

Crisis Hotlines

****If you are in immediate danger call 911****

****National Crisis Hotline 988****

Abuse and Rape Crisis Center (ARCC)	(24 Hours)	570-265-5333
Adult Protective Services - Aging Hotline	(24 Hours)	1-800-490-8505
Cancer Informative Service	(24 Hours)	1-800-422-6237
Childline - Child Abuse Hotline https://www.dhs.pa.gov/KeepKidsSafe/Pages/Report-Abuse.aspx	(24 Hours)	1-800-932-0313
Concern Crisis Hotline (local)	(24 Hours)	1-877-724-7142
Drug and Alcohol *listen for appropriate prompt #*	(24 Hours)	1-800-588-1828
Intellectual Disability	(24 Hours)	1-800-588-1828
LGBT National Help Center		1-888-843-4564
National Eating Disorders Association Helpline		1-800-931-2237
National Suicide Hotline	(24 Hours)	1-800-273-8255
Rape and Incest National Network (RAINN)	(24 Hours)	1-800-656-4673
Smoking Cessation: Pennsylvania Quit Line		1-800-784-8669
Warmline (The Main Link)	6:00 pm to 10:00 pm	570-637-5964

Coping in a Crisis

Help is always available to you if you need it, and you should be reassured to know that every city and county in the U.S. has crisis intervention hotlines and assistance in place. Hotlines and crisis centers or facilities are staffed by people who want to be of service to others in need, so if you ask for assistance, you will receive it.

The most important first step in a crisis is to ask for help.

Coping after a Crisis

Have you just been through a crisis situation? If so, you may be experiencing some post-traumatic stress. All of us will experience some level of stress or a period of disorientation and unrest after a crisis, so it is important to recognize this and allow some time to decompress.

If after a crisis you feel a bit shaky, or even angry, are having trouble focusing or having sleep disturbance, please be reassured that these are considered normal responses to an abnormal situation. Try not to take it out on anyone else, and go easy on others who have been through the same crisis. Your feelings may linger for a while. But you may find that talking it over with family and friends can help you process what has happened.

There is no need to feel that you have to rush the recovery process and quickly “get back to normal.” It is generally recommended that you go easy on yourself, your loved ones, and take a little extra time to get centered again. If you feel that you need some extra help getting through the post-crisis stage, you are encouraged to seek counseling.

The nationwide crisis line and hotline directory can be referenced at:

<https://www.stopitnow.org/ohc-content/crisis-hotlines>

Non-Emergency Local Police Departments	
Athens Borough	570-888-2222
Athens Township	570-888-2200
Canton Borough	570-673-5133
Sayre Borough	570-888-2233
Towanda Borough	570-265-2522
Troy Borough	570-297-2423

Older Adult/ Aging Services		
<i>Every county in the U.S. generally has an Adult Protective Services agency to help elder adults (65 years or older) and dependent adults (18-64 who are disabled) when they cannot meet their own needs, or are victims of abuse, neglect, fraud, or exploitation. You can call your country hotline to request the appropriate 24 hour Elder Abuse Hotline.</i>		
Adult Protective Services PA Hotline	24 Hours	1-800-490-8505
Alzheimer's Association Hotline <i>*Operators are available M-F, 8:30 a.m.-4:00 p.m. providing information and referral services, as well as free brochures.</i>		1-800-621-0379
Area Agency on Aging	Towanda Office	570-265-6121
National Eldercare Locator		1-800-677-1116

Domestic Violence		
This 24/7 hotline provides crisis intervention in both English and Spanish, and referrals to local services and shelters for victims of partner or spousal abuse. Trained volunteers are available to connect people with emergency help in their own communities, including emergency services and shelters.		
National Domestic Violence Hotline		1-800-799-SAFE (7233) 1-800-787-3224 (TTY) 1-800-942-6908 *Spanish Line
Abuse and Rape Crisis Center (Bradford County)		570-265-5333
Sullivan County Victim Services		1-800-894-3706

