

Crisis Support

If you are experiencing a mental health crisis, you don't need to suffer in silence.

CALL HELPLINE



**Dial 211 from your cell phone
or 570-829-1341**

**You can also text your
zip code to TXT 211.**

2.1.1

- Available 24/7 ***including holidays***
- Free and confidential
- Speak to trained, professional crisis staff.
- Call any time, day or night.