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.

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

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.buckscounty.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.