



TEENHOPE
Mental Health Teen-Screening Programs

TEENHOPE RESOURCE GUIDE

IN EMERGENCY OR CRISIS

For assistance in an emergency situation.....Dial 911

National Suicide Prevention Lifeline & Text Line.....988

Lancaster County Crisis.....717-394-2631

Lebanon County Crisis.....717-274-3363



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TREATMENT RESOURCES

MENTAL HEALTH TREATMENT

[Lancaster County Mental Health Treatment Providers](#)



[Lebanon County Mental Health Treatment Providers](#)



[SAMHSA's National Helpline](#)

Provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.
1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

[National Alliance on Mental Illness \(NAMI\) Information HelpLine](#)

Provides you with information and referral services
1-800-950-NAMI (6264)

[National Council for Behavioral Health](#)

Assists you in finding a local provider of behavioral health services and support.

www.theNationalCouncil.org (Click on "Find a Provider")

RESOURCES FOR SPECIAL POPULATIONS

[LGBTQ+ National Help Center](#)

1-888-843-4564

www.glnh.org

[LGBTQ+ National Youth Talkline](#)

1-800-246-7743

www.glnh.org/talkline

[Trevor Project Crisis Line – LGBTQ+ Youth](#)

1-866-4-U-TREVOR (488-7386)

www.theTrevorProject.org

[Common Roads](#)

<https://centralpalgbtcenter.org/>



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SELF-HELP RESOURCES AND GROUPS

Alcoholics Anonymous



Narcotics Anonymous.....1-888-GET-HOPE (438-4673)
www.na.org/meetingsearch

Dual Recovery Anonymous
www.draonline.org

Nar-Anon Family Groups
www.nar-anon.org/find-a-group

Mental Health Association of Lancaster County
<http://www.mhalancaster.org/>

SUBSTANCE ABUSE TREATMENT

Lancaster County Substance Abuse Treatment Providers



Lebanon County Substance Abuse Treatment Providers



SAMHSA's National Helpline

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1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

National Council for Behavioral Health

Can assist you in finding a local provider of behavioral health services and support. www.theNationalCouncil.org (Click on "Find a Provider")



DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

National Child Abuse Hotline.....1-800-422-4453

National Sexual Assault Hotline.....1-800-656-4673

National Domestic Violence Hotline.....1-800-799-7233
(for hearing impaired) 1-800-787-3224

RAINN (Rape, Abuse, & Incest National Network).....1-800-656-04673

Domestic Violence Center of Lancaster County.....717-299-1249

Domestic Violence Intervention of Lebanon County.....866-686-0451

SUICIDE PREVENTION AND LOSS SUPPORT

Prevent Suicide PA

Support group information by county for survivors of suicide attempts and for those who have lost a loved one to suicide.



Compass Mark

Local grief support groups and resources for those grieving a substance-related loss



Pathways Center for Grief and Loss

Support after loss for children, teens, and adults, including support groups, online resources, and individual counseling





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OTHER RESOURCES

PA 211

Free and confidential information and referral, are available 24/7, for help with food, housing, employment, health care, counseling and more.
– Dial 211



Homeowners' HOPE Hotline

Provides you with free comprehensive financial education and confidential foreclosure prevention counseling 24/7.
1-888-995-HOPE (4673)

Legal Advice

Provides legal information, lawyer profiles, and a community to help individuals make legal decisions.
www.findlaw.com

Spanish American Civic Association (SACA)

Provides a wide range of services including a community kitchen, employment services, bilingual services, drug and alcohol treatment, a senior center, educational training and certification, and more!
<https://sacapa.org/>



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RESOURCES WITH FREE SESSIONS AND FINANCIAL AID AVAILABLE

Mental Health America (Lancaster County)

Provides a wide range of services including assistance with IEP/504s, peer and family support, free mental health sessions, financial aid guidance and assistance for mental health services, and more!



Samaritan Counseling Center

Provides mental health services, clergy care, business consulting, and more!





TIPS AND TOOLS FOR HELPING YOURSELF OR A FRIEND

FROM TEENAGER'S GUIDE TO DEPRESSION AT HELPGUIDE.ORG

The teenage years can be tough, and it's perfectly normal to feel sad or irritable every now and then. But if these feelings don't go away or become so intense that you can't handle them, you may be suffering from depression or anxiety. The good news is that you don't have to feel this way. Help is available.

