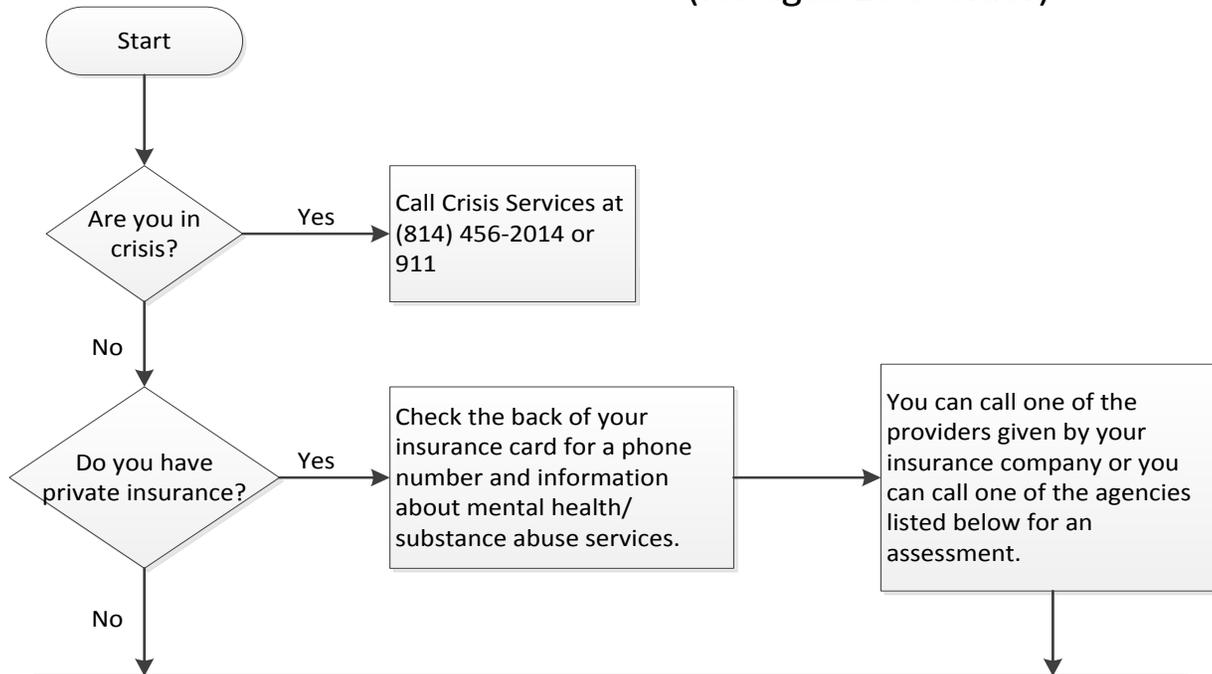


**ERIE COUNTY GUIDE  
TO  
ADULT MENTAL HEALTH SERVICES**

# Erie County Guide to Adult Mental Health Services

(for ages 18 & older)



## Accessing Mental Health/Substance Abuse Services:

1. Erie County Care Management: (814) 528-0600
2. Erie County Office of Drug and Alcohol Programs: (814) 451-6877
3. Erie VA Medical Center: 1-800-274-8387

If there is a delay or you encounter difficulties accessing services at these agencies:

- For anyone with medical assistance contact Community Care at 855-224-1777.
- For any other insurance contact Erie County Care Management at (814)528-0600.

**Providers can help connect you to apply for Medical Assistance, Medicare, or County funding for care.**

Check <http://www.eriecountygov.org/media/79941/resource-guide-mh-da-housing-march-2014.pdf>

Assessment can provide eligibility and referrals for:

Treatment:

- Medication Management
- Outpatient Therapy
- Blended Case Management
- Peer Support
- Psychiatric Rehabilitation
- Partial Hospitalization
- Crisis Services
- Residential Treatment
- Inpatient Hospitalization

Community Services and Supports:

- Supported Employment
- Supported Housing
- Forensic Services
- Representative Payee

Other Supports and Services available to you:

- Mental Health Advocacy Services
- Specialty Support Groups
- Treatment Court
- Other Human Services Departments

## **Erie County Adult Mental Health Services** **A Guide and Supplement to Services**

### **Introduction:**

If you or a loved one have a mental health concern, you may feel worried, afraid, and emotionally exhausted. This guide is here to help you learn to navigate a whole new world: the mental health system. It can be confusing and overwhelming, but help is available. You are not alone! Mental health challenges are common and treatable.

Erie County offers many treatment options and levels of mental healthcare for adults. Specialized therapies and programs are available. Local advocates and supportive services can offer comfort, guidance and encouragement. The information provided here will help you find what you need to get started on the road to recovery.

