officer to respond if you think there is a mental health challenging happening. If one is available, they will try to send that individual to assist.

### ***Some other resources that are good to know:***

#### **The Trevor Project: 1-866-488-7386**

\*provides free and confidential support and information to LGBTQ youth. Lots of great information on their website: [thetrevorproject.org](http://thetrevorproject.org)

**Lifeline Crisis Chat** [crisischat.org/chat](http://crisischat.org/chat) Online chat avail 2pm to 2am ET every day If service appears offline or busy, call the Lifeline at 1-800-273 TALK (8255) We are available 24/7 \*Text HOME to 741741 for Lifeline Crisis Chat

#### **Organizations who can assist:**

**NAMI – Lehigh Valley** - NAMI Lehigh Valley is an organization of families, friends and individuals whose lives have been affected by mental illness. Together, we advocate for better lives for those individuals who have a mental illness.

610-882-2102 [www.nami-lv.org](http://www.nami-lv.org)

**American Foundation for Suicide Prevention** – Suicide prevention and support for those affected by suicide.

484-330-0912 [www.asfp.org](http://www.asfp.org)

**DBSA of Lehigh Valley** – Depression & Bipolar Alliance

[www.dbsa-lv.org](http://www.dbsa-lv.org)

### **INFORMATION & REFERRAL**

LEHIGH COUNTY 8:30am-4:15 Monday thru Friday 610-782-3200

NORTHAMPTON COUNTY 8am-5pm Monday thru Friday 610-559-3270

NORTHAMPTON COUNTY Drug & Alcohol Help Line Mon – Fri 8am-5pm 610.829.HELP (4357)

\*Emergency line @ this # 24/7

**BEFORE CRISIS OCCURS...**

LEHIGH COUNTY WARMLINE M-F 6am-2am Sat/Sun 6am-10am 2pm-2am 610-820-8451

NORTHAMPTON COUNTY PEER LINE 24 Hours Every Day 1-855-PA-PEERS (727-3377)

LEHIGH COUNTY CRISIS INTERVENTION 24 Hours Every Day 610-782-3127

CARBON-MONROE- PIKE COUNTY WARMLINE 24 hours/7days a week 866-654-8114

**PENNSYLVANIA AND NEW JERSEY CRISIS PHONE NUMBERS BY COUNTY**

<b>Carbon/Monroe/Pike Counties</b>	
Website	<a href="http://www.cmpmhds.org/">http://www.cmpmhds.org/</a>
Phone	Carbon County: 1-610-377-0773    Monroe County: 1-570-420-1900    Pike County: 1-570-296-6484
Crisis Services	New Perspectives Crisis Line: 1-570-992-0879

<b>Lehigh County</b>	
Website	<a href="https://www.lehighcounty.org/Departments/Human-Services/Mental-Health">https://www.lehighcounty.org/Departments/Human-Services/Mental-Health</a>
Phone	1-610-782-3200
Crisis Services	1-610-782-3127

<b>Luzerne/Wyoming Counties</b>	
Website	<a href="https://www.luzernecounty.org/466/Mental-Health-Developmental-Services">https://www.luzernecounty.org/466/Mental-Health-Developmental-Services</a>
Phone	1-570-825-9441
Crisis Services	1-570-552-6000

<b>Northampton County</b>	
Website	<a href="https://www.northamptoncounty.org/HS/MENHEALTH/Pages/default.aspx">https://www.northamptoncounty.org/HS/MENHEALTH/Pages/default.aspx</a>
Phone	610-559-3270
Crisis Services	610-252-9060

<b>Warren County, New Jersey</b>	
Website	<a href="https://www.warrencountynj.gov/government/human-services/division-of-administration/mental-health-programs">https://www.warrencountynj.gov/government/human-services/division-of-administration/mental-health-programs</a>
Phone	908-475-6331
Crisis Services	(908) 454-5141