How to Talk about depression and anxiety with an adult you trust

If you are feeling depression or anxiety it is not your fault, and you didn't do anything to cause it. However, you do have some control over feeling better. The first step is asking for help.

Talking to your parents about depression.

It may seem like there's no way your parents will be able to help, especially if they are always nagging you or getting angry about your behavior. The truth is, most parents hate to see their kids hurting. They may feel frustrated because they don't understand what is going on with you or know how to help.

If your parents are abusive in any way, or if they have problems of their own that makes it difficult for them to take care of you, find another adult you trust (such as a relative, teacher, counselor, or coach). This person can either help you approach your parents, or direct you toward the support you need. If you truly don't have anyone you can talk to, refer to the resources below and at the end of this article. There are many hotlines, services, and support groups that can help.

No matter what, talk to someone, especially if you are having any thoughts of harming yourself or others. Asking for help is the bravest thing you can do, and the first step on your way to feeling better.

The importance of accepting and sharing your feelings

It can be hard to open up about how you're feeling—especially when you're feeling depressed, hopeless, ashamed, or worthless. It's important to remember that many people struggle with feelings like these at one time or another. They don't mean you're weak, fundamentally flawed, or no good. Accepting your feelings and opening up about them with someone you trust will help you feel less alone.

No matter what it feels like, people love and care about you, and if you can muster the courage to talk about your depression, it can—and will—be resolved. Some people think that talking about sad feelings will make them worse, but the opposite is almost always true. It is very helpful to share your worries with someone who will listen and care. They don't need to be able to "fix" you; they just need to be good listeners.

Ask for help if you're Stressed or having Thoughts of Harming Yourself.

Stress and worry can take a big toll, even leading to depression. Talk to a teacher or school counselor if exams or classes seem overwhelming or if you are being bullied. Likewise, if you have a health concern you feel you can't talk to your parents about—such as a pregnancy scare or drug problem—seek medical attention at a clinic or see a doctor. A health professional can help you approach your parents (if that is required) and guide you toward appropriate treatment.

If you're dealing with relationship, friendship, or family problems, talk to an adult you trust. Your school may have a counselor you can go to for help, or you may want to ask your parents to make an appointment for you to see a therapist.

Coping with suicidal thoughts.

If your feelings become so overwhelming that you can't see any solution besides harming yourself or others, you need to get help right away. And yet, asking for help when you're in the midst of such strong emotions can be really tough. If talking to a stranger might be easier for you, call 1-800-273-TALK to speak in confidence with someone who can understand and help you deal with your feelings.



DOES YOUR INSURANCE COVER MENTAL HEALTH SERVICES?

Please visit the website below for more information:



What you need to know about mental health coverage

When it comes to our well-being, mental health is just as important as physical health. Unfortunately, insurers haven't always seen it that way. In the past, many health insurance companies provided better coverage for physical illness than they did for mental health disorders. A law passed in 2008, the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act (also known as mental health parity law or federal parity law) requires coverage of service for mental health, behavioral health, and substance-use disorder to be comparable to physical health coverage. Yet many people still are not aware that the law exists or how it affects them. In fact, a 2014 APA survey found that more than 90 percent of Americans were unfamiliar with the mental health parity law. This guide helps you learn what you need to know about mental health coverage under the mental health parity law.

What health plans does the law affect?

The federal parity law generally applies to the following types of health insurance:

- Employer-sponsored health coverage, for companies with 50 or more employees
- Coverage purchased through health insurance exchanges that were created under the health care reform law also known as the Affordable Care Act or "Obamacare"
- Children's Health Insurance Program (CHIP)
- Most medical programs (Requirements may vary from program to program)
- Some other government plans and programs remain exempt from the parity law. Medicare unlike Medicaid, for instance, is not subject to the federal parity law.

How do I know if my health insurance plan provides mental health coverage?

Check your description of plan benefits - it should include information on behavioral health services or coverage for mental health and substance use disorders. If you still aren't sure, ask your human resources representative or contact your insurance company directly.