As you explore this Guide, remember that it helps to be an informed consumer. Just as we're asked to participate in our recovery process with physical healthcare, we must engage in the mental health care recovery process. Learn all you can, ask questions, keep important documents, and advocate for yourself and your loved one. There is a reason for hope; people do get better every day.

### **Emergency Services:**

- **Call 911 if you or someone you know needs immediate assistance.**
- **Call Crisis Services at (814) 456-2014 or toll free at 1-800-300-9558.** *Free telephone, mobile, and walk-in counseling is available to all Erie County Residents 24 hours a day, 7 days a week.*

### **Important to Know:**

- **Seek Help Promptly** – Individuals with mental health conditions have a better chance for full recovery if treated *promptly*. Anyone struggling with mental health and emotional wellbeing should not wait.
- **Talk Therapy** – The benefits of talk therapy has been shown to be effective and may be part of a treatment plan. It is important to find a person you feel comfortable with and trust. This may take time but it will be worth the effort in the end.
- **Find Support** – This may also include family, friends, co-workers, neighbors, and community groups.
- **Help for Veterans** – Veterans may obtain services through local or regional agencies. They may also contact the VA Medical Center in Erie at 1-800-274-8387 or the Erie Vet Center 1-877-927-8387.
- **Individual Rights** – Like with other illnesses, people with mental illnesses have the right to choose treatment providers, make decisions about treatment, and even decline treatment, except in very specific situations. Self-direction, advocacy, and personal empowerment are key concepts to recovery.
- **Get The Facts** – There is a lot of information about mental health on the internet, but not everything you read is based in fact. It's important to know and utilize reliable websites when searching for information. A list of these can be found at [www.eriesprout.com](http://www.eriesprout.com).

### **What to expect when you initially call and/or attend your mental health appointment:**

You may be asked if you have medical assistance to cover the cost of services, or information on insurance coverage. Providers may also assist with the first step in obtaining a diagnosis or medical assistance, if you are eligible. Have all relevant information on hand and please ask questions if you are unsure about any information you are given. *Based on your individual assessment, you may be referred to one or more of these services.*

### **Explanation of Mental Health Treatment Services:**

1. **Medication Management** – Following an initial psychiatric evaluation which may last an hour or more, any prescribed medications are monitored by a psychiatrist, a medical doctor (MD/DO) specializing in treating the brain. Because these appointments are not intended to provide therapy, they last about 15 minutes each month to focus on how the medications are working. Medications could also be prescribed by a physician assistant (PA) or certified registered nurse practitioner (CRNP). Other therapeutic services are often provided with medication management.
2. **Outpatient Therapy** – This includes counseling sessions provided by trained professionals (psychologists, social workers or professional counselors) on a regular basis. Sessions may be for individuals, families or groups. Specialized treatment may be prescribed, depending on a person’s diagnosis.
3. **Blended Case Management (BCM)** – A blended case manager may help obtain and coordinate services and supports, benefit applications, education, medical services, housing and employment. Other services might include advocacy, ensuring services are delivered as planned, identification of community resources and social activities.
4. **Mobile Psychiatric Rehabilitation (MPR)** – Helps to develop skills and provides environmental supports an individual needs to be successful and satisfied with the living, learning, social and working environments of their choice. It provides one-to-one or group skills teaching to individuals who are in various stages of recovery. The program is individualized according to the wants, needs and life goals identified by the consumer through a collaborative planning process.
5. **Mobile Medication Monitoring** – A program designed to assist individuals in the community who have experienced difficulty in taking medication as prescribed. The services include assessment of needs in regards to medications and medication education, coordination of prescriptions, and medication monitoring.
6. **Peer Support Services** – Certified Peer Specialists are people in recovery who are trained to use their experiences to support others receiving mental health services. They have “walked the walk” and offer connections to community resources and hope for the future. The focus of this service is on principles of recovery.
7. **Assertive Community Treatment Team (ACT)** – This comprehensive and intensive 24-hour a day treatment utilizes a team of clinicians. ACT may encompass mental health, substance abuse and rehabilitative services.
8. **Co-occurring Treatment** – Specialized services for individuals with substance abuse concerns who also have a diagnosed mental illness.
9. **Partial Hospitalization** – This structured day program provides an alternative to inpatient hospitalization that offers intensive support in an outpatient setting. Services include individual and group therapy and medication management.
10. **Crisis Residential Unit (CRU)** – Short-term unsecured residential facility to help individuals stabilize symptoms and avoid hospitalization. Services include individual and group therapy and medication management.
11. **Inpatient Hospitalization** – A secure hospital setting for individuals with acute symptoms and/or needing to stabilize medications, as well as those who may be at risk of harm to themselves or others.
12. **Crisis Services** – Anyone who is experiencing a mental health emergency should call Crisis Services at (814) 456-2014 or toll free at 1-800-300-9558. Free telephone, mobile, and walk-in counseling is available to all Erie County Residents regardless of income or insurance 24 hours a day, 7 days a week.