Teens and Youth		
National Eating Disorders Association Helpline		1-800-931-2237
National LGBT Youth Talkline		1-800-246-7743
National Runaway Safeline		1-800-786-2929
National Suicide Hotline		1-800-273-8255
National Teen Dating Helpline		1-800-331-9474
National Youth Crisis Hotline		1-800-448-4663

Legal Issues		
Bradford County Correctional Facility		570-297-5047
Bradford County Probation		570-265-1706
Bradford County Public Defender		570-265-1713
Bradford County Sherriff		570-265-1701
North Penn Legal Service		570-265-6127
Sullivan County Adult Probation		570-946-4285
Sullivan County Juvenile Probation		570-946-4054
Sullivan County Probation		570-946-4285
Sullivan County Public Defender		570-295-3958
Sullivan County Sheriff		570-946-7361

Local Hospitals		
Guthrie Robert Packer Hospital	Sayre	570-888-6666
Guthrie Robert Packer Hospital: Towanda Campus (aka Towanda Memorial)	Towanda	570-265-2191
Guthrie Troy Community Hospital	Troy	570-297-2121
Geisinger Medical Center	Danville	570-271-6211
Geisinger Medical Center Muncy	Muncy	570-308-2600
Tyler Memorial Hospital	Tunkhannock	570-836-2161
UPMC Williamsport Divine Providence Campus	Williamsport	570-326-8000
UPMC Williamsport Hospital	Williamsport	570-321-1000

Transportation	
BeST Transit	570-888-7330
Valley Taxi	570-888-2365
Great Valley Ambulance (Non-Emergent Medical Transport)	570-888-0958
Western Ambulance (Non-Emergent Medical Transport)	570-297-1759

Housing, Food and Utility Assistance			
Trehab	Sayre	Bradford County	570-265-2072
Barb Austin: Apartments for disabled/homeless			
Futures Community Support Services	Towanda	Bradford County	570-265-3800
Barnstead Pantry	Troy	Bradford County	570-297-1015
Canton Community Food Pantry	Canton	Bradford County	570-673-5850
Helping Hands Food Pantry	Wyalusing	Bradford County	570-746-1384
Main Link	Towanda Sayre	Bradford County	570-265-0620 570-888-5083
Salvation Army	Sayre	Bradford County	570-888-2153
TACO (Towanda Area Christian Outreach)	Wysox	Bradford County	570-265-4422
Veteran's Affairs office		Bradford County	570-265-1704
Veteran's Outreach and Assistance	Toll Free	Bradford County	1-800-432-9735
Sullivan County Food Pantry	Dushore	Sullivan County	570-924-4465
Sullivan County CYS	Dushore	Sullivan County	570-928-0307

Utility Shut Off Assistance/ Homeless Assistance Program		
Public Assistance Office for Emergency Food Stamps, Medicaid	Bradford County	1-800-542-3938 570-265-9186
	Sullivan County	570-946-7174
American Red Cross	Bradford Sullivan Counties	570-265-2797
American Rescue Mission for Shelter and/or Transitional Work Program		570-323-8401
Bradford County Emergency Housing Assistance		570-265-1760
Bridge of Penn York (for Valley residents)		570-888-8826
CYS (By appointment if they have children and have contacted others on list)		570-265-1760 570-265-2424
Endless Mountain Mission Center (Shelter)		570-297-4489
Grace Connection (Utility and Housing for areas other than The Valley)		570-268-0431
LIHEAP (Low Income Energy Assistance Program)		570-268-2664 1-866-857-7095
Main Link Homeless Assistance Program (HAP)		570-637-8789
Penelec		1-800-962-4848
PCAP(to enroll contact Dollar Energy. ALSO FOR WATER SHUT OFF)		1-888-282-6816
Trehab (for non Penelec customers WITH ELECTRIC SHUT OFF)		570-265-6133
Tioga/Bradford County Housing Authority		570-638-2151
Shelter for families and veterans contact the Diocese of Scranton Homeless Program		570-207-2283

