



THE RESILIENT VETERAN

Working to Eliminate Veteran Suicide and Promote Veteran Suicide Awareness

Northwest
Pennsylvania
Veteran Suicide
Prevention
Program

COMMUNITY TOOLKIT

**Your Role in Connecting Veterans to Services
and Preventing Suicide**

Funded by the CDC's Division of Injury Prevention



Implementation and Research
Center for Healthy Communities



Suicide is a leading cause of Veteran deaths.

How to Use the Suicide Risk Awareness and Resource Referral Toolkit

Whether you're a business owner, work for a community organization, or are a Veteran or military family, this toolkit will get you connected to resources, explain our free training courses, and show how you can promote resiliency and community support for at-risk Veterans.

Pick the group that best describes you and explore the suggested learning activities. Each activity offers real-world skills and information to help Veterans in your community.



You can get a copy of this free toolkit on the Resilient Veteran website:

www.TheResilientVeteran.org/toolkit

FOR BUSINESSES



- Get your team trained on Question, Persuade, Refer (QPR)**
See page 5
- Sign your business up for a CALM training**
See page 6
- Learn about safety plans**
See page 9
- Review community resources for your county**
See page 18

Ready to Get Started? Here are Some Suggestions.

The 2015 suicide rate
among Veterans was
2.1 times higher than
that of non-Veteran adults.

FOR COMMUNITY ORGANIZATIONS



- Sign up for a Question, Persuade, Refer (QPR) training
See page 5
- Get your group trained about military culture
See page 6
- Learn about suicide risk screenings
See page 11
- Review community resources for your county
See page 18

FOR VETERANS AND MILITARY FAMILIES



- Sign up for Question, Persuade, Refer (QPR) and Moral Injury trainings
See page 5
- Learn about military sexual trauma (MST)
See page 14
- Understand your COMPACT Act treatment rights
See page 17
- Review community resources for your county
See page 18

All toolkit resources are listed on the next page.



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Free Learning Opportunities

Classes are **free of charge** and open to all who are interested in learning more about promoting resiliency and assisting Veterans at risk for suicide.

Please contact us at NWPAVeteran@pitt.edu with any questions or to schedule a training session for your business, community organization, or professional association.

SUICIDE FACT CHECK

MYTH: Asking someone about suicide will put the idea in their head.

FACT: Asking a person about suicide does not create suicidal thoughts. The act of asking the question simply gives the person permission to talk about his or her thoughts or feelings.

MYTH: If somebody really wants to die by suicide, there is nothing you can do about it.

FACT: Suicidal thoughts are often caused by treatable conditions and situations and the acute risk of suicide is usually temporary. Helping someone through the immediate crisis can significantly improve outcomes, saving lives.

Question, Persuade, Refer (QPR) Gatekeeper Training for Suicide Prevention



 2 Hours

 In-Person

 Virtual

 CE Credits Available



Description

QPR is an evidence-based program teaching the **warning signs** of a suicide crisis, how to respond, how to offer hope, and how to get help.

Training Objectives

- Describe the impacts of death by suicide.
- Identify **warning signs** of suicide.
- Learn **how to ask someone directly** about their desire or intent regarding suicide.
- Demonstrate verbal and nonverbal skills used to persuade someone who is having thoughts of suicide to **seek and accept** help.
- Identify **local resources** available to help someone who is having thoughts of suicide.
- Describe how to get help for someone having thoughts of suicide.

Counseling on Access to Lethal Means (CALM)



 1 Hour

 Virtual



Description

CALM is designed for **professionals who work with people at risk for suicide** to learn how to help individuals reduce access to lethal means, such as firearms and medication, during a crisis.

Training Objectives

- Identify **people who could benefit** from lethal means counseling.
- **Ask about** access to lethal methods.
- Work with the individual at risk and their families to **reduce access to lethal means**.



Scan this QR code to visit the training page on the Resilient Veteran site.

Introduction to Military Culture



 1 Hour

 In-Person

 Virtual



Description

This course teaches about military service and **what service members go through**. It helps people learn how to support and create helpful programs for those in the military and Veterans.

Training Objectives

- Explain how different parts of the U.S. military, like departments, branches, and ranks, are set up.
- List the six main parts of the military's special, separate way of working.
- Describe and discuss the **risks** associated with military service.
- Identify the **top challenges** service members face as they return to civilian life.
- Identify the top skills and attributes strengthened by military service.

An Epidemic in our Ranks: Military Sexual Trauma



 1 Hour

 In-Person

 Virtual



Description

This course will educate participants about **military sexual trauma (MST)**, its prevalence among service members, common health outcomes, treatment options, and available resources.

Training Objectives

- Define military sexual trauma and its **prevalence in the military**.
- Discuss the connection between military culture and MST.
- Identify common outcomes of MST and treatment options available for Veteran survivors.
- Discuss institutional betrayal, military justice, and policy reform efforts related to MST.

Overview of Moral Injury



 1 Hour

 In-Person

 Virtual



Description

This course teaches about moral injury, **how common it is** in people who serve in the military, what usually **causes it**, and ways to help **treat it**.

Training Objectives

- Describe how **moral injury is not the same** as post-traumatic stress disorder (PTSD).
- Discuss the **two types of moral injury**, their causes, and **symptoms**.
- Explain the **link between** military life and moral injury.
- Identify best practices for **assessment and treatment** of moral injury.
- Talk about how military **deployments and other experiences** can strongly affect the feelings of Veterans and their families, leading some to think about suicide.

Applied Suicide Intervention Skills Training (ASIST)



 2 days (15 hours)

 In-Person



Description

Learn and practice using skills of the **ASIST model** to identify Veterans and others in your community who might be thinking about suicide and provide real help. This evidence-based training gives you the tools to make a difference.

Training Objectives

- Understand how attitudes about suicide affect those at risk and their caregivers.
- Increase confidence to **talk openly** about suicide with someone at risk.
- Spot warning signs and **create safety plans**.
- Develop skills needed to **intervene and help** someone considering suicide.
- Identify **help available** for people at risk.
- Commit support in your community.
- Recognize suicide prevention includes **caregiver self-care**, not just emergency help.

Suicide in Military Members and Veterans



 60 minutes

 Virtual



Description

Please note that the following is an **external training** available for free from **PsychArmor**. It is on-demand and self-paced and you can access the training at learn.psycharmor.org.

Training Objectives

- Describe the numbers behind military suicides and learn about the special reasons that might cause more suicides in the military.
- **Spot the signs** that someone might be thinking about suicide.
- Identify **good habits** and strengths that can protect someone from feeling suicidal.
- Learn about **ways doctors and therapists help** people who are thinking about suicide.
- Explain the **four main areas** linked to suicidal thoughts.

What is a Safety Plan?

A **personal safety plan** is a step-by-step guide that can help someone cope with suicidal thoughts and avoid self-harm. It includes recognizing signs, using coping strategies, and having a list of people to call for support.

How to make a safety plan

Veterans can work with any **trusted caregiver, family member, or friend**, to create a safety plan before a crisis starts, while their thinking is clear. Once complete, talk to a friend or family member about being a contact and to keep a copy of it.

This humble approach **helps to reduce stigma** and acknowledges that **everyone can benefit from a personal safety plan**.

Because many Veterans own guns and are familiar with handling them, it's important that their safety plans include safe storage.

Use the safety plan on the **next page** or one of the links **below**:

University of Pittsburgh
School of Pharmacy

TheResilientVeteran.org

Stanley-Brown

SuicideSafetyPlan.com

Hold My Guns

HoldMyGuns.org

Gun Shops can help!

If you own firearms, sell them, or belong to a shooting club or hunting group, you can make a difference in preventing Veteran deaths by suicide just by **talking about safe firearm storage** and sharing this information. Reach out to our project partner at HoldMyGuns.org for more info:

Sara Albrecht, Executive Director at Hold My Guns sarah@holdmyguns.org



67% of Veteran deaths by suicide in 2015 involved firearms.