## **Explanation of Community Services and Supports:**

1. **Supported Housing** – There are different levels of housing support services. Service providers can be located in the Erie County Resource Guide:
  - **Permanent Supportive Housing** – Support services provided to eligible **adults & families** with serious mental illness or substance abuse problems that are also homeless. Services focus specifically on permanent housing needs.
  - **Permanent Supportive Housing (Formerly known as Shelter Plus Care)** – Support services and rental subsidies for eligible **adults** with serious mental illness or substance abuse problems who are also homeless. Services focus specifically on identifying long-term housing.
  - **Transitional Housing Services** – Temporary residential services for individuals with mental health problems. Services and supports are provided to assist the individual and their family with locating permanent housing.
  - **Emergency Shelter Services** – Emergency shelter services for **adults** with serious mental illness or substance abuse problems (and their families) who are also homeless. Support services are available in the shelters to assist with identification, information, and referral to appropriate community resources.
2. **Homeless Case Management** - Erie County Care Management provides outreach assistance to any individual who is homeless and living in Erie County. Additionally case management is also provided to persons with serious mental illness who reside in emergency shelter, places not fit for human habitation, “doubled-up” living situations, or who are being evicted. The Homeless Case Management Team will help link these individuals with mental health treatment, rehabilitation, and housing resources. Please call (814) 528-0600.
3. **Subsidized Housing:**
  - **The Housing Authority of the City of Erie:** (814) 452-2425
  - **Housing And Neighborhood Development Service (HANDS):** (814) 453-3333
  - **Erie County and Corry Housing Authority:** (814) 665-5161
4. **The Upper Room** – A *daytime only* shelter that provides a safe and welcoming place for Erie’s poor and homeless year round. Its volunteer staff members offer assistance, information, and fellowship however they can individually and collectively in an atmosphere of hospitality and acceptance. Located at 1024 Peach St, Erie, PA 16501 or call (814) 459-3983.
5. **The Warming Center at MHA** – Stay in a warm, safe place between the hours of 11:00 pm and 7:00 am when the temperatures are 25° or colder. Eat a light meal, take a shower, and do laundry. Please visit 1101 Peach St, Erie, PA or call (814) 452-4462.
6. **Supported Employment** – These services provide pre- and post-job support, including assistance with resume writing, interviewing skills, job seeking, and on-the-job support, as well as assistance maintaining welfare benefits while working.
  - **Careerlink:** (814) 455-9966
  - **Opportunities Unlimited of Erie:** (814) 871-5131
  - **Office of Vocational Rehabilitation:** (814) 871-4551
  - **Multicultural Community Resource Center:** (814) 455-0212
  - **Barber National Institute – Supported Employment Program:** (814) 453-7661
7. **Mental Health Association of Northwestern Pennsylvania (MHA)** – The Mental Health Association of NW PA is organized for people diagnosed with mental illness. The MHA provides an atmosphere where mental health consumers can safely relax with their peers and is a consumer run organization. The goal is to support and promote mental health recovery. The Consumer Center Team provides a safe environment for members to enjoy a wide range of social or educational activities or to just be. The Consumer/Family Satisfaction Team functions as a service for Consumers and Family members to voice their opinion regarding their own mental health services. Advocacy efforts range from navigating systems such as: mental health, housing, vocational, educational and financial to writing a resumé or helping someone register to vote. Volunteering provides opportunities as a means to help ease the transition

back into gainful employment. The MHA is located at 1101 Peach St., Erie, PA 16501. For more information, please email [info@mhanp.org](mailto:info@mhanp.org) or call (814) 452-4462 or toll free: 1-800-640-7961.

