

It's Okay to Ask for Help.

Crisis Resources:

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

Crisis Text Line: Text 'Help' to 741741

Columbia County Residents Local Crisis Line: 1-800-222-9016

Northumberland County Residents Local Crisis Line: 1-855-313-4387

www.suicidepreventionlifeline.org

Dating Violence/Domestic Violence Resources:

National Domestic Violence Helpline: 1-800-799-7233

National Sexual Assault Helpline: 1-800-656-4673

National Teen Dating Abuse Helpline: 1-866-331-9474

Teen Dating Abuse Text: Text "loveis" to 22522

www.loveisrespect.org

Drug and Alcohol Abuse Resources:

PA Drug and Alcohol Helpline: 1-800-662-HELP

Columbia County Residents Local Helpline: 570-275-4962

Northumberland County Residents Local Helpline: 570-495-2040

Other Resources:

LGBTQ+ Youth Hotline: 1-800-246-7743

National Eating Disorders Hotline: 1-800-931-2237

National Alliance on Mental Health: 1-800-950-6264

Teen Line: 1-800-852-8336 or Text 'Teen' to 839863

www.teenlineonline.org

www.walkinourshoes.org

www.teencentral.org

If you are experiencing an emergency, dial 911 or go directly to your local Emergency Room.