Safe Storage Options



Store ammunition separately from guns.



Use **safe storage options** in the home such as a **cable lock, trigger lock, lock box, or gun safe**.



Consider **temporary storage** options such as **family members, friends, police departments, gun shops, or shooting clubs**.

Safety Plan Worksheet

Complete this by yourself or with a friend, family member, or other trusted person.

STEP 1: Warning signs that I might be headed toward a crisis and this plan should be used.

- 1 _____
- 2 _____
- 3 _____

STEP 2: Internal coping strategies I can do to take my mind off my problems without contacting another person.

- 1 _____
- 2 _____
- 3 _____

STEP 3: People, places, and social settings that provide healthy distraction or help me feel better.

- | | |
|---------------|---------------|
| 1 Name _____ | Phone _____ |
| 2 Name _____ | Phone _____ |
| 3 Place _____ | 4 Place _____ |

STEP 4: People I can contact to ask for help during a crisis like family members, friends, and co-workers.

- | | |
|--------------|-------------|
| 1 Name _____ | Phone _____ |
| 2 Name _____ | Phone _____ |
| 3 Name _____ | Phone _____ |
| 4 Name _____ | Phone _____ |

STEP 5: Professionals or agencies that can help me during a crisis.

- | | |
|---------------------------|------------------------|
| 1 Clinician/Agency _____ | Phone _____ |
| Emergency Contact _____ | |
| 2 Clinician/Agency _____ | Phone _____ |
| Emergency Contact _____ | |
| 3 Local Hospital ER _____ | Hospital Address _____ |
| Hospital Phone _____ | |

4 Free 24/7 Crisis Lines



DIAL
988

Veterans **press 1** after dialing



TEXT
838255



CHAT

[VeteransCrisisLine.net](https://www.veteranscrisisline.net) (Veterans)
[988Lifeline.org](https://www.988lifeline.org) (everyone)

STEP 6: Making my environment safer by removing or limiting my access to lethal means.

- 1 _____
- 2 _____
- 3 _____

GIVE a copy of this to a friend, family member, or other trusted person and **KEEP** one with you.

Concerned About Suicide Risk? Ask the Question.

When you believe a person may be experiencing a mental health crisis, one of the most important things you can do is **ask pointed and direct questions about suicide**. The two options presented on the following pages provide examples of questions and next steps to take based on the individual's response. Anyone can use these screening tools to help identify a crisis and get help.

In the case of a mental health emergency, **the 988 Lifeline** provides **24/7, free, and confidential** support for people in distress and prevention and crisis resources for you or your loved ones throughout the United States. **Call or text 988** to be connected to support for Veterans, access Spanish-language services, ASL support for the deaf community, and be connected to local resources and help.

Option 1: Assessing risk with the Columbia Protocol

For everybody

The Columbia Protocol (short for the *Columbia Suicide Severity Rating Scale* or *C-SSRS*) is a set of questions that is easy to use and helps find out if someone is thinking about hurting themselves. Anyone can ask these questions to see if someone has thought about suicide, made any plans, or tried to hurt themselves.

It's a simple and effective way to spot when someone might be in danger and needs extra help.

The Columbia tool is **free and used all over the world** in places like schools and hospitals to help people who might be feeling really sad or alone.

See the Columbia Protocol on the next page



More versions of the Columbia Protocol screening tool, including pocket cards with Armed Forces branding, are available on their website, as shown to the right.

<https://cssrs.columbia.edu/>

	Past Month
1) Have you wished you were dead or wished you could go to sleep and not wake up?	
2) Have you actually had any thoughts about killing yourself?	
If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6	
3) Have you thought about how you might do this?	
4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?	High Risk
5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?	High Risk
Always Ask Question 6	Lifetime Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <small>Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.</small>	High Risk

NATIONAL SUICIDE PREVENTION LIFELINE Any YES indicates the need for further care. However, if the answer to 4, 5 or 6 is YES, immediately ESCORT to the nearest Chaplain, Mental Health Provider, Unit Leader or Emergency Department.
1-800-273-8255

Military Crisis Line 1-800-273-8255 PRESS 0

DON'T LEAVE THE PERSON ALONE. STAY WITH THEM UNTIL THEY ARE IN THE CARE OF PROFESSIONAL HELP



The Columbia Protocol

Read the **questions in bold** below to the person you're concerned about. You are encouraged to practice with a friend or colleague to get comfortable so that it feels natural.

Mark the **YES** or **NO** box according to their answer.

<p>1 Have you wished you were dead or wished you could go to sleep and not wake up?</p>	<table border="1"> <tr> <td>NO</td> <td>YES</td> </tr> </table>	NO	YES
NO	YES		
<p>2 Have you actually had any thoughts of killing yourself?</p>	<table border="1"> <tr> <td>NO</td> <td>YES</td> </tr> </table>	NO	YES
NO	YES		
<p>CHECK If they answered NO to QUESTION 2, skip to QUESTION 6. Otherwise, continue to QUESTION 3</p>			
<p>3 Have you been thinking about how you might do this?</p>	<table border="1"> <tr> <td>NO</td> <td>YES</td> </tr> </table>	NO	YES
NO	YES		
<p>4 Have you had these thoughts and had some intention of acting on them?</p>	<table border="1"> <tr> <td>NO</td> <td>YES</td> </tr> </table>	NO	YES
NO	YES		
<p>5 Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?</p>	<table border="1"> <tr> <td>NO</td> <td>YES</td> </tr> </table>	NO	YES
NO	YES		
<p>6 Have you ever done anything, started to do anything, or prepared to do anything to end your life?</p>	<table border="1"> <tr> <td>NO</td> <td>YES</td> </tr> </table> <p>Was this within the past 3 months?</p>	NO	YES
NO	YES		

Results Section

If you marked any **YES RESPONSES** in a

RED BOX

HIGH RISK: The person **requires immediate help**. **Stay** with them and get them to a hospital **Emergency Department**. If you can't, or aren't sure what to do, you or the person should **CALL 988** for **24/7 help**.

If you marked any **YES RESPONSES** in an

ORANGE BOX

ELEVATED RISK: The person has had **more serious thoughts** about suicide and should meet with a therapist or other behavioral health professional.

If you marked any **YES RESPONSES** in a

YELLOW BOX

LOW RISK: Though the individual has had **some thoughts** about suicide, they are unlikely to be in immediate danger. They should speak with a therapist or other behavioral health professional.

Get help for you or someone else using 988:



Download the app versions of the Columbia Protocol:



bit.ly/ColumbiaScreen

apple.co/3v37pqR

Option 2: Use the VA Script

For people who work in healthcare and related fields

This script is for people who are more comfortable working with people in crisis. If you work for a food bank, health clinic, drug and alcohol recovery, or others, you're more likely to meet Veterans who need extra support and who may be considering death by suicide. Review the script and keep it in mind as a resource.

The script is approved by VA and easy to use, even for people who aren't trained in helping with tough situations.

Trust your instincts. If you think a Veteran you're working with may try to hurt themselves or others, that's enough to use the script.

Veteran Crisis Intervention Checklist

Do you think the Veteran might be in danger of harming themselves or others right now?

Yes

Take action immediately.

- Safely get the Veteran to the nearest **Emergency Room (ER)**.

Once the Veteran is safely with ER staff:

If the ER you took them to is not a VA facility:

- Ask** ER staff to **contact** the **VA Emergency Care Line** at **1-844-724-7842**.

The **Emergency Care Line** will coordinate with the VA to determine COMPACT Act eligibility.

Remember:

- Always **prioritize the safety** and well-being of the Veteran.
- Maintain clear communication and **follow protocols** diligently.
- Ensure **confidentiality and respect** the Veteran's decisions.
- Keep **detailed records** of all actions and referrals made.