8. **Community Support Program (CSP)** – RecovErie CSP is part of a state-wide coalition of mental health consumers, family members, professionals, and community members working together to help adults with serious mental illnesses live successfully in the community. Please call (814) 451-6660.
9. **BLOOM Collaborative** provides a holistic approach to wellness recognizing the healing power of creativity, mindfulness, and environment. Through art classes, gardening, yoga and community collaborations it offers a creative wellness campus focused on well-being. For some, BLOOM's programs may be a supportive and understanding first step in cultivating new habits, new skills and connecting with the world in new ways. For others, BLOOM may be a great place to express and further develop an existing sense of well-being, developing new experiences that deepen that richness. Contact Stairways Behavioral Health (814) 453-5806.
10. **The National Alliance on Mental Illness (NAMI) of Erie County** – NAMI of Erie County is a grassroots nonprofit organization that is focused on reducing the negative stigma of mental illness through education. NAMI of Erie County offers two signature programs, the Family-to-Family Education Program and the Peer-to-Peer Recovery Education Program, as well as family and peer support groups, community and business presentations, and a mental health lending library. No formal mental health diagnosis or referral is required for NAMI's programs and services. All programs and services are offered at no cost to participants. For more information on NAMI of Erie County or its programs and services, please visit [www.NAMIErie.org](http://www.NAMIErie.org) or call (814) 456-1773.
11. **Barber National Institute Center (BNI) Advocacy/Autism for Adults** – The Barber National Institute advocates and provides services for adults with autism. The programs assist individuals in the development of natural supports and community integration. Group and individualized programming are provided for the purposes of gaining employment, managing personal finances, acquiring educational resources and participating in recreational and leisure activities. For information please contact: Maggie Dimitriadis at (814) 874-5517 or email [MaggieD@barberinstitute.org](mailto:MaggieD@barberinstitute.org)
12. **St. Martin Center, Inc** is a social service organization that assists families and individuals with immediate needs and long-term services. The agency has gained a reputation of treating those in crisis with dignity and respect, enabling them to successfully become independent. Programs available range from food and clothing provisions to budget counseling, homeownership and much more. Call (814) 452-6113 or visit [www.stmartincenter.org](http://www.stmartincenter.org).
13. **Greater Erie Community Action Committee (GECAC) Area Agency on Aging (AAA)** – The Area Agency on Aging (AAA) provides for the physical, social, & emotional needs of the senior citizens of Erie County through informal and formal supports that enable seniors to make informed choices, to be safe, to remain independent, and to be involved in the community. Services include: Case Management, Domiciliary Care, Family Caregiver Support Program, Farmer's Market Nutrition Program, Home PLUS Project, Aging Waiver Program, Older Adults Protective Services, Senior Advocate, Ombudsman, Retired and Senior Volunteer Program, Senior Community Service Employment Program, Foster Grandparent Program, and Senior Center Services. Located at 18 West 9<sup>th</sup> Street, Erie, PA 16501, Phone: (814) 459-4581 or Toll Free: 1-800-769-2436.
14. **Forensic Programs:**
  - **CROMISA (Community Reintegration of Offenders with Mental Illness and Substance Abuse)** – Erie County offenders who are incarcerated in the state system, with at least one year of their sentence remaining, and who are struggling with both substance abuse and mental illness, receive services to support community reintegration. Partners include: Erie County Office of Drug & Alcohol Abuse, Erie County Office of Mental Health/Intellectual Disabilities, Gaudenzia Crossroads, Greater Erie Community Action Committee, Stairways Behavioral Health, and Probation & Parole Board of Pennsylvania. Please call (814) 453-5806.
  - **STEP (Supportive Transitional Extension Program)** – A joint project with the Erie County Office of Drug & Alcohol Abuse, STEP provides transitional housing and support to CROMISA clients leaving the criminal justice system and also seeking treatment for substance abuse. Please call (814) 453-5806.

## **Explanation of Other Systems:**

### **1. Department of Human Services:**

- **Mental Health/Intellectual Disabilities (MH/ID)** – The roles and responsibilities of the MH/ID Program were established by the [MH/ID Act of 1966](#). Erie County MH/ID is regulated via the [Pennsylvania Department of Human Services \(DHS\)](#), formerly known as “Department of Public Welfare (DPW),” through the [Office of Developmental Programs \(ODP\)](#), the [Office of Mental Health and Substance Abuse Services \(OMHSAS\)](#), and the [Office of Child Development and Early Learning \(OCDEL\)](#). Through a contracted provider network, the office administers a broad array of services for individuals and families. Please call (814) 451-6800 or visit their website at <http://www.eriecountygov.org>.
- **Office of Children & Youth (OCY)** – This department intervenes to provide services that can’t be provided by the family, friends or the community. It utilizes high quality, comprehensive social services that strengthen the family’s ability to provide for the safety and wellbeing of each child. Please call (814) 451-6600 or visit their website at <http://www.eriecountygov.org>.
- **Erie County Office of Drug and Alcohol** – This department administers drug and alcohol prevention programs, information/referral and residential/outpatient treatment programs. Please call (814) 451-6877 or visit their website at <http://www.eriecountygov.org>.

