

## Crisis and Immediate Assistance Resources for Employees

### **National Suicide Prevention Hotline – 988**

- **Crisis Intervention** – Provides help with many issues including risk assessments, de-escalation, and help with law enforcement.
  - **PA 211** - <https://www.pa211.org>
  - **Dauphin County** - [Dauphin County Crisis Intervention](#) 717-232-7511.
  - **Lebanon County** – [Lebanon County Crisis Intervention](#) 717-274-3363
  - **Berks County** - [Berks County Crisis Intervention](#) 610-379-2007
  - **York County** – [York County Crisis Services](#) 717-851-5320
  - **Lancaster County** - [Lancaster County Crisis Intervention](#) 717-394-2631
  - **Centre County** - [Centre County Crisis Intervention](#) 800-643-5432
  - **Cumberland/Perry County** - [Cumberland/Perry County Crisis Intervention](#)
    - Camp Hill: 717-763-2222
    - Carlisle: 717-243-6005
    - All other areas: 866-350-HELP
  
- **Domestic Violence/Sexual Assault/Emergency Shelter - National Hotline 800-799-7233**
  - **Dauphin County - YWCA of Harrisburg** - [YWCA Violence Intervention & Prevention](#).  
800-654-1211
  - **York County** - [YWCA Victim Services](#)  
800-262-8444
  - **Cumberland/Perry County** - [Domestic Violence Services](#)  
800-852-2102
  - **Berks County** - [SafeBerks](#)  
844-789-SAFE
  - **Centre County** - [CentreSafe](#)  
877-234-5050
  - **Lebanon County** – [Domestic Violence Intervention](#)  
866-686-0451
  - **Lancaster County** – [Domestic Violence Services](#)  
717-299-1249
  
- **Public Transportation**
  - **Dauphin County** – [CAT](#)
  - **Berks County** – [BARTABUS](#)
  - **Lancaster County** – [Red Rose Transit](#)
  - **Lebanon County** – [Lebanon Transit](#)
  - **Centre County** – [Centre Area Transit Authority](#)
  - **York County** – [Rabbit Transit](#)

□ **Food Insecurity**

- **Penn State Health Employee Food Pantry**  
Locations: Camp Hill, Harrisburg, Lancaster, Reading  
<https://infonet.pennstatehealth.net/group/community-relations/employee-food-pantry>
- **National Organization - No Kid Hungry**  
<https://www.nokidhungry.org>
- PA 211  
<https://www.pa211.org>
- **Dauphin County - Central PA Food Bank**  
<https://www.centralpafoodbank.org/>
- **Berks County**  
Great Berks Food Bank- 610-926-5802  
<https://business.greaterreading.org/list/member/greater-berks-food-bank-1091>
- **Lancaster County**  
<https://lancasterfoodhub.org/food/>
- **Centre County**  
<https://centrecountypa.gov/312/Food-Pantries>
- **York County**  
York Food Bank - 717-846- 6435  
[www.yorkfoodbank.org](http://www.yorkfoodbank.org)

□ **On-Demand Mental Health Services**

Employees and community members can now access behavioral health services on their computer, smartphone or tablet using the [Penn State Health OnDemand](#) app.

- **On-Demand Mental Health Therapy**

- Patients ages 10 and older can see a licensed psychologist or counselor online and discuss anxiety, depression, grief counseling, and other common behavioral health challenges. Sessions typically last 45 minutes. Therapists can also coordinate future virtual appointments with a psychiatrist as needed.

- **OnDemand Psychiatry**

- Patients can receive a psychiatric assessment, evaluation and treatment from a licensed psychiatrist. An initial consultation lasts 45 minutes. Psychiatrists can also provide care and ongoing medication management for bipolar disorder, cognitive disorders, eating disorders, obsessive-compulsive disorder and other conditions.

□ **Leaves of Absence**

- **FMLA** - To apply for a Family Medical Leave of Absence, reference HR40 – FMLA and contact AbsenceOne at [www.AbsenceOne/PSH](http://www.AbsenceOne/PSH) or by phone at 866-296-7860. Should you require any additional information on the leave of absence programs, please contact the HR Solutions center at 717-531-8440 or via email [hrcolutions@pennstatehealth.psu.edu](mailto:hrcolutions@pennstatehealth.psu.edu)
- **Personal Leave** - apply for a Personal Leave of Absence, speak directly with your manager or supervisor and reference HR19 – Leaves of Absence.

□ **Employee Assistance Program – SupportLinc**

Penn State Health provides support and assistance to employees during periods of uncertainty and crisis through our Employee Assistance Program administered by SupportLinc. Employees may call SupportLinc anytime for free, confidential assistance at **888-881-LINC (5462)** or online at [www.supportlinc.com](http://www.supportlinc.com) (group code: **PSH**). Reference HR21 – Employee Assistance Program.

- **Employee Special Assistance Fund**  
All full-time and part-time Penn State Health employees are eligible to apply for an award up to \$1500. Employees will be asked to provide documentation showing financial hardship. All applications will remain private and confidential. If approved, employees will receive the funds via direct deposit through payroll. Funds are considered taxable income. [Click Here](#) for details and reference HR84 – Employee Special Assistance Fund.
- **PTO Vacation Donation Program**  
Click here for details and to reference [HR14 – PTO Donation Program](#). Employees with a combined total of less than 40 hours of PTO time, EIB time, and Personal Time who are on continuous leave of absence may be eligible to apply for PTO Donation, allowing other employees to donate hours to them.
- **Americans with Disabilities Act (ADA)**  
The ADA prohibits discrimination against qualified individuals with disabilities. The term “qualified individual with a disability” as defined by the ADA, means an individual with a disability who, with or without a reasonable accommodation, can perform the essential functions of the employment position that such individual holds or desires. Visit [mySolutions](#) to complete the ADA form.
- **BeWell Employee Well-being Resources**  
Penn State Health’s mission is to continually improve the health and well-being of the people of Pennsylvania, and beyond. To achieve this mission, we must support and empower our employees to be well by offering inclusive and engaging benefits. The Penn State Health BeWell program aims to foster a culture of well-being across the health system that supports and empowers employees, in all dimensions, to improve their quality of life. You will find more information on Penn State Health’s well-being resources at <https://bewell.pennstatehealth.org>.

#### **PA 211**

- Residents of Pennsylvania have access to free and confidential crisis and emergency counseling, disaster assistance, food, health care and insurance assistance, stable housing and utilities payment assistance, employment services, veteran services and childcare and family services through PA 211 - <https://www.pa211.org>. Text 898-211 for support.
- **Community Support Program**  
Highmark has a website that provides community resources. Please visit [highmark.findhelp.com](http://highmark.findhelp.com) and enter your zip code and find free or reduced-cost services in your community. For example, in the Hershey area there are over 2,000 community resources available such as food, housing, transportation, baby supplies, and so much more.
- **BenefitHub**  
BenefitHub can provide useful discounts on insurance, phone services, and household purchases. Visit <https://pennstatehealth.employeediscounts.co/> to see what is available.
- **PNC Bank**  
PNC is our “Workplace” partner for our employees and may be a resource for free checking, credit card applications and loan-discounted programs. Contact the University branch at 1-814-231-1615 for more information.
- **Penn State Health AblePay**  
AblePay is a NO-COST program that allows you to save up to 13% on your out-of-pocket medical expenses (deductibles, coinsurance, and copays) while assisting if you ever have questions regarding your bill. Please visit [Penn State Health - AblePay Health](#) for more details.