No

Focus on connecting the Veteran to resources.

Attempt to **connect the Veteran** to the **VA RN Clinical Contact Center**.

- Call the 24/7 VA Clinical Contact Center** at **1-833-TELE-URGENT (1-833-835-3874)**.
- The RN who answers the Clinical Contact Center line will speak with the Veteran, determine urgency and type of need, and complete internal protocols to manage.

If the Veteran **declines the referral**:

- Provide 988** as a crisis resource.



Military Sexual Trauma (MST) Claims Guide

This information is provided by VA to help Veterans understand the process for submitting MST claims. Speak with your physician or behavioral healthcare provider or contact VA with questions about completing the form or submitting the necessary documentation.

What is Military Sexual Trauma (MST)?

- MST is a term used by the Department of Veterans Affairs (VA) to refer to sexual harassment or sexual assault experienced during military service.
- MST is not a disability or diagnosis, but an event someone experiences.
- An occurrence of MST does not depend on the identity of the perpetrator, when/where it occurred, or whether it was reported.
- VA recognizes an MST event as the “in-service stressor” that can cause a disability that is eligible for disability compensation.
- VA does not pay disability compensation for MST directly but will pay for PTSD, depression, anxiety disorder or other mental or physical conditions linked to MST.

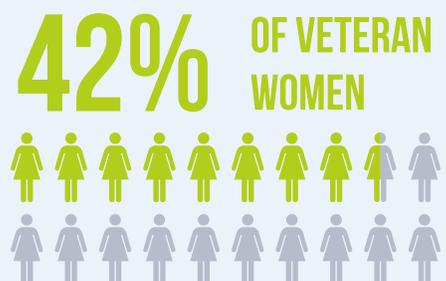
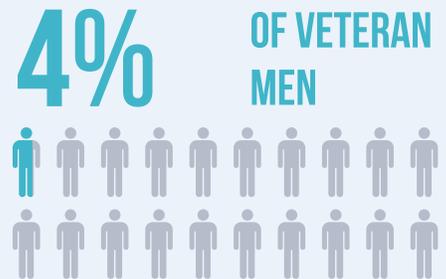
What does it mean for a disability to be service-connected?

A service-connected disability is one that **began or was worsened during military service**. When a disability is service-connected, the Veteran is eligible for disability compensation and other benefits from the VA.

If you file a claim for disability compensation and VA determines you have disabilities related to your military service, you could receive monthly nontaxable compensation, a 10-point hiring preference for federal employment, VA healthcare services, and other important benefits.

HOW COMMON IS MILITARY SEXUAL TRAUMA AND WHO EXPERIENCES IT?

A survey of 60,000 US Veterans revealed sexual harassment impacts...



Adapted from "Military Sexual trauma Among Recent Veterans," by Barth et al., 2016. Data has been rounded.

Video: Service-connected disabilities



youtu.be/h4vKqUldys

How can I prove my disability claim is due to MST?

1. Evidence of the in-service stressor (MST event):

- **Police records**
- **Medical records** (e.g., hospital, mental health clinic, crisis center, etc.)
- **Journals or diaries** kept at the time of the traumatic event
- Supporting **statements from a person** who can attest to the MST incident

2. Evidence of behavior changes:

- Drug or alcohol use
- Request for transfers
- Change in work performance
- Suicide attempts
- Relationship issues like divorce
- Supporting statements from a person who can attest to your behavior changes

**The above is only a partial list of acceptable evidence.*

How does the VA rate PTSD from MST?

The VA uses a percentage system to "rate" how much your disability impacts your life. The **higher** your disability is rated in percent, the **more compensation** you will receive. These ratings are based on **evidence you turn in** with your claim, so being thorough is important. A VA representative you work with may ask that you have an exam with a health professional to help rate your disability.

Look over the graphic below to get that gives an idea of how a person might be impacted examples of how a person might experience a disability rating percentage.

Video: Overview of VA disability rates



youtu.be/T3RodE0nGFc

VA Disability Ratings Explained

0%

You have a mental health condition, but it doesn't really stop you from working or socializing.

10%

Once in a while you have very mild symptoms when you are under stress that make things a bit difficult.

30%

You're mostly okay, but sometimes you might struggle at work or with friends.

50%

You often find it hard to do your job well and to get along with others.

70%

Your condition causes you trouble in most parts of your life, like at school, work, or with family.

100%

Your condition is so serious that you can't work or take care of yourself.

IMPORTANT: You are still eligible for free health care and other benefits at the 0% rating.

Number of Veteran outpatient visits to VA for MST-related care in 2015

1.3 MILLION

Number of active duty personnel in 2015

52%

of women who reported a sexual assault perceived that they experienced professional or social retaliation for their report. (RAND, 2014)

57%

of men and 62% of women reported that the most serious sexual assault they experienced happened at a military installation or on a ship. (OPA, 2019)

85%

of active-component and 81% of reserve-component members indicated their assailant was another member of the military. (RAND, 2014)

57%

more men and 42% more women with combat exposure report MST compared to those without. (Barth et al., 2016)

Applying for Disability Compensation

There are a number of ways to apply for VA disability compensation and people who are available to help you complete the needed forms and answer your questions. Use the list below to decide which works best for you.



File for disability compensation with **VA Form 21-526EZ** using the online system or download a pdf copy to print and fill out.



va.gov/disability/how-to-file-claim



Get help filing your claim from an **accredited Veterans Service Organization (VSO) Representative** by appointing them using the online tool.



va.gov/get-help-from-accredited-representative/find-rep



Find your nearest **VBA MST Outreach Coordinator** to help you with the claim process online or by calling **1-800-827-1000**.



Note: Both **female and male** MST Outreach Coordinators are available at all regional offices.

benefits.va.gov/benefits/mstcoordinators.asp

COMPACT Act and Veteran Suicide Prevention

The COMPACT Act offers immediate help to Veterans who are experiencing a crisis and might hurt themselves or attempt death by suicide, as seen by doctors or crisis helpers.

This help includes paying for travel and treatment costs, and it doesn't matter if the Veteran hasn't used VA services before. They can get care at VA hospitals or other places.

What the COMPACT Act Provides

The COMPACT Act significantly supports Veterans at risk of suicide by offering immediate and accessible mental health care. Here's how it helps:



Quick Access to Care

Veterans in crisis can quickly get emergency help at both VA and non-VA facilities, ensuring no delay when support is critically needed.



Extended Care

The act provides up to 30 days of inpatient and 90 days of outpatient care, with the option for extension, allowing Veterans consistent support throughout their recovery.



Telehealth Options

Veterans living far from health facilities or those who prefer not to travel can use telehealth services, connecting with professionals via phone or computer.



Transportation Cost Coverage

If traveling is necessary, the act covers transportation costs to and from care facilities, removing a common barrier to seeking help.



Community and Peer Connections

The act fosters peer support groups and community resources, helping Veterans build networks with others who understand their experiences and challenges.

Once the Veteran is safely in care, it is important for **the hospital** to call the **VA Emergency Care Line** at **1-844-724-7842** to coordinate care and determine eligibility.

Healthcare Provider Education About the COMPACT Act

Because the COMPACT Act is still relatively new, healthcare providers may find the following resources useful to learn more about it and how it could impact their claims processes.



Find providers using VA's online Community Care information page



Watch a video overview of **how to file a claim** through Community Care



va.gov/communitycare/providers/index.asp

youtu.be/W_t3QIKkAeY

More information can be found on the VA's Community Care web page at va.gov/communitycare.

County Resource Directory

Whether you are a community member who just wants to help someone or a Veteran in need, knowing who you can contact is a simple yet powerful tool.

This part of the toolkit is a listing of local resources in the 19-county Northwest Pennsylvania region. It covers a wide range of needs including food and housing, health care, treatment for substance and opioid use, transportation and childcare assistance, safe firearm storage, and other areas important for Veterans and their families.