2. **Community Care Behavioral Health Organization** – This is the behavioral health HealthChoices program for Erie County. HealthChoices is the name of the Pennsylvania’s mandatory managed care programs for Medical Assistance recipients. Visit the Community Care Behavioral Health website for more information [www.ccbh.com](http://www.ccbh.com) or call toll free: 1-855-224-1777.
3. **Erie County Care Management, Inc. (ECCM)** – Provides case management and other services to Erie County's behavioral health, developmental disabilities, and other human service consumers. By offering local support that assures access, ECCM ensures that care decisions are consumer-based and individualized, offering comprehensive, holistic care that fosters independence. Located at 1601 Sassafras St., Erie, PA 16502, email [ErieCare@eccaremtg.org](mailto:ErieCare@eccaremtg.org) or call (814) 528-0600
4. **Erie County Assistance Office** – Residents of Pennsylvania can seek assistance and a range of services for themselves and their families. Do not call the office. Go to the website [www.compass.state.pa.us](http://www.compass.state.pa.us) for information and to apply on line. **Please note:** You will need your social security number, proof of all income for your household in the past 30 days, and other relevant information.
5. **Treatment Court** – The Erie County Treatment Court consists of four components: Drug Court, Mental Health Court, Family Court, and Veterans Treatment Court. The Erie County Treatment Courts handle cases involving non-violent seriously mentally ill offenders and/or non-violent drug dependents through intensive/comprehensive supervision, case management, and treatment in a supportive, recovery oriented setting. Call (814) 451-7068 or (814) 451-6470.

## Recovery Facts

Recovery means regaining/learning to live a full & meaningful life while having mental illness.

Due to the cyclical nature of mental illnesses and the many factors that can trigger their onset, people in recovery may still experience a need for hospitalization at times. However, people in recovery have learned many lessons about how to minimize the need for hospitalization and acute services.

Most people in recovery who have mental illness will continue to use medications to help manage the symptoms and to prevent new episodes. Some people may choose to change their medication regime and use alternative therapies. Every person is responsible to weigh the risks & benefits of different forms of care & to determine what works best for him/her.

Most people in recovery who have a mental illness will continue to use individual, group, and / or peer counseling and peer group support. Most use these therapeutic supports more often at times when they feel vulnerable to an onset of illness than when they feel more stable.

Some people in recovery will eventually get full-time employment. Other people will work part-time or do volunteer work or hobbies and will continue to receive government benefits. Each individual is unique and has his / her own hopes, dreams, talents and strengths.

## Recovery Resources in Erie County, PA

### Emergency Lines:

Crisis Services (24 hrs.) .....814-456-2014  
..... 1-800-300-9558

Millcreek Community Hospital—ER  
.....814-868-8348

Corry Memorial Hospital.....814-664-4641

St. Vincent Mental Health Emergency Services  
.....814-452-5555  
..... 1-888-950-9090

Erie County Warmline ..... 1-877-550-4007

*To find out if you qualify for community mental health services:*

Erie County Care Management  
Member Services Intake .....814-878-1640

*To find out if you qualify for community drug and alcohol services:*

Erie Co. Drug & Alcohol Office Intake  
.....814-451-6877

### Websites / Contact Information:

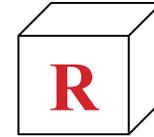
[www.mhanp.org](http://www.mhanp.org)  
Mental Health Association of Northwestern PA  
(814-452-4462)

[www.namierie.org](http://www.namierie.org)  
The National Alliance on Mentally Illness of PA—Erie County Affiliate  
(814-456-1773)

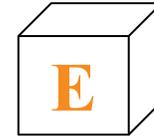
[www.samhsa.gov](http://www.samhsa.gov)  
Substance Abuse and Mental Health Services Administration

[www.drnpa.org](http://www.drnpa.org)  
Disability Rights Network of PA

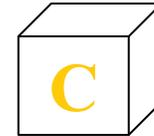
## Mental Health Recovery in Erie County, PA



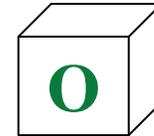
Regain your health & hope for the future.



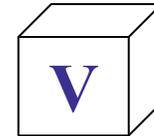
Explore opportunities available to you & identify your strengths.



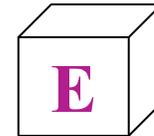
Create a crisis plan for how you want to be treated.



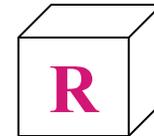
Obtain helpful information and support from others with similar challenges



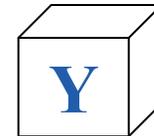
Voice your concerns and feel heard and respected by staff.



Empower yourself to have more control and choice in your life.



Review all treatment options available to you & set your goals for wellness.



Your family and significant others are provided with information to help you.

