

#CarlisleStrong

# IT'S OKAY TO ASK FOR HELP

The Carlisle Community has resources to assist  
anyone impacted by the  
COVID-19 Pandemic



Check out the following resources!  
We are here for you.



# WHERE CAN I FIND HELP?

## EMERGENCY NEEDS

### Have an immediate emergency?

- **PULSE Suicide Hotline:** (855) 284-2494
- **Domestic Violence Services:** [dvscp.org](http://dvscp.org) / (800) 852-2102
- **24hr YWCA Sexual Assault/Rape Crisis Hotline:** (888) 727-2877
- **Child Abuse-ChildLine:** (800) 932-0313
- **Are you having a health or safety emergency?** Call 9-1-1

## CARLISLE SERVICE PROVIDERS

### Looking for assistance? Start here!

- Community CARES:** [morethanshelter.org](http://morethanshelter.org) (717)-249-1009
- Project SHARE:** [projectsharepa.org](http://projectsharepa.org) (717)-249-7773
- Samaritan Fellowship:** [samaritanfellowship.org](http://samaritanfellowship.org) (717) 579-6697
- \*Call between 7:00AM-11:00AM Saturday mornings for interview*
- Central PA Family Support:** [pafamilysupports.org](http://pafamilysupports.org) (717) 614-0130
- Salvation Army:** [pa.salvationarmy.org/Carlisle](http://pa.salvationarmy.org/Carlisle) (717)-249-1411
- Homeless Assistance Program:** [ccpa.net/226](http://ccpa.net/226)
- **Last names beginning with A-I call:** (717)-240-6117
  - **Last names beginning with J-Z call:** (717)-240-6112
- New Life Community:** [newlifecommunity.us/crisis-assist-request](http://newlifecommunity.us/crisis-assist-request)

## OTHER OPTIONS

### Need personalized help for you, your family, or your business/organization?

- **PA 2-1-1**, available 24 / 7
  - Dial 2-1-1 to speak to a representative
  - **OR** text your Zip Code to 898211
  - **OR** search the database of resources at [www.uwp.org/211gethelp](http://www.uwp.org/211gethelp)
- **Visit [dickinson.edu/covidhelp](http://dickinson.edu/covidhelp)**