Along with county-specific information, you'll find resources from regional and state-wide VA services. Remember, we'll update this directory every three months to keep you informed.

6.5%

of PA Veterans live in poverty.



4.6%

of PA Veterans are unemployed.



6.6%

of unhoused Pennsylvanians were Veterans.



17.5%

of PA Veterans have a service-connected disability rating.



Armstrong County

Crisis Support & Hotlines

CRISIS - Butler 24/7 Hotline
800-292-3866

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Armstrong Community Action
724-548-3408

Catholic Charities Agency
724-548-1009

Kittanning Empowerment Center
724-543-2063

Housing Support

Armstrong County Assistance Office
724-543-1651

Armstrong Community Action
724-548-3408

HUDVASH Program
724-406-9795

Veterans Affairs

Armstrong County VA Clinic
800-698-2411

Single County Authority

Armstrong/Indiana/Clarion Drug and Alcohol Commission
724-354-2746

Human Services

Armstrong DHS
724-543-1651

Medical Care

BHS Primary Care
833-906-0106

Substance Use and Recovery

ARC Manor
724-548-7607

Family ACTS
724-763-7600

RHJ Medical Center - Vandergrift
724-696-9600

Mental & Behavioral Health

CRISIS - Armstrong 24/7 Hotline
877-333-2470

Family Psychological Associates (Multiple Sites)
724-287-3000

Family Counseling Center of Armstrong (Multiple Sites)
724-543-2941

The Open Door of Indiana
724-465-2605

Beaver County

Crisis Support & Hotlines

CRISIS - Butler 24/7 Hotline
800-292-3866

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Beaver County Assistance Office
724-773-7300

Borough of Leetsdale Fire Dept
724-266-4820

Families Matter Food Pantry
724-770-1920

First Presbyterian
Church of Darlington
724-827-2970

Greater Pittsburgh
Community Food Bank
412-460-3663

Southwest Butler
Food Cupboard
724-453-4184

West Hills Food Pantry
412-262-4930

Housing Support

Beaver County
Housing Authority
724-728-8741

The Cornerstone of
Beaver County
724-846-6400

Fair Housing Office
Beaver County
724-203-0114

Housing Authority of the
County of Beaver
724-775-1220

Housing Opportunities
for Beaver County
724-728-7511

Veterans Affairs

Beaver County VA Clinic
800-698-2411

Butler VA Medical Center
800-698-2411

Single County Authority

Beaver County Behavioral
Health Drug and
Alcohol Program
724-847-6225

Human Services

Beaver County Human Services
724-891-5800

Medical Care

Adagio Health
866-942-2778

Autumn Street Health Center
724-375-5754

Beaver Falls Health Center
724-843-4400

Rochester Health Center
724-770-9095

Substance Use and Recovery

Addiction and Behavioral
Counseling Associates
MATRIX Treatment Center
724-660-4495

Addiction & Behavioral
Counseling Associates
724-843-0129

Christian Counseling
Associates of Western PA
724-369-1510

Drug and Alcohol Services
of Beaver Valley
724-777-2498

Gateway Rehabilitation Center
724-378-4461

Gateway Rehabilitation
Center - Midland
412-604-8900

Gateway Rehabilitation
Center - Moffett House
724-846-6145

Outpatient Addiction
Recovery Services
724-203-3962

Pinnacle Treatment
Services of Aliquippa
724-857-9640

Centers of Excellence

Allegheny Health Network
412-362-8677

Crossroads Treatment
800-805-6989

Pinnacle
724-857-9640

Mental & Behavioral Health

CRISIS - Beaver 24/7 Hotline
800-400-6180

Heritage Valley Beaver
724-728-7000

UPMC Western Psych
724-775-5208

Western PA Psychological
Care (Multiple Sites)
724-728-8411

Butler County

Crisis Support & Hotlines

CRISIS - Butler 24/7 Hotline
800-292-3866

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Butler County
Community Action
724-284-5125

Gleaners Food Bank
724-776-2888

Grove City Community
Food Pantry
724-458-5208

Evans City Community
Food Cupboard
724-538-0542

Greater Pittsburgh
Community Food Bank
412-460-3663

St Vincent De Paul
724-287-3994

Housing Support

Butler County
Community Action
724-284-5125

Butler County Assistance Office
724-284-8844

Butler County Housing
Authority
724-287-6797

City Rescue Mission
724-652-4321

Hope Place Women's Shelter
724-652-4349

HUDVASH Program
724-406-9795

St Vincent De Paul
724-287-3994

Veterans Affairs

Abie Abraham VA
Health Care Clinic
724-287-4781
800-698-2411

Butler VA Medical Center
800-698-2411

Single County Authority

Butler County Drug and
Alcohol Program
724-284-5114

Human Services

Butler County Human Services
724-284-5114

Medical Care

Absolute Primary Care
724-779-2273

Adagio Health
866-942-2778

BHS Primary Care - Ford City
833-906-0106

Butler Memorial Hospital
724-482-4099

Butler Regional Recovery Center
724-284-4861

Mars Medical Center
724-625-3171

Petroleum Valley
Medical Center
724-756-2940

Substance Use and Recovery

Butler Regional Recovery
Day Program
724-284-4274

The Care Center
724-234-1370

Cranberry Township
Comprehensive
Treatment Center
724-779-2010

Davis Archway House
724-841-0744

Ellen O'Brien Gaiser
Addiction Centers
724-287-8205
724-256-8883

Foundations Medical Services
724-431-2006

Positive Pathways
412-224-2812

Silvermist
724-481-1284

Summit Academy
724-282-1995

Centers of Excellence

Acadia
207-236-6470

Allegheny Health Network
412-362-8677

Butler Memorial Hospital
724-283-6666

Ellen O'Brien Gaiser Center
724-287-8205
724-256-8883

Pyramid
724-602-9028

SPHS Care Center
(Multiple Sites)
724-228-2200

Trilogy
877-446-6331

Mental & Behavioral Health

CRISIS - Butler 24/7 Hotline
800-292-3866

Butler Healthcare Providers
724-284-4894

Butler Memorial Hospital
724-283-6666

Charlie Health Mental
Health Services PA
406-361-3146

Family Pathways
724-284-9440

SPHS Care Center
(Multiple Sites)
724-228-2200

Cambria County**Crisis Support & Hotlines**

Suicide & Crisis Lifeline
988

PA Helpline
211

Veterans Affairs

James E. Van Zandt VA
Outpatient Clinic
877-626-2500

Cambria County Veterans'
Services Office
800-827-1000

Veterans Leadership Program
844-857-8387

Single County Authority

Cambria County Drug
& Alcohol Program
814-536-5388

Housing Support

Johnstown Housing Authority
814-535-7771

Cambria County
Assistance Office
814-533-2491

Community Action Partnership
814-536-9031

Housing Authority of Nanty-Glo
814-749-0011

Housing Authority of Windber
814-467-6157

Cambria County
Residential Services
814-266-1829

Catholic Charities

814-535-6835

Peer Empowerment Network
814-539-2724

Food Resources

Food for Families
814-535-3315

Donate to End Child Hunger
718-506-6875

Johnstown Family Kitchen
814-539-7811

Food Pantry Cresson
814-886-8827

St. Vincent De Paul Society
814-535-3315

The Somerset County
Mobile Food Bank
814-443-6574 ext. 2

Salvation Army
814-539-3110

St. Mark Episcopal Church
814-535-6797

American Rescue Workers
814-695-0762

Helping Hands Food Pantry
814-629-7471

Bridges Cooperative Ministry
814-539-2633

Dorothy Day Outreach Center
814-419-8695

Arbutus Church of Brethren
814-266-7404

Medical Care

Conemaugh Memorial
Medical Center
814-534-9000

Conemaugh Miners
Medical Center
814-948-3100

Chan Soon-Shiong Medical
Center at Windber
814-467-3000

Highlands Health
814-534-6242

Salvation Army Johnstown
Dental Center
814-262-8500

Mental & Behavioral Health

Cambria County Mental
Health (Johnstown)
814-535-8531

Behavioral Health Cambria
814-534-4436

Behavioral Health Services
814-66-8843

Cambria County Mental
Health (Ebensburg)
814-472-4400

UPMC Western Behavioral
Health at Twin Lakes,
Johnstown
814-535-8830

UPMC Western Behavioral
Health at Twin Lakes,
Ebensburg
814-472-7888

SWITCH Mental Health Services
814-713-1840

Centers of Excellence

Alliance Medical Services
of Johnstown
814-269-4700

Human Services

Cambria County Human
Services Agency
814-534-2508

Clarion County

Crisis Support & Hotlines

CRISIS - 24/7 Hotline
800-292-3866

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Charitable Deeds and Services
814-797-0286

