

# Helping Vulnerable Students Cope with Changes Resulting from **COVID-19: Great Ideas for SAPs**

For Educators, Administrators & SAP Teams

4.7.20

## How Can I Help Struggling Students And Families with **Resources**

CALL BEFORE A CRISIS BECOMES A CRISIS.

Any day, any time, any reason.  
1-888-7-YOU-CAN (1-888-796-8226)

## Have Questions or Tips? *We are still here and love hearing from you. Email Us*

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## Report Child Abuse or Neglect

- Report Child Abuse: [Report online](#) | [More information](#)
- 1-800-932-0313**

**NEW**

## Support & Referral Helpline

Created for Pennsylvanians in Need of Behavioral Health Resources and Referrals During COVID-19 Public Health Crisis  
**1-855-284-2494**

The Pennsylvania Department of Human Services has partnered with the Center for Community Resources to offer a **24/7 mental health and crisis support line** for people dealing with anxiety or other difficult emotions. Callers will be able to speak with staff who are trained in trauma-informed principles and will listen, assess the person's needs, triage, and refer to other local supports and professionals as needed. The Mental Health Support Line can be reached toll-free, **24/7 at 1-855-284-2494**.

## Your "Go-To" for ALL Human Service Needs:

**Dial 2-1-1 or visit**  
**<http://pa211sw.org/covid-19/>**

Find health and human services— for everyday needs and in crisis situations. Search the vast database of services and providers to find the help needed today. **Call 211 or Text your zip code to #898-211 to talk** with a resource specialist for free. Available 24 hours a day, 7 days a week. Calls are free and confidential. Interpreter services are available in over 140 languages.

## Allegheny County COVID-19 Information

The graphic contains four columns of information:

- COVID-19 HOTLINE**  
888-859-2774  
888-856-2774  
LANGUAGE SERVICES AVAILABLE
- COVID-19 HOTLINE**  
888-859-2774  
Language services available. Residents can call to speak with a representative 24 hours a day, seven days a week.
- ALLEGHENY ALERTS**  
ALLEGHENYCOUNTYUS/ALERTS  
Receive updates on COVID-19 directly from the Health Department. Visit Alleghenycounty.us/alerts and select COVID-19 updates.
- COUNTY WEBSITE**  
ALLEGHENYCOUNTYUS/CORONAVIRUS  
Visit our website for updated information on COVID-19 including a map of confirmed cases in our region. bit.ly/ACHDCovid-19
- TWITTER**  
@HEALTHALLEGHENY  
Follow the Allegheny County Health Department on Twitter for updates on COVID-19.

In order to best serve residents with questions and concerns about COVID-19, the Allegheny County Health Department has partnered with United Way 211 to offer a 24/7 hotline. Please call 888-856-2774 to speak with a representative. Language services available.

# Crisis Services Available 24/7



## Allegheny County resolve Crisis Services

- Crisis counseling and support.
- Referrals.
- Intervention services for adults, teens, and their loved ones.

You do not need a psychiatric diagnosis to seek help from resolve. We offer many services that do not depend on a formal diagnosis, and we help many people who have never had a psychiatric diagnosis.

Resolve offers fast assessment and contacts for addiction-related emergencies

## 24 Hour Crisis Lines in Pennsylvania by County

[https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Documents/Suicide\\_Prevention\\_Hotlines.pdf](https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Documents/Suicide_Prevention_Hotlines.pdf)

### National Suicide and Crisis Lines

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Línea Nacional de Prevención del Suicidio: 1-888-628-9454

Crisis Text Line: Text "PA" to 741-741

Veteran Crisis Line: 1-800-273-TALK (8255)

Disaster Distress Helpline: 1-800-985-5990

Trevor Lifeline for LGBTQ Youth 1-866-488-7386

PA QUITLINE 1-800-QUIT-NOW

Click <https://pa.quitlogix.org/en-US/Enroll-Now> to Enroll Now!

### Did you know?

[Sheetz KidsMeal Bagz](https://www.sheetz.com/news/kidzmeals) will be available all day starting Thursday, April 2nd and include a turkey sandwich, chips and a drink.  
[.https://www.sheetz.com/news/kidzmeals](https://www.sheetz.com/news/kidzmeals)

[www.AuntBertha.com](http://www.AuntBertha.com) is another resource network – type in your zip code and a list of resources comes up in your area.

### PA Resources

#### Bookmark this Page

<https://www.pa.gov/guides/responding-to-covid-19/#ForIndividuals>

The State of Pennsylvania has compiled a list of active electronic gateway for individuals to:

- Apply for [benefits](#)
- Unemployment Comp
- Financial help – mortgage, rent, utilities, food, drivers
- Review the property tax/rent rebate deadlines
- Talking to kids about COVID-19
- Tips for pet owners
- Tips for avoiding scams

**We're Here for You**

For information and guidance, visit [UPMC.com/Coronavirus](http://UPMC.com/Coronavirus).

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