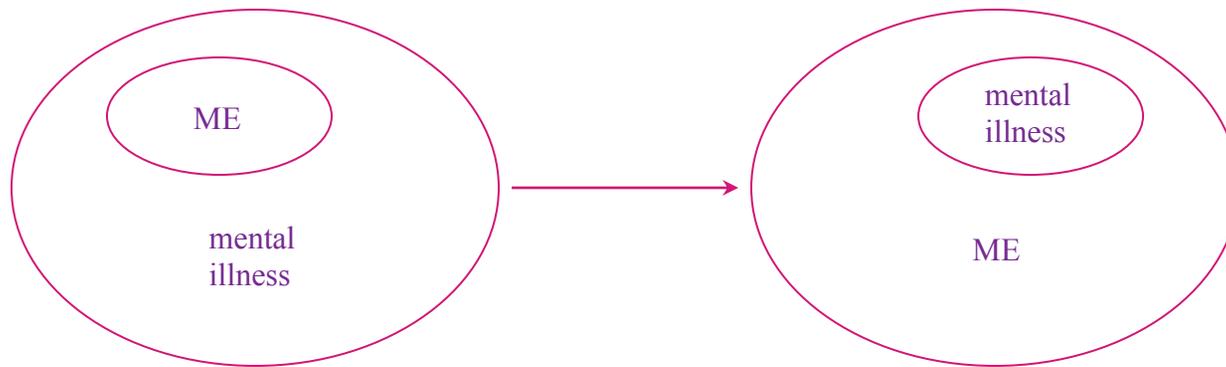
## Recovery Definition

### Pennsylvania Definition of Recovery

Recovery is a self-determined and holistic journey that people undertake to heal and grow. Recovery is facilitated by relationships and environments that provide hope, empowerment, choices and opportunities that promote people reaching their full potential as individuals and community members.

*Developed by the Pennsylvania Recovery Workgroup in 2005 and endorsed by the Office of Mental Health and Substance Abuse Services*

## The Recovery Journey



Sometimes a person can feel very small in comparison to their illness (the drawing on the left). The illness holds them captive and they feel swallowed up by it. Recovery involves moving from the mental illness being the most important part of one's life to being a person who simply has a mental illness (the drawing on the right).

The mental illness is only one part of life and the personhood of "me." The recovery process generally includes learning ways to manage the illness, but also involves learning attitudes and skills about living, learning, working, having meaningful relationships, a place in the community and connection to the world. We might define this as having a "spiritual" center.

Adapted from Laurie Curtis' description of the Recovery Journey

## Recovery Values and Ethics

Regardless of the severity of their symptoms everyone has the capacity to learn and grow.



The body of knowledge related to the vision of recovery is always expanding and is infinite.



Recovery is not based on any singular philosophy or model and involves not only just a program, but is about developing a quality of life in spite of illness.



This is a shared journey.



In this work, people learn through their own experiences and the experience of others.

This brochure was developed by Erie County RecovERIE Steering Committee with support from Erie County Office of Mental Health / Intellectual Disability and Western Region Community Support Program. Rev. 6/14

# FREQUENTLY USED RESOURCES FOR MENTAL HEALTH CONSUMERS

## Erie County, Pennsylvania

### EMERGENCY LINES

CRISIS SERVICES	814-456-2014
EMERGENCY SERVICES	911
OFFICE OF CHILDREN & YOUTH	814-451-6600
NATIONAL SUICIDE PREVENTION LIFELINE	800-273-8255
SAFELINE	814-456-7233

### MENTAL HEALTH SERVICES AGENCIES

ACHIEVEMENT CENTER	814-459-2755
BARBER NATIONAL INSTITUTE	814-453-7661
COMMUNITY HOUSE	814-459-5853
COMMUNITY SERVICE CENTER (ALBION)	814-756-3660
CORRY COUNSELING SERVICES	814-664-7761
CRIME VICTIM CENTER	814-455-9414
FAMILY SERVICES (MAIN)	814-866-4500
UNION CITY CENTER	814-438-7341
LAKESHORE COMMUNITY SERVICES	814-456-9962
MENTAL HEALTH ASSOCIATION	814-452-4462
SAFE HARBOR BEHAVIORAL HEALTH	814-459-9300
SARAH A REED CHILDREN'S CENTER	814-838-1954
STAIRWAYS BEHAVIORAL HEALTH	814-453-5806
VET CENTER	814-453-7955
VETERAN'S MEDICAL CENTER (MENTAL HEALTH CLINIC)	814-868-8661

### SHELTERS

CITY MISSION	814-452-4421
COMMUNITY OF CARING	814-456-6661
COMMUNITY SHELTER SERVICES	814-454-1627
HOMELESS CASE MANAGEMENT	814-528-0600
SAFE HORIZONS (UNION CITY)	814-438-2675
SAFE NET	814-455-1774
SALVATION ARMY	814-456-4239
THE REFUGE	814-456-6088
THE UPPER ROOM (DAYTIME ONLY)	814-459-3983
THE WARMING CENTER AT THE MHA	814-452-4462

### CLOTHING

CARING CLOSET	814-874-6990
CITY MISSION	814-452-4421
JOEL TWO RESTORATION MINISTRY	814-455-4464
MERCY CENTER FOR WOMEN	814-455-4577
RAINBOW CONNECTION	814-453-4080
SAINT MARTIN CENTER, INC.	814-452-6113
SALVATION ARMY	814-456-4239

