It’s Okay to Ask for Help.

**Crisis Resources:**
National Suicide Prevention Lifeline: 1-800-273-8255  
Crisis Text Line: Text ‘Help’ to 741741  
Columbia County Residents Local Crisis Line: 1-800-222-9016  
Northumberland County Residents Local Crisis Line: 1-855-313-4387  
www.suicidepreventionlifeline.org

**Dating Violence/Domestic Violence Resources:**
National Domestic Violence Helpline: 1-800-799-7233  
National Sexual Assault Helpline: 1-800-656-4673  
National Teen Dating Abuse Helpline: 1-866-331-9474  
Teen Dating Abuse Text: Text “loveis” to 22522  
www.loveisrespect.org

**Drug and Alcohol Abuse Resources:**
PA Drug and Alcohol Helpline: 1-800-662-HELP  
Columbia County Residents Local Helpline: 570-275-4962  
Northumberland County Residents Local Helpline: 570-495-2040

**Other Resources:**
LGBTQ+ Youth Hotline: 1-800-246-7743  
National Eating Disorders Hotline: 1-800-931-2237  
National Alliance on Mental Health: 1-800-950-6264  
Teen Line: 1-800-852-8336 or Text ‘Teen’ to 839863  
www.teenlineonline.org  
www.walkinourshoes.org  
www.teencentral.org

If you are experiencing an emergency, dial 911 or go directly to your local Emergency Room.