Feeling anxious? Need help with managing stress, anxiety, drugs or alcohol? Need to talk to someone?

Bucks County COVID-19 Behavioral Health Helpline
215-399-5681
Available Monday - Friday, 8:30 am – 4:30 pm

Ways to Support Yourself During Social Distancing, Quarantine and Isolation
• Educate yourself about available resources.
• Connect with others using a telephone, email, text messaging and social media. Talk “face to face” with friends and loved ones using Skype or FaceTime.
• Reach out for support.
• Take breaks from watching, reading or listening to news stories, including social media.

Use Practical Ways to Cope and Relax
• Relax your body often by doing things that work for you - take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
• Pace yourself between stressful activities, and do something fun after a hard task.
• Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
• Maintain a sense of hope and positive thinking.

Important Phone Numbers & Websites
• Mental Health Crisis Intervention Services 1-800-499-7455
• National Suicide Prevention Lifeline 1-800-273-8255
• Centers for Disease Control and Prevention 1-800-232-4636 | www.cdc.gov
• Substance Abuse and Mental Health Services Administration (SAMHSA) 1-877-726-4727 | www.samhsa.gov
• SAMHSA Disaster Distress Helpline 1-800-985-5990
• PA Get Help Now 1-800-662-4357
• Bucks County Drug & Alcohol Commission, Inc. 215-444-2700 | www.bcdac.org
• Bucks County Department of Mental Health/Developmental Programs 215-444-2800 | www.buckscountry.org
• If you are a Bucks County resident who is eligible and covered under the HealthChoices Behavioral Health Medicaid Program, please call Member Services at 1-877-769-9784 or visit www.magellanofpa.com.

Online Resources
Pennsylvania Recovery Organizations Alliance (PRO-A) - www.pro-a.org
National Alliance on Mental Illness (NAMI) Online/Phone Support - www.namibuckspa.org
Vibrant Safe Space - www.vibrant.org/safespace

County of Bucks | www.buckscountry.org
Bucks County Drug & Alcohol Commission, Inc. | www.bcdac.org