### MEALS - CALL AHEAD FOR SCHEDULE

COMMUNITY OF CARING	814-456-6661
EMMAUS SOUP KITCHEN	814-459-8754
ERIE CITY MISSION	814-452-4421
HOLY TRINITY LUTHERAN CHURCH	814-452-3518
SAINT PAUL'S ROMAN CATHOLIC CHURCH	814-459-3173
SAINT PAUL'S UNITED CHURCH OF CHRIST	814-459-3199

### ENGLISH AS A SECOND LANGUAGE CLASSES

GECAC ADULT LEARNING CENTER	814-455-5611
INTERNATIONAL INSTITUTE	814-452-3935
MULTICULTURAL COMMUNITY RESOURCE CTR	814-455-0212
NW TRI-COUNTY INTERMEDIATE UNIT	814-734-5610
QUALITY OF LIFE LEARNING CTR.	814-899-3904

### GED/EMPLOYMENT EDUCATION/TRAINING PROGRAMS

CAREER ASSESSMENT CENTER, INC.	814-453-7681
CAREER LINK	814-455-9966
ERIE ADULT LEARNING CENTER	814-874-6175
GANNON UNIV. PROF. DEVELOPMENT OFFICE OF CONTINUING EDUCATION	814-871-7000
GECAC	814-459-4581
GECAC ADULT LEARNING CENTER	814-456-5611
MULTICULTURAL COMMUNITY RESOURCE CTR	814-455-0212
NW TRI-COUNTY INTERMEDIATE UNIT	814-734-5610
OPPORTUNITIES UNLIMITED	814-871-5131
PENNSYLVANIA OFFICE OF VOCATIONAL REHABILITATION	814-871-4551 800-541-0721
QUALITY OF LIFE LEARNING CENTER	814-899-3904
REGIONAL CAREER & TECHNICAL CENTER	814-464-8601
SAINT BENEDICT EDUCATION CENTER	814-452-4072
TALENT SEARCH (CITY)	814-459-4581 x 584

### HOUSING / HOUSING ASSISTANCE

HOMELESS CASE MANAGEMENT	814-528-0600
CITY OF ERIE HOUSING AUTHORITY	814-452-2425
H.A.N.D.S. (HOUSING & NEIGHBORHOOD DEVELOPMENT SVCS)	814-453-3333
GECAC	814-459-4581 x 466
ERIE COUNTY ASSISTANCE OFFICE	814-461-2000
ERIE INDEPENDENCE HOUSE	814-461-9188
ERIE UNITED METHODIST ALLIANCE	814-456-8073
HOUSING AUTHORITY FOR ERIE COUNTY AND CITY OF CORRY	814-665-5161
ERIE DAWN, INC.	814-453-5921
SAINT MARTIN'S CENTER	814-452-6113
MARIA HOUSE PROJECT	814-454-0891
MERCY CENTER FOR WOMEN	814-455-4577
SAFENET TRANSITIONAL LIVING CENTER	814-455-1774
MENTAL HEALTH ASSOCIATION	814-452-4462
MORTGAGE ASSISTANCE AND FORECLOSURE HOTLINE	800-342-2397
PROJECT HOPE FOR THE HOMELESS	814 456-8073

### FOOD BANKS

*For information about a food pantry that is nearest to you, call:*  
**SECOND HARVEST FOOD BANK** 814-459-3663

## HOTLINES

ALCOHOLISM HOTLINE	800-252-6465
AMERICAN ACADEMY OF PEDIATRICS	847-228-5005
AMERICAN SPEECH-LANGUAGE-HEARING ASSOC.	800-638-8255
BOYS TOWN HOTLINE	800-448-3000
BUREAU OF CHILD SUPPORT ENFORCEMENT	800-932-0211
CHILD FIND OF AMERICA, INC.	800-426-5678
CHILD LINE	800-932-0313
OFFICE OF CHILDREN & YOUTH SERVICES OF ERIE	814-451-6600
CRAWFORD COUNTY CRISIS LINE	814-724-2732
CRIME VICTIM CENTER (ERIE)	800-352-7273
ERIE CO. DEPT. OF HEALTH	814-451-6700
ERIE COUNTY VICTIM WITNESS SERVICES	814-455-9414
FAIR HOUSING AND HOUSING DISCRIMINATION	800-669-9777
FOOD STAMPS, MEDICAL ASSISTANCE, CASH ASSISTANCE HELPLINE (DHS)	800-692-7462
MENTAL HEALTH / D & A TREATMENT REFERRAL	800-662-4357
NATIONAL ALLIANCE FOR THE MENTALLY ILL	800-950-6264
NATIONAL CHILD ABUSE HOTLINE	800-422-4453
NATIONAL INSTITUTE ON AGING INFO CTR.	800-222-2225
NATIONAL RUNAWAY SAFELINE	800-786-2929
PA AGING-ALZHEIMERS HOTLINE	800-272-3900
PA HIGHER EDUCATION ASSISTANCE	800-692-7392
POISON CONTROL CENTER	800-222-1222
SOCIAL SECURITY DISABILITY	800-772-1213
TEENLINE SUICIDE PREVENTION HOTLINE	800-722-5385
THE TREVOR PROJECT (LGBTQI) <i>Call or Text</i>	866-488-7386
WIC - WOMEN, INFANTS & CHILDREN PROGRAM	800-942-9467

