



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: _____

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

Crisis Text Line 741741

Suicide Prevention Lifeline 1-800-784-2433 or 1-800-273-8255

Or TTY 717-299-7184

National Crisis Hotline 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

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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