

Walk to Fight Suicide



American
Foundation
for Suicide
Prevention



OUT OF THE
DARKNESS
Community Walks



It is important to be proactive about your mental health during uncertain times. If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. These resources can be used for support in addition to situations of crisis.

You are not alone. We are in this together.

National Resources

American Foundation for Suicide Prevention
afsp.org/resources

National Suicide Prevention Lifeline
[1-800-273-TALK \(8255\)](tel:1-800-273-TALK)

Crisis Text Line
Text **TALK** to **741-741**

The Trevor Project (LGBTQ Crisis Line)
[1-866-488-7386](tel:1-866-488-7386)

Seize the Awkward
seizetheawkward.org

The JED Foundation
jedfoundation.org

My3 (safety planning app)
My3app.org, or download on **Android & iOS**

Some Local Resources

Behavioral Health of Cambria County
bhocc.org | **814-535-8531**

Croyle-Nielson Therapeutic Associates, Inc.
c-nta.com | **814-226-3196**

Peer Empowerment Network
pendropincenter.org | **814-539-2724**

NAMI
nami-pa.org | **717-238-1514**

Alternative Community Resource Program
acrpkids.org | **814-361-2414**

Nulton Diagnostic & Treatment Center
nulton.com | **814-262-0025 x20**

Independent Family Services, Inc.
itsfamily.org | **814-262-0007**

Conemaugh Memorial Medical Center Behavioral
Medicine

conemaugh.org | **814-534-1099**

Bedford/Somerset DBHS
dbhs.co | **814-443-4891**

****Many employers offer Employee Assistance Plans through which members can access mental health services. Check with your company's Human Resources contact for information on what is available to you.**

HOPE WALKS HERE

Find a community of support. Join us for our Pittsburgh
Out of the Darkness Walk.

Pittsburgh Out of the Darkness Walk
Saturday, September 12th | Stage AE
Learn More and Register for Free: afsp.org/pittsburgh

Western PA Chapter Website: afsp.org/westernpa
Social: Facebook facebook.com/afspittsburgh | Instagram @afsp_westernpa |
Twitter @afsp_westernpa



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Western
Pennsylvania