

Phone Lines and Resources-West Virginia

West Virginia

- For resources or assistance, call: 211
- Health or medical questions about coronavirus, call: 1-800-887-4304
- Help with applying for unemployment benefits: 1-800-252-5627
- DHHR benefits: 1-800-642-8589 or 1-877-716-1212 www.wvpath.org
- Report abuse or neglect: 1-800-352-6513

HELP4WV offers a 24/7 call, chat, and text line that provides immediate help for any West Virginian struggling with an addiction or mental health issue.

CALL (844) HELP4WV

TEXT (844) 435•7498

EMAIL help4wv@1stchs.com

Suicide Prevention Lifeline

[1-800-273-TALK \(8255\)](tel:1-800-273-TALK(8255))

TTY: [1-800-799-4889](tel:1-800-799-4889)

Website: www.suicidepreventionlifeline.org

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

SAMHSA's National Helpline

[1-800-662-HELP \(4357\)](tel:1-800-662-HELP(4357))

TTY: [1-800-487-4889](tel:1-800-487-4889)

Website: www.samhsa.gov/find-help/national-helpline

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Disaster Distress Helpline

[1-800-985-5990](tel:1-800-985-5990)

Website: www.samhsa.gov/find-help/disaster-distress-helpline

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

Veteran's Crisis Line

[1-800-273-TALK \(8255\)](tel:1-800-273-TALK(8255))

TTY: [1-800-799-4889](tel:1-800-799-4889)

Website: www.veteranscrisisline.net

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Treatment Locator Behavioral Health Treatment Services Locator Website:

<http://findtreatment.samhsa.gov/locator/home>

For help finding treatment 1-800-662-HELP (4357) <https://findtreatment.gov/>

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SAMHSA Disaster Technical Assistance Center

Toll-Free: [1-800-308-3515](tel:1-800-308-3515)

Email: DTAC@samhsa.hhs.gov

Website: <http://www.samhsa.gov/dtac>

National Domestic Violence Hotline call 1-800-799-7233 and TTY 1-800-787-3224

HRSA Resources for Clinicians

Clinician consultation center that addresses a variety of topics: <https://nccc.ucsf.edu/>.

For Substance Use Management topics: <https://nccc.ucsf.edu/clinician-consultation/substance-use-management/>. Unfortunately due to COVID-19, at this time callers can only leave a voice mail message. Call for a Phone Consultation (855) 300-3595 Monday – Friday, 9 a.m. – 8 p.m. ET or they can submit their case online.

SAMHSA FUNDED PROVIDERS CLINICAL SUPPORT SYSTEM (WAIVER 2000 TRAINING PROVIDER)

1. Clinician Support options: <https://protect2.fireeye.com/url?k=f60d8f16-aa59966a-f60dbe29-0cc47adc5fa2-9bbe2729c74de41c&u=http://www.pcssnow.org/>
2. Clinical Questions: <https://protect2.fireeye.com/url?k=a588df65-f9dcc619-a588ee5a-0cc47adc5fa2-9b92b4cc0b9e23b2&u=https://pcssnow.org/mentoring/ask-a-clinical-question/>
Submit question via website. Answers are provided that reside from the website discussion forum. Very specific questions are answered by a Lead Mentor, usually **within a day**.
3. Clinician can apply for to get a PCSS Mentor to whom they can directly ask clinical questions (may take a few days).
<https://protect2.fireeye.com/url?k=d2bf98e9-8eeb8195-d2bfa9d6-0cc47adc5fa2-a0523666f0e8c5a8&u=https://pcssnow.org/mentoring/find-a-mentor/>
We'll match them up with one of our clinical experts. This can take a few days but then they'll have someone they can contact with clinical questions.
4. PCSS Discussion Forum – <https://protect2.fireeye.com/url?k=62070dbe-3e5314c2-62073c81-0cc47adc5fa2-2c08524f756f2faf&u=http://pcss.invisionzone.com/>
Anyone is welcome to join this forum. Once a member they can post questions or respond to other questions.

Maryland

Maryland's Helpline is available 24/7 to provide support, guidance, and assistance. Please call 211 and select option 1, text your zip code 898-211, or visit 211MD.org

Pennsylvania

The Department of Human Services (DHS) announced the launch of a statewide Support & Referral Helpline staffed by skilled and compassionate staff who will be available 24/7 to assist Pennsylvanians struggling with anxiety and other challenging emotions due to the COVID-19 emergency and refer them to community-based resources that can further help to meet individual needs. The toll-free, round-the-clock support line is officially operational. The number to call is **1-855-284-2494**. For TTY, dial 724-631-5600.

Suicide Crisis Call Line 1-800-273-8255, which provides urgent needs and direction to help in every area of the state. A text option is also available via the Crisis Text Line, offering free 24/7 support by texting **"PA" to 741741** to, in turn, text with a trained Crisis Counselor there to support people in crisis.

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Virginia

Mental Health America of Virginia Warm Line 1-866-400-MHAV (6428)

Monday to Friday 9 AM to 9 PM Saturday & Sunday 5 PM to 9 PM

Mental Health America also has a partnership with Crisis Text Line; text MHA to 741741 if you'd like to use the Crisis Text Line if you feel like you're in crisis.