First United Methodist Church
814-226-6660

Second Harvest Food
Bank of Northwest PA
814-459-3663

Housing Support

Clarion County
Assistance Office
814-226-1700

Clarion County
Housing Authority
814-226-8910

Community Action
814-226-4785

HUDVASH Program
724-406-9795

Veterans Affairs

Clarion County Veterans Affairs
814-226-4000 ext 2601

Clarion County VA Clinic
800-698-2411

Single County Authority

Armstrong/Indiana/Clarion
Drug and Alcohol Commission
724-354-2746

Human Services

Clarion County Human Services
724-226-4000

Medical Care

BHS Primary Care
833-906-0106

BHS Women's Care Associates
844-765-2845

Clarion Community Medicine
814-223-9900

Clarion Hospital
814-226-9500

Hoffman Memorial
Medical Center
724-526-5600

Substance Use and Recovery

Cen-Clear - Clarion
814-226-4171

Centers of Excellence

Crossroads Treatment
800-805-6989

Mental & Behavioral Health

CRISIS - Clarion 24/7 Hotline
814-226-7223

Cen-Clear Child Services
(Multiple Sites)
814-342-5678

Center for Community
Resources
724-431-0097

Clarion Family Therapy
814-227-2941

Clarion Psychiatric Center
800-253-4906

Family Psychological
Associates (Multiple Sites)
724-287-3000

Glade Run Lutheran
Services (Multiple Sites)
724-452-4453

Malvern Community
Health Services
610-941-3390

Nulton Diagnostic and
Treatment Center
888-918-5465

Clearfield County

Crisis Support & Hotlines

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Central PA Community Action
814-765-1551

The Christian Food Bank
814-834-1951

Community Care Food Ministry
814-371-5320

Osceola Mills Community
Food Bank
814-339-7403

Second Harvest Food
Bank of Northwest PA
814-459-3663

Trinity Food Pantry
814-938-8561

Housing Support

Clearfield County
Assistance Office
814-765-7591

Clearfield County
Community Action
814-765-1551

Clearfield County
Housing Authority
814-765-2485

DuBois Housing Authority
814-371-2290

Veterans Affairs

DuBois VA Clinic
800-698-2411

DuBois Veterans Center
800-698-2411

Single County Authority

Clearfield/Jefferson Drug
and Alcohol Commission
814-371-9002

Human Services

Clearfield County
Human Services
814-765-591

Recovery Services

Cen-Clear - Clarion
814-765-1149

Cen-Clear - Coalport
814-672-5881

Cen-Clear - Philipsburg
814-342-5845

Clearfield Comprehensive
Treatment Center
814-768-7575

Community Guidance Center
814-765-5537
814-371-1100

Fresh Beginning
814-205-4077

Penn Highlands - Clearfield
814-975-6206

Penn Highlands - DuBois
814-375-6379

Centers of Excellence

Acadia
207-236-6470

Clearfield - Jefferson Drug
and Alcohol Commission
800-892-9002

Mental & Behavioral Health

CRISIS - Clearfield 24/7 Hotline
800-341-5040

Cen-Clear Child Services
(Multiple Sites)
814-342-5678v

Center for Community
Resources (Multiple Sites)
724-431-0097

Community Guidance Center
724-465-5576

Core Psychiatric &
Psychological Services
(Multiple Sites)
814-371-1088

Fresh Beginning - Clearfield
Education Foundation
814-205-4077

Nulton Diagnostic and
Treatment Center
888-918-5465

Penn Highlands
Regional Medical Center
Clearfield Campus
814-768-2497

Penn Highlands Regional
Medical Center DuBois Campus
814-975-6348

Crawford County

Crisis Support & Hotlines

CRISIS - Butler 24/7 Hotline
800-292-3866

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Center for Family Services
814-337-8450

Salvation Army - Titusville
Worship and Service Center
814-827-7450

Second Harvest Food
Bank of Northwest PA
814-459-3663

Titusville Area Food Bank
814-827-2378

Housing Support

Crawford County
Assistance Office
1-800-527-7861

Crawford County Coalition
on Housing Needs
814-337-4380

Titusville Housing Authority
814-827-7676

US Housing Authority
- Meadville
814-336-3177

US Department of Housing
and Urban Development
814-860-2877

Veterans Affairs

Crawford County VA Clinic
800-698-2411

Single County Authority

Crawford County D&A
Executive Commission
814-724-4100

Human Services

Crawford County
Human Services
877-334-8793

Medical Care

UPMC Outpatient Center
814-547-5131

Titusville Community
Health Center
814-827-8400

Substance Use and Recovery

Alpine Springs Rehabilitation
& Recovery Center
814-818-002

Family Service &
Children's Aid Society
814-827-3472

French Creek Recovery Center
814-636-6777

Mercy House of Meadville
814-337-6180

Pinnacle Treatment Center -
Greenfield Counseling Services
814-337-7431

Stepping Stones Unit at
Meadville Medical Center
814-333-5810

Centers of Excellence

Crawford County D & A
814-724-4100

Crossroads Treatment
800-805-6989

Pinnacle
724-857-9640

Mental & Behavioral Health

CRISIS - Crawford 24/7 Hotline
814-724-2732

Associates in Counseling
724-983-1131

Glade Run Lutheran
Services (Multiple Sites)
724-452-4453

Meadville Medical Center
814-336-3121

Mercer County Behavioral
Health Commission
724-662-1550

Elk County**Crisis Support & Hotlines**

CRISIS - Butler 24/7 Hotline
800-292-3866

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Second Harvest Food
Bank of Northwest PA
814-459-3663

Housing Support

Elk County Assistance Office
814-776-1101

Elk County Homeless Assistance
814-772-3838

Elk County Housing Authority
814-965-2532

Single County Authority

Cameron/Elk/McKean
Counties Alcohol and
Drug Abuse Services
814-642-2910

Human Services

Elk County Human Services
814-776-2191

Substance Use and Recovery

Alcohol And Drug Abuse
Services - Ridgway
814-788-2080

Alcohol And Drug Abuse
Services - St. Mary's
814-781-1700

Cen-Clear - St. Mary's
814-834-9283

Mental & Behavioral Health

CRISIS - Elk 24/7 Hotline
800-652-0562

Cen-Clear Child Services
(Multiple Sites)
814-342-5678

Dickinson Center (Multiple Sites)
814-776-2145

Erie County

Crisis Support & Hotlines

CRISIS - Butler 24/7 Hotline
800-292-3866

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Boro Women and
Family Services
814-734-4237

