

Resources for the TASD Community

If you are experiencing a life-threatening emergency or believe that your life or someone else's life is in immediate danger, call 911.

Mental Health

If you or your child is experiencing anxiety, depression, or other concerning changes in mood or behavior, contact the *PA Mental Health and Crisis Support Line 24/7:*

Call 1-855-284-2494
or
Text PA to 741741

Suicidal Ideation

If you or someone you know is having suicidal thoughts, contact the *National Suicide Prevention Hotline 24/7:*

Call 1-800-273-8255
or
Visit suicidepreventionlifeline.org for a live chat

Substance Abuse

If you or someone you know is struggling with substance abuse, contact the *Get Help Now Hotline 24/7:*

Call 1-800-662-4357
or
Visit <https://apps.ddap.pa.gov/gethelpnow/> for a live chat

Child Abuse/Domestic Violence/ Sexual Assault

If you suspect child abuse, contact *PA ChildLine 24/7:*

Call 1-800-932-0313

If you or someone you know has been a victim of domestic violence, sexual assault, or other crime, contact the *Wyoming County Victim's Resource Center 24/7:*

Call 570-836-5544

Food Distribution

Seven Loaves Soup Kitchen

For prepared meals to go and grocery items, pick up at 51 Warren Street in Tunkhannock, Monday-Friday, 5pm-6pm
For specific needs, call 570-996-5005 Monday-Friday, 3pm-6pm

Commission on Economic Opportunity (CEO)
Call 570-836-4090 for services

Follow these pages on Facebook for more information regarding registration and pick up times for food distribution:

TASD Children's Produce Market
Child Hunger Outreach Partners - CHOP
HANDS of Wyoming County

211

211 connects you to community services, such as: Crisis and Emergency, Disaster Assistance, and Essential Needs, including:

- Housing
- Food
- Finances
- Healthcare
- Clothing & Household Items (including diapers)
- Disability Services
- Transportation

To access these services 24/7:

Call 211
Text your zip code to 898-211
Visit <http://211.org/> or <http://nepa211.org/>

School Resources- If a student you know is facing difficulty during this time, you may also reach out to our school programs:

Student Assistance Program (SAP)

SAP is a confidential program that connects students who are struggling with various needs to outside community services. You can make an online referral by visiting <https://www.tasd.net/sap>

Safe2Say Something

Safe2Say is an anonymous tip line to report individuals that may be a threat to themselves or others. You can submit a tip online by visiting <https://www.safe2saypa.org/>, calling 1-844-723-2729, or downloading the Safe2Say Something PA app.