Using your mental health coverage

Check with your human resources department or insurance company for specific details about your coverage. Here are some important points to consider:

- Check to see whether your coverage uses provider networks. Typically, patients are required to pay more out-of-pocket costs when visiting an out-of-network provider. Call your insurance company or visit the website for a list of in-network providers
- Ask about copayments. A copay is a charge that your insurance company requires you to pay out-of-pocket for a specific service. For instance, you may have a \$20 copay for each office visit.
- Talk to your provider. When you call to schedule an appointment with a mental health provider, ask if they accept your insurance. Also ask whether they will bill your insurance company directly and you just provide a copayment, or if you have to pay in full and then submit a claim to your insurance company for reimbursement.



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DOES YOUR INSURANCE COVER MENTAL HEALTH SERVICES?
PLEASE VISIT THE WEBSITE BELOW FOR MORE INFORMATION:



An example of an insurance card is provided below. Yours may look different, but the information is the same. Note on the back is a behavioral health number. You can use this number to find covered behavioral and mental health services in your network. You can also contact your primary care provider (PCP).



If you do not have insurance, the website below provides information and help on how to apply for medical assistance in the state of Pennsylvania.

<https://www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx>

How to Apply

There are different ways to apply for MA. Please choose the option that suits you best. If you do not know if you are eligible, you can still apply.

1. Online: Using the COMPASS website, you can apply for MA and many other services that can help you make ends meet.
2. Telephone: Call the Customer Service Center for Health Care Coverage at 1-866-550-4355.
3. In-Person: You can contact you local county assistance office (CAO)
4. On Paper: You can download an application and sent to your local CAO. If you need help completing the application form, a CAO staff member can help you.



SCHOOL-BASED COUNSELING SERVICES

TEAMCARE

What is TeamCare?

TEAMCare Behavioral Health, LLC is a growing organization, built-in collaboration with our staff and the providers with whom we are affiliated.

TEAMCare was created in 2007 to provide our patients with the highest quality behavioral healthcare services. Our team is comprised of psychiatrists, psychologists, clinicians, and support staff, and has become a well-respected name and leader within our communities. We pride ourselves on emphasizing collaboration with patients, family members, the treatment team, primary care physicians, and other providers in a strength-based approach to intervention.

What does TeamCare do in your school?

TEAMCare partners with local School Districts to provide therapeutic services in a setting that is easily accessed by teens. School Based Counseling targets building resiliency and support networks, promoting effective coping, and providing healthy alternatives to undesired behaviors.

TeamCare provides services from K-12 in the Penn Manor School District as staff is available and as insurances allow. Please contact TeamCare directly or your student's school counselor to discuss if School Based Counseling may be a good fit.

What insurances does TeamCare Accept?

Aetna	Medicare Part B
Behavioral Health Systems	Meritain
Capital	Mental Health Consultants
Central PA Teamsters	MHNet
CHAMPVA	Optum
Community Care Behavioral Health	PA Medicaid
Coresource	PerformCare
Gateway Medicare	Quest
Health America	Tricare
Highmark BCBS	Trustmark Life Insurance Co
Humana	United Healthcare
Independence Blue Cross	United Healthcare Community Plan
Integrated Behavioral Health	UPMC
Intergroup First Health	
Magellan	



COBYS

COBYS facilitates programs and services through The Lancaster County Children and Youth Social Service Agency and the Statewide Adoption and Permanency Network (SWAN). Additional services to support those in the foster care and adoption system and those in need of counseling are provided.

What does COBYS do in your school and community?

Motivated by Christian faith, COBYS Family Services provides foster care, adoption, counseling, family life education and permanency services for children and families at risk in Lancaster County and the surrounding area. The group provides specialized services and educational support groups,

COBYS Counseling - 717-661-3548

<https://cobys.org/counseling/>

WARMLINE

Warmline is designed to be a supplement to the county's crisis hotline. It will offer "a safe place to discuss problems, talk about your day, or ask questions related to recovery and wellness strategies."

Certified peer specialists staff the Warm Line from 2 to 10 p.m. seven days a week. Messages left outside those hours will be returned when the line is open again.

Warm Line - 717-945-9976

