



## County Resource List

### Cumberland, Dauphin, Lancaster, Lebanon, and Perry Counties

CABHC offers this list of contacts to help you find services that are right for you. Our mission is to ensure access to and delivery of a coordinated, effectively managed, comprehensive array of quality mental health and substance abuse services that reflect the holistic needs of eligible residents throughout the five-county area.

Questions about your Behavioral Health Managed Care Organization; call **PerformCare at 1-888-722-8646**.

**My Behavioral Health Provider:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**My Pharmacy:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**My Primary Care Physician (PCP):** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**National Crisis Hotline/Text/Chat** ..... 988

**Crisis Intervention** - To find behavioral health and drug and alcohol services in an emergency

- Cumberland/Perry ..... 717-243-6005 or 717-763-2222 or 1-866-350-4357
- Dauphin ..... 717-232-7511
- Lancaster ..... 717-394-2631
- Lebanon..... 717-274-3363

**Suicide Prevention Lifeline** ..... 988

**Advocacy Help** - For alcohol and other drug addiction recovery support

- Just for Today Recovery Services..... 717-880-8068
- PA Recovery Organizations Alliance (PRO.A) ..... 717-545-8929
- The RASE Project..... 717-232-8535

**Advocacy Help** - For assistance with mental health issues and to have your voice heard

- Disability Rights PA (DRP)..... 717-236-8110 or 1-800-692-7443
- Mental Health Association/America (MHA) Pennsylvania ..... 717-346-0549 or 1-866-578-3659
- Lancaster ..... 717-397-7461
- National Alliance on Mental Illness (NAMI)..... 717-233-1164
- Mental Health Partnerships ..... 1-800-688-4226
- PA Health Law Project ..... 1-800-274-3258 or TTY 1-866-236-6310
- PA Mental Health Consumers' Association (PMHCA) ..... 717-221-1022

**Area Agency on Aging** - Information to find services for people age 60 or older

- Cumberland ..... 717-240-6110
- Dauphin ..... 717-780-6130
- Lancaster ..... 717-299-7979
- Lebanon ..... 717-273-9262
- Perry..... 717-582-5128

**Consumer Satisfaction Services (CSS)** ..... 717-651-1070

**Community Support Program (CSP)** ..... 717-651-1070

**County Assistance Offices (CAO) -To apply for public assistance**

- Statewide ..... 1-877-395-8930
- Cumberland ..... 717-240-2700
- Dauphin ..... 717-787-2324
- Lancaster ..... 717-299-7411
- Lebanon..... 717-270-3600
- Perry..... 717-582-2127

**Domestic Violence Services**

- National ..... 1-800-799-7233 or TTY 1-800-787-3224
- Pennsylvania ..... 1-800-932-4632 or TTY 1-800-553-2508

**Drug & Alcohol Services** - To find services for individuals of all ages

- Cumberland/Perry ..... 717-240-6300
- Dauphin ..... 717-635-2254
- Lancaster ..... 717-299-8023
- Lebanon ..... 717-274-0427

**HealthChoices Enrollment Program** - To enroll into HealthChoices Medicaid Managed Care Program to receive physical, behavioral health and drug and alcohol

Services ..... 1-800-440-3989

**Help Lines** - To obtain information and guidance for referral to human services organizations, support groups, and hotlines

- General Information and Emergency MH/SA services ..... 211
- Greater Harrisburg Area-CONTACT Helpline..... 717-652-4400
- Greater Carlisle Area-CONTACT Helpline ..... 717-249-6226
- Lancaster-United Way ..... 717-394-0731
- Lebanon- United Way ..... 717-273-8144
- Upper Dauphin, Perry, Shippensburg Area-CONTACT Helpline ..... 1-800-932-4616

**Legal Aid** -To find help with legal problems

- Cumberland ..... 717-243-9400 or 1-800-822-5288
- Dauphin/Perry ..... 717-232-0581 or 1-800-932-0356
- Lancaster ..... 717-299-0971 or 1-800-732-0025
- Lebanon ..... 717-274-2834

**Mental Health Case Management Services** - To find services for persons with mental health issues

- Cumberland/Perry ..... 717-243-6033 or 717-763-2219
- Dauphin ..... 717-232-8761
- Lancaster ..... 717-393-0421
- Lebanon..... 717-769-6375

**Child & Adolescent Service System Programs** - Help to gain access to services for children and adolescents with emotional disturbances (CASSP Coordinators offices)

- Cumberland/Perry ..... 717-240-6320
- Dauphin ..... 717-780-7052
- Lancaster ..... 717-735-8949
- Lebanon ..... 717-274-3415 Ext. 5600



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