WHERE TO GO



tricky. Use this decision map to help you figure out your options. If you don't find help where a path ends, try any of the resources in the orange boxes.

START HERE

Are you in a mental health crisis (thinking about killing yourself or hurting someone else)?

YES I

Call or text 9-8-8, go to your local Emergency Room or call 911 as soon as possible. You can also call Keystone Health Crisis Intervention 24/7 at 717-264-2555 or 866-918-2555 or the Mental Health Association of Franklin/Fulton Counties at 717-264-2916 or for 24/7 access at 1-800-662-HELP.

ACTIVE DUTY

MilitaryOne Source provides confidential, short-term counseling for active duty military personnel and their families.

Military Chaplains are mentál health service providers.

TRICARE has a 24/7 Nurse Advice Line at 1-800-874-2273.

VETERANS

Veterans can reach out to the Franklin County Office of Veterans Affairs for local assistance at 717-263-4326.

MEDICAID

Providers who accept Medicaid may be listed by your state Medicaid office, which you can find by searching medicaid.gov.

MEDICARE

A list of participating doctors can be found at medicare.gov (Click on "Providers & Services").

about Medicaid and Medicare providers can be found at pa.gov/guides/mentalpa.performcare.org/mem bers/find-a-provider.aspx

LOCAL MENTAL

providers, drug & alcohol services and youth/adolescent specialties visit fcgis.franklincountypa.gov/ behavioralhealth or call 2-1-1.

NUI

YES

YES

Are you a current or former member of the military, or the spouse or child of one?

Do you have insurance through a government program, like Medicaid or Medicare?

PRIMARY CARE

PROVIDER Your regular or family doctor

can provide referrals to

mental health specialists or prescribe care in the meantime.

YOUR INSURANCE

COMPANY

Your insurance company has a database of providers in your network,

which can résult in lower

costs. You may have to call

more than one mental

health provider to see who is

taking new patients and ask

about wait times.

NO

YES Are you a student?

Do you have health insurance?

Do you work for an mplóyer who offers ar **Employee Assistance** Program (EAP)?

EMPLOYEE ASSISTANCE

PROGRAM (EAP)
Your EAP may provide a counseling benefit for a limited number of services or referrals to other providers. Ask your company's HR department for more information.

STUDENT RESOURCES

Your school's guidance counselor can talk through things with you and help you find resources or additional help.

Healthy Communities
Partnership of Greater
Franklin County provides the Student Assistance Program (SAP) and Elementary SAP program to Franklin County schools if your child needs support. Learn more at hcpfranklinpa.org or call 717-264-1470. Anyone can make a referral.

COLLEGE RESOURCES

Your college or university may have a Campus Health Center, or offer referrals to help through the Office of Student Life or Campus Living.

Are you active in your faith community?

PLACES OF WORSHIP

Local churches, mosques, synagogues or other places of worship may have health ministries or a religious leader who has a counseling certification.

NEED INSURANCE? Contact Keystone Health Enrollment Outreach

Navigators keystonehealth.org/keyston ehealthpatientfinancialservi ces/outreach-enrollment/ **HEALTH PROVIDERS** For a list of local mental or call 717-709-7969.

AND/OR

MENTAL HEALTH ASSOCIATION OF FRANKLIN & FULTON COUNTIES

MHAFF provides quality direct services to increase wellness including peer support, advocacy assistance, a helpline, groups, and help finding and using community supports. Visit mhaff.org

Need assistance with basic needs like? Contact Community Navigators at South Central Community Action Programs at fbhr@sccap.org or call 717-263-5060 or Waynesboro Human & Community Services at wchs-pa.org or call 717-762-6941. Visit findhelp.org and/or call 2-1-1.