## PREGNANCY SERVICES

CATHOLIC CHARITIES COUNSELING & ADOPTION SVCS.	814-456-2091
FAMILY SERVICES	814-866-4500
MARCH OF DIMES	814-833-4941
PROJECT FIRST STEP	814-454-1534
WOMENS CARE CENTER	814-836-7505

## LOCAL SUPPORT GROUPS

*Please call for current information about specific groups available and times and meeting places:*

MENTAL HEALTH ASSOCIATION OF NWPA	814-452-4462
NAMI-ERIE COUNTY	814-456-1773

## WEBSITES FOR FURTHER INFORMATION

MENTAL HEALTH AMERICA <a href="http://www.mentalhealthamerica.net">www.mentalhealthamerica.net</a>
NATIONAL ALLIANCE ON MENTAL ILLNESS <a href="http://www.nami.org">www.nami.org</a>
DEPRESSION AND BIPOLAR SUPPORT ALLIANCE <a href="http://www.dbsalliance.org">www.dbsalliance.org</a>
SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMIN <a href="http://www.samhsa.gov">www.samhsa.gov</a>
NATIONAL ASSO OF PROTECTION AND ADVOCACY SERVICES <a href="http://www.narpa.org">www.narpa.org</a>
PENNSYLVANIA MENTAL HEALTH CONSUMERS ASSOC <a href="http://www.pmhca.org">www.pmhca.org</a>

## CHILD DEVELOPMENT/Early Intervention

CITY OF ERIE SCHOOL DISTRICT EARLY INTERVEN	814-874-6155
CHILDCARE INFORMATION SERVICES	814-451-6580
ERIE COUNTY CARE MANAGEMENT	814-528-0600
ERIE FAMILY CENTER	814-874-6990
NORTHWEST TRI-COUNTY INTERMEDIATE UNIT (IU5)	814-734-5610
HEAD START (GECAC)	814-459-4581
SUCCESS BY SIX	814-874-0144
EARLY CONNECTIONS	814-874-0144

## Youth Support

BETHESDA TRINITY CENTER	814-455-8861
BIG BROTHERS / BIG SISTERS OF ERIE CO.	814-866-4500
BOYS AND GIRLS CLUB OF ERIE	814-459-1977
CATHOLIC CHARITIES MINISTRIES OFFICE	814-824-1111
ERIE COOPERATIVE EXT. OFFICE	814-825-0900
ERIE FAMILY CENTER	814-874-6990
FRENCH CREEK COUNCIL BOY SCOUTS OF AMERICA	814-868-5571
GIRL SCOUTS OF WESTERN PENNSYLVANIA	800-445-9170
J.F.K. CENTER YOUTH DIVERSION PROGRAM	814-898-0400
KIDS CAFÉ	814-878-2922
INTERCITY NEIGHBORHOOD ART HOUSE	814-455-5508
SISTERS OF SAINT JOSEPH NEIGHBORHOOD NETWORK	814-454-7814
SPECIAL KIDS NETWORK/PARENT-TO-PARENT	800-986-4550
YMCA (DOWNTOWN) (EASTSIDE/ HARBORCREEK BRANCH)	814-452-3261
(GLENWOOD PARK FAMILY BRANCH)	814-899-9622
(CORRY)	814-868-0867
(EDINBORO)	814-664-7757
	814-734-5700

## Senior Support

GECAC AREA AGENCY ON AGING	814-459-4581
LIFEWORCS ERIE	814-459-4132

## MISCELLANEOUS

AHEDD - SOCIAL SECURITY BENEFITS COUNSELIN	866-902-4333
ASK A NURSE	814-452-5500
COMMUNITY HEALTH NET	814-454-4530
COMMUNITY RESOURCES FOR INDEPENDENCE	814-838-7222
ERIE CO. SOCIAL SECURITY OFFICE	877-405-2887
ERIE CO. WELFARE OFFICE	814-461-2000
LIFT	814-455-3330
NEIGHBORHOOD CENTERS	
BOOKER T WASHINGTON	814-453-5744
JOHN F KENNEDY CENTER	814-898-0400
MARTIN LUTHER KING CENTER	814-459-2761
NORTHWEST LEGAL SERVICES	814-452-6949
ST. PAUL'S NEIGHBORHOOD FREE CLINIC	814-454-8755
VOICES FOR INDEPENDENCE	814-874-0064