Corry Area Food Pantry
814-664-7359

Edinboro Food Pantry
814-732-3663

Emmaus Ministries
814-459-8349

Home House of Erie
Food Pantry
814-460-0437

Kind Veg Pantry (*Vegan*)
814-528-6408

Martin Luther King Center
814-459-2761

St. Boniface Food Pantry
814-825-1041

St. Martin Center
814-452-6113

St. Patrick Church
814-454-8085

Second Harvest Food
Bank of Northwest PA
814-459-3663

Housing Support

Community Shelter Services
814-455-4369

Community Shelter Services
Emergency Shelter Hotline
814-743-5837

Erie Heights Housing Authority
814-864-4511

Greater Erie County Community
Action Committee
814-459-4581

HANDS Triad Housing
814-453-3333

Housing Authority of Erie
814-665-5161

Lake City Housing Authority
814-452-4468

Project Hope for the Homeless
814-456-8073

Public Welfare Department
814-755-3552

Redevelopment Authority-Erie
814-870-1540

Veterans Leadership Program
412-481-8200

Veterans Affairs

Erie Vet Center
800-698-2411

Single County Authority

Erie County Office of Drug
and Alcohol Abuse
814-451-6877

Human Services

Erie County Human Services
814-451-6000

Medical Care

Adagio Health - Edinboro
814-734-7600

Adagio Health - Erie
814-453-4718

Daniel S. Snow, M.D.
Health Center
814-455-7222

Family Healthcare of Edinboro
814-877-7500

Grandview Family Practice
814-877-5800

Harborcreek Family Physicians
814-877-5100

Harborcreek Health Center
814-464-0509

Healthy Families Primary Care
814-877-8140

Hermitage Primary Care
814-877-8790

Lakeside Family Medicine
814-877-7686

Primary Care Partners
814-877-2360

Summit Family Practice
814-877-5570

UPMC Hamot
814-877-6000

Wayne Primary Care
814-455-5505

Substance Use and Recovery

Catholic Charities Counseling
and Adoption Services
814-456-2091

Corry Memorial Hospital
814-664-4641

ESPER Treatment Center - Corry
814-462-1400

ESPER Treatment Center - Erie
814-459-0817

Gage House
814-878-2100

Gateway Erie
814-825-0373

Gaudenzia Outpatient Erie
814-459-6304

Glenbeigh Center of Erie
814-864-4226

Millcreek Community Hospital
814-864-4031

New Directions Healthcare
814-240-6216

Pyramid Healthcare
Erie Outpatient
814-456-2203

Snug Harbor Rehabilitation
and Recovery
814-616-8030

Stairways Behavioral
health Outpatient Drug
and Alcohol Program
814-464-8438

Centers of Excellence

Allegheny Health Network
412-362-8677

Crossroads Treatment
800-805-6989

ESPER Treatment Center - Corry
814-462-1400

ESPER Treatment Center - Erie
814-459-0817

New Directions Erie
814-240-6216

Pyramid Locations
724-602-9028

Mental & Behavioral Health

CRISIS - Erie 24/7 Hotline
800-300-9558

Achievement Center of LECOM
Health (Multiple Sites)
814-459-2755

Allegheny Clinic (Multiple Sites)
814-452-6558

Barber National Institute
(Multiple Sites)
814-453-7661

Corry Counseling of LECOM
Health (Multiple Sites)
814-664-7761

Family Services of Northwest
PA (Multiple Sites)
814-866-4500

Millcreek Community
Hospital (Multiple Sites)
814-454-3174

Millcreek Community Hospital
814-864-4031

Saint Vincent Hospital
814-452-5000

UPMC Western Behavioral
Health At Safe Harbor
(Multiple Sites)
814-459-9300

Forest County

Crisis Support & Hotlines

CRISIS - Butler 24/7 Hotline
800-292-3866

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Charitable Deeds and Services
814-797-0286

Second Harvest Food
Bank of Northwest PA
814-459-3663

Titusville Area Food bank
814-827-2378

Housing Support

Clarion County
Housing Authority
814-226-8910

Forest County Assistance Office
724-439-7015

Housing Authority-Forest
814-676-5764

Oil City Housing Authority
814-676-5764

Warren-Forest Counties
Economic Opportunity Counsel
814-726-2400 ext. 120

Single County Authority

Forest/Warren Human
Services D&A Program
814-726-2100

Human Services

Forest/Warren County
Human Services
814-726-2100

Substance Use and Recovery

Cornell Abraxas I
814-927-6615

Deerfield Center for Addictions Treatment
814-723-5545

Mental & Behavioral Health

CRISIS - Forest 24/7 Hotline
844-757-3224

Beacon Light Behavioral Health Systems
814-817-1400

Indiana County

Crisis Support & Hotlines

Suicide & Crisis Lifeline
988

PA Helpline
211

Veterans Affairs

Indiana County VA Clinic
877-626-2500

Indiana County Veterans Affairs Office
724-465-3815

Single County Authority

Drug and Alcohol Commission
724-463-7860

Housing Support

Indiana County Community Action Program
724-465-2657

Alice Paul House
724-349-5744

Welcome Home Shelter
724-838-9133

Center for Independent Living of South Central PA
814-949-1905

Family Promise of Indiana County
724-464-5220

Lifesteps, Inc.
724-283-1010

Oxford House for Men
724-464-0599

Indiana County Housing Authority
724-463-4743

Indiana County Office of Planning & Development
724-465-3870

Food Resources

Indiana County Community Action Program (ICCAP) Food Pantries (multiple sites)
724-465-2657

Medical Care

Indiana Regional Medical Center
724-357-7000

Mental & Behavioral Health

IRMC Mountains Behavioral Health
724-357-7404

Community Guidance Center
888-686-1991

Aspire Mental Health
724-422-8834

Clarvida
724-465-0369

Armstrong/Indiana Behavioral Health Program
724-349-3350

Lake Psychological Services
724-465-2311

Family Psychological Services
724-349-6325

Neuropsychiatric Associates
724-464-0270

The Open Door of Indiana
724-465-2605

Substance Use and Recovery

Crossroads Treatment Center of Indiana County
877-848-9810

Drug and Alcohol Commission
724-463-7860

The Open Door of Indiana
724-465-2605

Conewago Indiana
724-471-3037

Indiana County Recovery Center
724-717-6492

Spirit Life Inc.
724-465-2165

Human Services

Indiana County Department of Human Services
724-463-8200

Jefferson County

Crisis Support & Hotlines

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Central PA Community Action
814-765-1551

The Christian Food bank
814-834-1951

Community Care Food Ministry
814-371-5320

DuBois Area Food Pantry
814-912-2100

Helping Hand Food Pantry
814-265-1921

Just for Jesus
814-265-0243

Kane Area Food Pantry
814-561-1145

Osceola Mills Community
Food Bank
814-339-7403

Redbank Valley Church
Association Food Pantry
814-367-3331

Reynoldsville Community
Food Pantry
814-653-9272

Second Harvest Food
Bank of Northwest PA
814-459-3663

Trinity Food Pantry
814-938-8561

Housing Support

Community Action
814-938-3302

Jefferson County
Assistance Office
814-938-2990

Jefferson County
Housing Authority
814-938-7140

Just for Jesus
814-265-0243

Punxsutawney Housing
814-938-4590

Single County Authority

Clearfield/Jefferson Drug
and Alcohol Commission
814-371-9002

Human Services

Jefferson County
Human Services
814-849-5500

Medical Care

BHS Primary Care
833-906-0106

Punxsutawney Community
Health Center
814-938-3310

Substance Use and Recovery

Cen-Clear - Brookville
814-715-7441

Cen-Clear - Punxsutawney
814-938-6340

Penn Highlands Brookville
814-375-6206

Two Roads Counseling Services
814-952-8446

Mental & Behavioral Health

CRISIS - Jefferson 24/7 Hotline
800-341-5040

Cen-Clear Child Services
(Multiple Sites)
814-342-5678

Center for Community
Resources (Multiple Sites)
724-431-0097

Community Guidance Center
724-465-5576

Core Psychiatric &
Psychological Services
(Multiple Sites)
814-371-1088

Family Behavioral Resources
724-850-7300

Penn Highlands Brookville
- Brookville Hospital
814-849-2312

Lawrence County

Crisis Support & Hotlines

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Camp Allegheny-Food
Distribution Center
724-758-5546

