

Resource Guide Adult & Youth

Northwest PA/Western NY/National

IN AN EMERGENCY OR CRISIS

For assistance in an emergency
Dial 911
McKean County Mental Health Crisis Hotline
1-800-459-6568
Crisis Text Line
Text HOME to 741741

Suicide & Crisis Lifeline
988 (press 1 for veterans, 2 for Spanish)
OGH 24 Hour Crisis Hotline
1-800-339-5209

DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

National Child Abuse Hotline
1-800-4-A-CHILD (1-800-422-4453)
National Domestic Violence Hotline
1-800-799-SAFE (7233) 1-800-787-3224 (hearing impaired line)
YWCA Bradford Victim's Resource Center
1-888-822-6325

National Sexual Assault Hotline
1-800-656-HOPE (4673)
RAINN (Rape, Abuse & Incest Network)
1-800-656-HOPE (4673) www.rainn.org
CCA Domestic Violence & Prevention Services Salamanca, NY
1-888-945-3970

DISASTER RESOURCES

Disaster Distress Helpline 24/7 U.S. and territories	
1-800-985-5990, for Spanish, press 2	

TREATMENT RESOURCES

Maple Manor Substance Use Treatment	The Guidance Center
1-844 621-4080	Offers Same day Access appointments and Crisis Walk In Services
NAMI (National Alliance on Mental Illness) Information HelpLine provides information and referral services	1-814-362-6535
1-800-950-NAMI (6264)	SAMHSA's National Helpline Free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.
	1-800-662-HELP (4357)

CHILDREN & YOUTH RESOURCES

a. Emergency and Referral Services

National Runaway Safeline
1-800-621-4000
Childline To Report Abuse
1-800-932-0313
https://acf.gov/behavioral-health/teens-and-young-adults

McKean County Children and Youth
1-814-887-3350
Beacon Light Behavioral Health
1-800-345-1780
Trevor Project for youth 25 and under with focus on suicide prevention
1-866-488-7386

RESOURCES FOR SPECIAL POPULATIONS

Gay, Lesbian, Bisexual, Transgender, Native American and Veteran's Support Resources

LGBT National Hotline www.glnh.org
1-888-843-4564
LGBT National Youth Talkline
1-800-246-PRIDE (1-800-246-7743)
LGBT National Senior Hotline
1-888-234-7243
The Blackline centering on BI&POC LGBTQ+
1-800-604-5841

McKean County Veterans Affairs
1-814-887-3241
Veteran's Service Agency of Cattaraugus County
1-716-268-6030
Trans Lifeline
1-877-565-8860
Strong Hearts Native Helpline
1-844-7NATIVE (1-844-762-8483)

SELF-HELP RESOURCES AND GROUPS

Find the time and location of a meeting.

Alcoholics Anonymous
www.aa.org/pages/en_US/find-aa-resources
Al-anon Family Groups for Teens
www.al-anon.alateen.org/local-meetings
Dual Recovery Anonymous
www.draonline.org

Narcotics Anonymous
1-888-GET-HOPE (438-4673) (Hopeline) www.na.org/meetingsearch
Nar-Anon Family Groups
www.nar-anon.org/find-a-group
1-800-477-6291

OTHER RESOURCES

211
Fee and confidential information and referrals, available 24/7, for help with food, housing, employment, health care, counseling, disasters and more
211 or text your zip code to 898-211
The Genesis House Olean, NY <i>provide secure temporary housing and supportive services as homeless adults and families transition to more stable housing.</i>
1 (716) 373-3354

Northwestern Legal Services
non-profit law firm that provides free legal aid to eligible clients in Cameron, Crawford, Elk, Erie, Forest, Mercer, McKean, Potter, Venango, and Warren Counties in northwestern Pennsylvania. We offer resources in a variety of civil legal matters to low-income residents, including public benefits, family law, housing, healthcare, education, and employment.
1-814-452-6949

Websites- Youth and Teens

We Think Twice – For Teens by Teens

<https://www.wethinktwice.acf.hhs.gov/>

Mental Health America-

<https://www.mhanational.org/youth/kids-and-teens>

The JED Foundation

<https://jedfoundation.org/>