



# **TAKING CARE OF YOURSELF AND YOUR LOVED ONES!**



**Helpful tips and resources during COVID-19**

**Mercer County MH CRISIS**  
**724-662-2227**

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**Mercer County Warm Line**  
**724-981-1741 or 1-866-424-9257**

**Warm Line will operate Monday- Saturday (4p.m.-10 p.m.) and Sunday (2p.m.-10 p.m.)**

**Drop In Center will answer calls Monday - Friday 8:30 a.m.- 4:00 p.m. at 724-981-1166**

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**Mercer County Food Bank: 724-981-0353**

**Mercer County Assistance Office: [www.compass.state.pa.us](http://www.compass.state.pa.us)**

**Call 211 for additional county resources and questions**

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**PMHCA (PMHCA.org) offers virtual support groups. Reminder: these are not clinical/therapeutic groups but offer social support.**

**ADULT "VIRTUAL Drop-In" Meetings will take place using ZOOM on Tuesday and Thursday 1 p.m. - 2 p.m.**

**Meeting link: <https://zoom.us/j/131337859> Meeting ID: 131-337-859**

**YOUTH "VIRTUAL Drop-In" Meetings will take place using ZOOM on Monday and Friday 1 p.m. - 2 p.m.**

**Meeting link: <https://zoom.us/j/410999098> Meeting ID: 410-999-098**

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**Wellness tips from BEACON HEALTH OPTIONS**

**[www.beaconhealthoptions.com](http://www.beaconhealthoptions.com) or go to these links:**

**<https://s21151.pcdn.co/wp-content/uploads/Perspective-Coronavirus-Anxiety-Identify-Address-and-Ease-It.pdf>**

**<https://s21151.pcdn.co/wp-content/uploads/Tips-for-housebound-families.pdf>**

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**National Digital Inclusion Alliance offers a list of free and low-cost internet resources at: <https://digitalinclusion.org/free-low-cost-internet-plans/>**

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**Steel Smiling offers Digital Mental Health and Wellness at the following link: <https://www.facebook.com/SteelSmilingPGH/>**

**YOU ARE NOT ALONE!**

*Compiled by Mercer County Suicide Prevention Network*