

What can I do?

The safety of you and your loved ones is the greatest priority. Help is available 24/7 at:

Beaver County Crisis # 800.400.6180

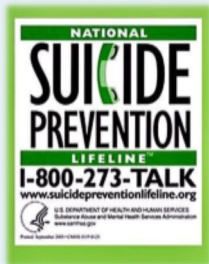
(Dial this number or 911, if the person has suicidal thoughts or intent, or thoughts of harming others.)

Just need to Talk?

The **Warmline of Beaver County** is a call-in service providing peer support to individuals with mental illness, their families, and friends. Anyone calling the Warmline will have the opportunity to discuss problems and explore local resources that may help.

**1.877.775.WARM
(9276)**

Answers 365 days
per year from 6pm
to 9pm, including
holidays



If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7, across the United States.

or Text?

CRISIS TEXT LINE

**Text "PA" to 741741
Free, 24/7, Confidential**

If you prefer to read or print this brochure's content in a larger font size, please visit our System of Care webpage:

www.bc-systemofcare.org/HELP/

Beaver County Behavioral Health

Direct Services Unit
Human Services Bldg.
1070 Eighth Ave, 2nd Fl.
Beaver Falls, PA 15010

Phone:
724.891.2827
Toll-free:
1.800.313.8138
Hours: 8:00am to
4:30pm
www.bcbh.org



***Finding help,
hope and
support in
Beaver County***



Beaver County System of Care

www.bc-systemofcare.org



It can happen to anyone

Mental illness is a medical condition that affects how a person thinks, feels, acts, or relates to others or their surroundings. Approximately 1 in 5 adults experience mental illness in a given year.

Symptoms can range from mild to severe and vary from person to person. In many cases, daily life is hard to handle. But with expert diagnosis and treatment, one can often get life back on track.

Here are 5 warning signs that someone is suffering and may need help:

- ◇ A Change in Personality
- ◇ Uncharacteristic Anxiety, Anger or Moodiness.
- ◇ Social Withdrawal and Isolation
- ◇ Lack of Self-Care or Risky Behaviors
- ◇ A Sense of Hopelessness or Feeling Overwhelmed

These warning signs, particularly when occurring together, are an indicator that it is time to seek help – for yourself or for others.

**Beaver County Crisis # 800.400.6180
We're here to help!**

Seeking Professional Help

In Beaver County, residents can phone **Beaver County Behavioral Health (BCBH)** at 724.891.2827 or 1.800.318.8138 to schedule a confidential outpatient evaluation to determine if treatment is needed for mental health difficulties, drug & alcohol misuse, or a co-occurring disorder. Our staff focuses on each individual's strengths, interests and goals while supporting recovery. We provide linkage and access to resources and required services as identified in the treatment/service plan.

**Beaver County Behavioral Health (BCBH)
Direct Services Unit**
Human Services Bldg.
1070 Eighth Ave, 2nd Fl.
Beaver Falls, PA 15010

Beaver County System of Care

The System of Care is a framework and philosophy of collaboration across agencies and community-based services and involves the community and natural supports.

Under the direction of BCBH, our System addresses the complex needs of all individuals, providing services that are accessible, continuously available and emphasize health promotion, prevention, early intervention, resiliency, recovery and rehabilitation.

Services and Supports include . . .

- | | |
|--------------------------|--------------------|
| ◇ Education & Employment | ◇ Family Supports |
| ◇ Integrated Healthcare | ◇ Natural Supports |
| ◇ Housing | ◇ Peer Support |
| ◇ Justice / Legal | |

The **Beaver County System of Care Website** is a resource for "all things recovery" in Beaver County. From the privacy of home, one can gain linkage to system partners and detailed info about people served, finding support, upcoming events, free trainings, continuing education, system quality improvement, initiatives such as SPA (Single Point of Accountability), wellness resources, and more . . .

**Still can't find what you're looking for and need help with navigating the System of Care?
Contact the Recovery Coordinator at 724.624.7203.**

www.bc-systemofcare.org

Other Local Support and Recovery Resources

Additional resources by category:
www.bc-systemofcare.org/resource-grid/

NAMI - Beaver County

1229 Third Street
Beaver, PA 15009
724.888.6877

The National Alliance on Mental Illness (NAMI) provides education, advocacy and recovery support to individuals and family members concerned with serious mental illness or brain disorders. Phone or leave a message to learn about ongoing NAMI Programs in Beaver County. Join us!

Mental Health Association (MHA)

105 Brighton Avenue
Rochester, PA 10574
724.775.4165

Advocacy. Support. Socialization programs. Need a partner in health and recovery? Ask about our Certified Peer Specialist (CPS) program.

Drug and Alcohol Resources

Explore local options at: www.bc-systemofcare.org/general-drugs-and-alcohol-resources/ or call 1.877.597.5535.

First Presbyterian Church, Beaver

252 College Avenue
Beaver, PA 15009
724-774-6398

"Let's Talk About Mental Health" Educational Ministry



*6th Annual Wellness Walk/Ice Cream Social 2019
Fellowship Hall, First Presbyterian Church in Beaver*