Mental Health Providers	
Allied Services, INC.	570-888-4881
AMICA, Holli Cane	Wyalusing 570-746-6003
Avant Wellness Associates (Psychiatrist Services)	Towanda 570-783-5480
Bradford/Sullivan County Mental Health - Targeted Case Management Services	570-265-1760
Children's Advocacy Center (aka Children's House) - Trauma Services	570-265-4132

Mental Health Providers - continued		
Concern Counseling Services	Towanda Mansfield After Hours Crisis	570-268-3073 570-724-7142 877-724-7142
Main Link (Peer support, drop in centers)	Towanda Sayre	570-265-0620 570-888-5083
Main Link Warm Line (6pm-10pm)		570-637-5964
National Association of Anorexia Nervosa and Associated Disorder (Long Distance)		1-847-831-3438
	Sayre Office	570-485-5823
Norther Tier Counseling	Towanda Office Sayre Office	570-265-0100 570-485-5823
Merakey		570-888-0051
Mindfulness Counseling Center, LLC	Wysox	570-637-2804
Nova Behavioral Health, LLC - Nadya Gifeisman, LCSW	Sayre	570-203-1735
Troy Psychological Services - Dr. Sarah Gates (Psychologist)	Troy	570-529-6060
Wilkes Barre VA: Denise Carey		570-830-7034
Youth Advocate Program		570-268-5777

Youth Behavioral Health Services		
Community Solutions (MST) Multi-Systemic Therapy		570-505-6491
Concern Counseling (Family Based)	Towanda	570-268-3073
Merakey		570-888-0051
Northern Tier Counseling (Mobile Therapy, Family Based)		570-265-0100
Partial Hospitalization-Monroe Franklin School Office		570-265-5755
Youth Advocate Program (Mobile Therapy, TSS, BSC)		570-268-5777

Neuropsychological Testing		
Janet Weis Children's Hospital – Geisinger Medical Center Dr. Thomas Challman	Danville	570-214-9361
UPMC Pediatric Rehabilitation	Williamsport	570-326-0565

Benefits		
Bradford County Assistance Office		570-265-9186
Career Link-OVR	Local Wilkes-Barre Office (toll free)	570-265-2171 1-866-227-4163
Medical Assistance Transportation Program (MATP)		570-888-7330
Social Security Administration	Local	1-800-722-1213 570-265-2137
Sullivan County Assistance Office		570-946-7174

Insurance Providers		
AETNA Better Health	PA Relay:711	1-866-638-1232
AmeriHealth Northeast	Member Services	1-855-809-9200
Geisinger Health Plan/ GHP Family	Member Services	1-855-227-1302
Community Care Behavioral Health CCBH		1-888-251-2224
Medicaid	HELPLINE Hearing Impaired TTY/TTD	1-800-692-7462 1-800-451-5886

Community Care Behavioral Health Organization		
CCBHO Members for Mental Health Service	English and other languages	1-866-878-6046
	Spanish Only	1-866-229-3187
	Hearing Impaired TTY Line	1-877-877-3580

Mental Health Rights		
Advocacy Alliance		1-877-315-6855
Disability Rights Network of PA		1-800-692-7443
Disability Rights Network of PA	TTY	1-877-375-7139
National Alliance on Mental Illness of PA (NAMI)		1-800-223-0500
	TTY	1-800-890-6093
Pennsylvania Health Law Project		1-800-274-3258
	TTY	1-866-236-6310
Pennsylvania Mental Health Consumers' Association		1-800-887-6422

Caring Communities		
AIDS Waiver Program	Harrisburg	717-787-8091
Hazleton HIV/HCV/STD Clinic	Hazleton	570-454-2700
HIV Testing Services	Harrisburg	717-234-2468
Support Services	Berwick Office	570-752-5655