City Rescue Mission
724-652-4321

Housing Support

HUDVASH Program
724-406-9795

Lawrence County
Assistance Office
724-656-3000

Lawrence County
Community Action
724-658-7258

Lawrence County
Housing Authority
724-656-5108

Soilder On
724-658-7258

VSO/Veterans Affairs
County Director
724-656-2172

Veterans Affairs

Lawrence County VA Clinic
800-698-2411

Single County Authority

Lawrence County
D&A Commission
724-658-5580

Human Services

Lawrence County
D&A Commission
724-658-5580

Healthcare

Adagio Health
866-942-2778

BHS Primary Care
833-906-0106

UPMC Jameson
724-658-9001

UPMC Outpatient Center
724-658-2801

Ellwood City Health Center
724-824-8185

New Castle Primary Care
724-658-4564

Substance Use and Recovery

Freedom Healthcare Services
412-221-1091

The Highland House
724-654-7760

New Castle Comprehensive
Treatment Center
724-598-7999

New Horizons Treatment Center
724-202-6818

Centers of Excellence

Acadia
207-236-6470

Crossroads Treatment
800-805-6989

Mental & Behavioral Health

CRISIS - Lawrence 24/7 Hotline
724-652-9000

Community Alternatives -
Western Pa Counseling Center
724-652-2211

Family Behavioral Resources
724-850-7300

Human Services Center
(Multiple Sites)
724-658-3578

People In need-
Lawrence County
724-657-3303

Regional Counseling
Center (Multiple Sites)
814-676-5614

McKean County

Crisis Support & Hotlines

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Kane Area Food Pantry
814-837-6694

McKean County Food Bank
814-362-0071

Second Harvest Food
Bank of Northwest PA
814-459-3663

Housing Support

McKean County
Assistance Office
814-362-671

McKean County Habitat
for Humanity
814-598-5117

McKean County
Housing Authority
814-887-5563

Northern Tier
Community Action
814-368-8551

YMCA of Bradford
814-368-4235

Veterans Affairs

McKean County VA Clinic
800-698-2411

Single County Authority

Cameron/Elk/McKean
Counties Alcohol and
Drug Abuse Services
814-642-2910

Human Services

McKean County Human Services
814-887-3350

Medical Care

Bradford Regional
Medical Center
814-368-4143

Eldred Medical Clinic
814-225-4241

Smethport Health Center
814-887-5655

UPMC Kane
814-837-8585

Centers of Excellence

Crossroads Treatment
800-805-6989

MENTAL & BEHAVIORAL HEALTH

CRISIS - McKean 24/7 Hotline
800-459-6568

The Guidance Center
(Multiple Sites)
814-362-6535

Bradford Regional Medical
Center- Olean General Hospital
716-373-2600

Mercer County**Crisis Support & Hotlines**

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Community Food Warehouse
Mercer County
724-981-0353

Housing Support

HUDVASH Program
724-406-9795

Mercer County Assistance Office
724-983-5000

Mercer County
Housing Authority
724-662-1058

Veterans Affairs

Michael A. Marzano
Department of Veterans
Affairs Outpatient Clinic
800-698-2411

Single County Authority

Mercer County Behavioral
Health Commission
724-662-2230

Human Services

Mercer County Human Services
724-983-5012

Medical Care

BHS Primary Care
833-906-0106

Buhl Farm Community
Health Center
724-342-2789

Dayton Way Health Center
724-342-6620

Family & Lifestyle
Medical Partners
724-342-4701

Green Street Primary Care
724-432-6900

Greenville Community
Health Center
724-588-5250

Horizon Family Medicine
724-962-7819

Mercer Primary Care
724-662-2650

Sandy Lake Community
Health Center
724-376-7111

Sharon Medical Group
724-342-6604

Sheakleyville Health Center
724-253-3428

Transfer Health Center
724-962-3553

UPMC Horizon - Farrell
724-981-3500

UPMC Horizon - Greenville
724-588-2100

UPMC Outpatient Center
724-347-6660

Substance Use and Recovery

Alpine Springs Rehabilitation
814-818-0002

Community Counseling
Center of Mercer County
724-981-7141

Farrell Comprehensive
Treatment Center
724-981-9815

Gaudenzia
724-359-2976

George Junior Republic
in Pennsylvania
724-458-9330

Rainbow Recovery Center
724-269-5130

Resolutions Recovery Center
878-202-4275

Centers of Excellence

Acadia
207-236-6470

Crossroads Treatment
- Greenville
800-805-6989

Crossroads Treatment
- Grove City
800-805-6989

Mental & Behavioral Health

CRISIS - Mercer 24/7 Hotline
724-662-2227

Associates in Counseling
724-983-1131

Community Counseling
Center of Mercer County
(Multiple Sites)
724-981-7141

Mercer County Behavioral
Health Commission
724-662-1550

Sharon Regional Health System
724-983-3912

Regional Counseling
Center (Multiple Sites)
814-676-5614

Somerset County

Crisis Support & Hotlines

Suicide & Crisis Lifeline
988

PA Helpline
211

Veterans Affairs

Somerset County
Veterans Affairs Office
814-445-1551

James E. Van Zandt VA
Medical Center
877-626-2500

Single County Authority

Somerset Single County
Authority for Drug and Alcohol
814-445-1530

Housing Support

Somerset County
Housing Authority
814-629-7148

Housing Authority of Somerset
814-629-5147

Housing Authority of Windber
814-467-6157

Somerset County
Assistance Office
814-443-3681

Tableland Services Community
Action Somerset
800-452-0148

Highland Hill Homes
814-701-2683

Redevelopment Authority
of Somerset County
814-443-2780

Village at Somerset
814-443-6434

Somerset County Habitat
for Humanity
814-443-9137

Food Resources

The Somerset County
Mobile Food Bank
814-443-6574

Tableland Services Community
Action Somerset
800-452-0148

Helping Hand Food Pantry
814-629-7471

Medical Care

UPMC Somerset
814-443-5000

Mental & Behavioral Health

ACRP Somerset Office
814-445-1717

Bedford County Mental Health
(Bedford County address)
814-623-5166

Bedford-Somerset
Developmental and Behavioral
Health Services / Cornerstone
Community Services
814-443-4891

Clarvida
814-444-0620

Merakey
814-701-2358

Pile Psychological & Counseling
814-443-1881

Psych Rehab (contact via
Bedford-Somerset DBHS)
814-443-4891

SWITCH Mental Health Services
(Cambria County address)
814-713-1840

UPMC Western Behavioral
Health at Somerset
814-443-1754

Substance Use and Recovery

Dream Life Recovery
844-402-3592

Somerset Single County
Authority for Drug and Alcohol
814-445-1530

Crossroads Treatment
Center of Somerset
877-848-9810

UPMC Western Behavioral
Health at Twin Lakes
814-443-3639

Centers of Excellence

Crossroads Treatment
Center of Somerset
877-848-9810

Human Services

Somerset County
Assistance Office
814-443-3681

Venango County**Crisis Support & Hotlines**

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Community Services - Venango
814-676-011

