

COVID Fatigue?

Resources are available to help you manage and cope!



Bedford & Somerset Counties Crisis Line <i>Available 24 hours a day, 7 days a week</i>	1.866.611.6467
DBHS Somerset	814.443.4891
DBHS Bedford	814.623.5166
National Suicide Prevention Lifeline	1.800.273.TALK (8255)
Línea Nacional de Prevención del Suicidio	1.888.628.9454
The Trevor Project (LGBTQ crisis intervention)	Text "START" to 678.678
Crisis Text Line	Text "PA" to 741.741
Safe2Say	1.844.723.2729
Veteran Crisis Line	1.800.273.TALK (8255)
Disaster Distress Helpline	1.800.985.5990
Bedford County Substance Use Referrals	814.623.5009
Somerset County Substance Use Referrals	814.445.1530
Get Help Now Hotline (substance use disorders)	1.800.662.4357
AID in PA (autism and intellectual disabilities in PA)	1.855.284.2494 (TTY: 724.631.5600)
To help manage anxiety and other challenging emotions due to the COVID-19 emergency, the toll-free, round-the-clock support line is available	
Somerset Victim Services (including sexual violence)	814.443.1555
Community Care Member Services	1.866.483.2908
Recovery Library	
Resources for depression and anxiety	