

Resources for COVID-19 Crisis

If you have seen a reduction in pay due to COVID-19 and are struggling to make your rent, mortgage, credit card, or loan payments, contact your lender right away. Explain your situation and ask about hardship programs that may be available. Regulatory agencies have encouraged financial institutions to work with customers impacted by the coronavirus.

- **Unemployment Benefits**-It is recommended you apply online for fastest results and processing
 - <https://www.uc.pa.gov/Pages/covid19.aspx>
- **SNAP Benefits/Food Stamps**-Online or via phone
 - <https://www.compass.state.pa.us/compass.web/Public/CMPHome>
 - Help Line- 1-800-692-7462
- **Central Pennsylvania Food Bank**-717.564.1700
 - 3908 Corey Road, Harrisburg, PA 17109
 - <http://www.centralpafoodbank.org/>
- **Meal Assistance** – 717-432-3053
 - New Hope Ministries, 99 W Church St, Dillsburg, PA 17019
- **Utility Assistance**-If you are struggling to pay your utility bills, contact your service provider right away. Many utility service providers offer emergency assistance programs at this time.
 - Low Income Home Energy Assistance Program (LIHEAP)
 - <https://liheappm.acf.hhs.gov/navigator>
 - 1-866-452-6152
- **Health Care/Medical Assistance**-1-866-550-4355 (may not be available at this time)
 - County Assistance Office's across the state are closed, but the link provides access info to residents.
 - https://www.media.pa.gov/pages/DHS_details.aspx?newsid=498
- **2-1-1 United Way - Call: 2-1-1**
 - <http://www.pa211.org/>
- **PA Coronavirus Health Website**
 - <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>
- **Domestic Violence** – YWCA York – Main Phone #: 717-845-2631
 - **If you are a victim of violence in immediate danger or are in need of emergency assistance, call 911 now.**

If you are seeking support, please call one of our confidential 24-hour hotlines below.

○ **Domestic Violence 24-Hour Hotline:**

717.846.5400 – York

800.262.8444 – Toll Free

○ **Sexual Violence 24-Hour Hotline:**

717.854.3131- York County

800.422.3204 – Toll Free

● **Mental Health**

- Suicide Lifeline: 1-800-273-8255 OR Dial 988

- Crisis Textline: 741741

- York County Crisis Intervention: 1-800-673-2496

- Walk-In Crisis Service Location:

- Holy Spirit Hospital Emergency Room

503 N. 21st St., Camp Hill, PA 17011

- Mental health agencies are OPEN, find an area therapist for your needs by visiting this database: <https://www.psychologytoday.com/us/therapists>