St. Elizabeth Center
814-677-0203

St. Johns Episcopal Church
814-432-5161

United Way of Venango
814-676-6545

Housing Support

Emmaus Haven of Venango
814-493-8791

Venango County
Assistance Office
814-437-4341

Venango County DHS
814-432-9111

Venango County Office of
Economic Opportunity
814-432-9767

United Way of Venango
814-676-6545

Veterans Affairs

Venango County VA Clinic
800-698-2411

Single County Authority

Venango County Substance
Abuse Program
814-432-9744

Human Services

Venango County
Human Services
814-432-9500

Medical Care

Adagio Health
814-676-1811

BHS Primary Care
833-906-0106

BHS Seneca Medical Center
833-604-7213

Franklin Community Medicine
814-432-2145

Oil City Health Center
814-670-7950

UPMC Northwest
814-676-7600

Substance Use and Recovery

Davis Archway
Treatment Center
724-867-0202

Family Service &
Children's Aid Society
814-677-4005

Family Service and Children's
Aid Society of Venango County
814-432-3466

Oil Region Recovery
814-346-0079

UPMC Western Behavioral
Health At Safe Harbor
814-518-2054

Centers of Excellence

Crossroads Treatment
800-805-6989

Mental & Behavioral Health

CRISIS - Venango 24/7 Hotline
814-432-9111

Glade Run Lutheran
Services (Multiple Sites)
724-452-4453

Paoletta Counseling Services
724-662-7202

Regional Counseling
Center (Multiple Sites)
814-676-5614

UPMC Northwest - Seneca
814-676-7600

Venango County Integrated
Crisis Services
814-432-9111

Warren County

Crisis Support & Hotlines

Suicide & Crisis Lifeline
988

PA Helpline
211

Food Resources

Second Harvest Food
Bank of Northwest PA
814-459-3663

Warren Salvation Army Pantry
- Food Distribution Center
814-723-8950

Housing Support

Community Resources for
Independence-Warren, Pa
866-579-3404

Housing Authority-Warren
814-723-2312

Warren County
Assistance Office
814-723-6330

Warren-Forest Counties
Economic Opportunity Counsel
814-726-2400 ext. 120

Veteran's Affairs

Warren County VA Clinic
800-698-2411

Human Services

Forest-Warren Human Services
1-866-641-3488
814-726-2100

Substance Use and Recovery

Deerfield Center for
Additions Treatment
814-723-5545

Family Service of
Warren County
814-723-1330

Warren General Hospital
814-723-3300

Mental & Behavioral Health

CRISIS - Warren 24/7 Hotline
844-757-3224

Warren General Hospital
814-723-3300

Westmoreland County

Crisis Support & Hotlines

Westmoreland Community
Action Crisis Hotline
800-836-6010

Suicide & Crisis Lifeline
988

PA Helpline
211

Veterans Affairs

Westmoreland County VA Clinic
724-216-0317

Westmoreland County
Veterans Affairs Office
724-830-3530

Single County Authority

Westmoreland Drug and
Alcohol Commission
724-243-2220

Housing Support

Westmoreland County
Housing Authority
724-832-7248

Westmoreland County Housing
724-335-2323

Westmoreland Section
8 Program
724-832-7258, ext. 3054

Westmoreland County
Public Housing (Latrobe)
724-537-3101

Westmoreland County
Public Housing (Scottdale)
724-887-6100

Westmoreland
Community Action
724-834-1260

Westmoreland County
Redevelopment Authority
724-830-3050

Homes Build Hope
724-838-0752

Central Westmoreland
Habitat for Humanity
724-219-3739

Food Resources

Westmoreland Food Bank
724-468-8660

Westmoreland Community
Action Food Distribution
724-834-1260

Donora Food Pantry
724-379-4889

CISS House of Hope Ministries
412-758-5832

Feeding the Spirit
724-757-2533

FPC of Irwin Pantry Food
Distribution Center
724-863-8809

The Speed Family
Blessing Box Pantry
412-552-9054

The Union Mission
724-539-3550

Medical Care

Excela Health
Westmoreland Hospital
724-832-4000

Mental & Behavioral Health

Westmoreland Behavioral
Health Developmental Services
724-830-3617

Excela Health Behavioral
Health Services
724-832-4450

Mental Health America
of Southwest PA
724-834-6351

New Directions Mental
Health Greensburg
724-300-8078

Western PA Behavioral
Health Resources
724-537-9515

Pritchett Behavioral Health
724-420-5283

UPMC Western Behavioral
Health at Mon Yough
412-675-6927

New Directions Mental
Health Monongahela
724-258-8014

Southwest Behavioral Care
/ SPHS Behavioral Health
724-834-0420

Forge Health
724-302-0804

Axiom Family Counseling
Services, Inc.
724-522-5456

Westmoreland Case
Management and Supports, Inc.
724-837-1801

The Groves Psychological Center
724-217-8847

Substance Use and Recovery

Wellness Addiction
Recovery Services
724-836-4473

Clear Day Treatment Center
724-834-7000

Westmoreland Drug and
Alcohol Commission
724-243-2220

Sages Army Inc.
Recovery Center
724-863-5433

Recovery Care
724-578-3255

Crossroads Treatment
Center of Greensburg
877-848-9810

GRC Mount Pleasant Inpatient
724-365-4020

Allied Addiction Recovery, LLC
412-246-8965

Trilogy Wellness
877-446-6331

Best Addiction Care
724-260-1767

New Freedom Recovery Center
724-382-4628

Forge Health
724-302-0804

Centers of Excellence

Crossroads Treatment
Center of Greensburg
877-848-9810

Human Services

Westmoreland County
Human Services
724-830-3827



You can get a copy of this free toolkit on the Resilient Veteran website:

www.TheResilientVeteran.org/toolkit

THE RESILIENT VETERAN

Working to Eliminate Veteran Suicide and Promote Veteran Suicide Awareness

About Us

The **Resilient Veteran Program** is a lifesaving initiative in Northwestern Pennsylvania dedicated to preventing Veteran suicide and reducing the stigma of mental illness. By bringing together healthcare providers, community organizations, and Veterans themselves, we're building a powerful network to support our Veterans and their families.

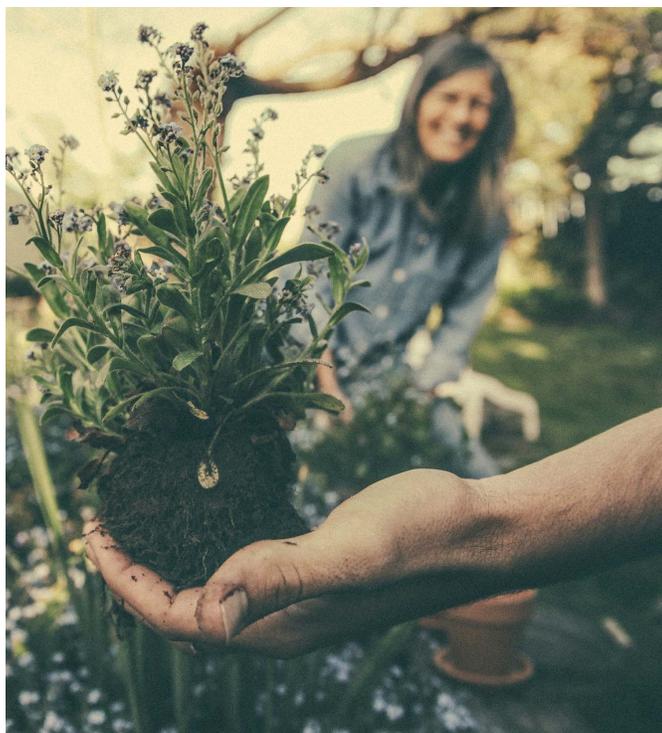
How You Can Help

There are many ways to get involved and make a difference. Whether you're a healthcare provider offering your expertise, a community group organizing a support event, or a Veteran or family member looking for resources, we need your help.

Contact Us

Email: NWPAVeteran@pitt.edu

Phone: Chris Chirdon at 412-383-3926



Did you use this toolkit? Have ideas to make it better?

We'd love to hear from you!

Feedback sent to us from this confidential online form will guide improvements that help to prevent Veteran deaths by suicide.

Feedback Form Link



[pi.tt/9u](https://pitt.edu/pi.tt/9u)

