

# Support Resources & Services

## Immediate Support

### Emergency Services

9-1-1

### Crisis Intervention

(717) 394-2631

24-hour service to persons experiencing frightening desperation, loss of control or suicidal thoughts. Includes phone hot line, walk-in, and outreach. Processes involuntary commitment to mental health unit.

### CONTACT Lancaster Helpline

(717) 299-4855

CONTACT Lancaster Helpline, a program of the Community Action Program (CAP) of Lancaster County, responds to human need by providing a telephone helpline staffed with trained volunteers who give confidential, non-judgmental support to callers.

## Mental Health

### College Advisor

(717) 396-7833, ext. 1012

Call Dean of Students, Jessica Edonick who will help set up an appointment with an advisor at the college.

## Alcohol/Drug Awareness & Support

### HSA Counseling INC. (N Market St)

(717) 394-5334 hsa-pa.com

H.S.A. Counseling, Inc. is licensed by the Pennsylvania Department of Health as a Substance Abuse Treatment Program.

### Compass Mark (Janet Avenue)

(717) 299-2831 compassmark.org

From those personally struggling with addiction, to those seeking help for others or looking to prevent problems in the first place, Compass Mark has the resources to help direct children, teens and adults on a healthy, successful life path.

### Lancaster Clinical Counseling Assoc.

(E Orange St) (717) 299-0131

## Health Services

### SouthEast Lancaster Health Services

(717) 299-6371 selhs.org

We provide medical and dental care to community members who have no insurance, those who have little or no income, and those who cannot find affordable or culturally competent healthcare elsewhere. When a fellow Lancasterian is vulnerable and sick, SouthEast Lancaster Health is honored to restore their wellness.

### Planned Parenthood (S Lime St)

(717) 299-2891

### Lancaster General Hospital (N Duke St)

(717) 290-5511

### Family First Medical Assoc. (N Duke St)

(717) 299-4644

### Urgent Care Lancaster (Oregon Pike)

(717) 581-0538

## Physical Health

### YMCA (Harrisburg Avenue)

(717) 393-9622 lancasteryymca.org

### Evolution Yoga (Harrisburg Avenue)

(717) 391-1060 evolutionpoweryoga.com

### West End Yoga (West Walnut Street)

(717) 466-9642 westendyogastudio.com

### LA Fitness (Lititz Pike)

(717) 295-1990

### Gretna Bikes (N Prince St)

(717) 945-6497 gretnabikes.com

### Move It Studio (E King St)

(717) 925-9970 moveitstudio.com