

# Help is available, now and always



United Way



2-1-1

Pennsylvania | Southwest

If you are in crisis and need help, please reach out to United Way's PA 2-1-1 — a 24/7 hotline that can connect you to services that can help. Dial **2-1-1**, text your zip code to **898-211**, or visit [pa211sw.org](http://pa211sw.org) to be connected with a resource navigator.

## Pittsburgh Action Against Rape (PAAR)

1-866-363-7273 (24/7 hotline)  
[paar.net](http://paar.net) (online chat)

## Suicide Prevention Lifeline 1-800-273-TALK (8255)

or text **HOME** to **741741** to connect with a crisis counselor

## National Child Abuse Hotline 1-800-4-A-CHILD

Assume children and teens can find guns. Store firearms **locked, unloaded** and **separate** from ammunition.



Locked



Unloaded



Separate

BE SMART

BeSMARTforKids.org

## Home can be a dangerous place.

As the COVID-19 pandemic persists, the community is still experiencing an increase in severity and frequency of violence in the home. When safe to make contact, free and confidential help is available through all local domestic violence programs. Contact your local domestic violence program or reach out on behalf of someone who is being abused. If it's an emergency, call 911 immediately.

### Women's Center & Shelter of Greater Pittsburgh

- Call: 412-687-8005 (24/7 hotline)
- Text: 412-744-8445 (9am-5pm)
- Chat: [WCSCanHelp.org](http://WCSCanHelp.org) (9am-5pm)

### Alle-Kiski HOPE Center

- Call: 1-888-299-4673 (24/7 hotline)

### Center for Victims

- Call: 1-866-644-2882 (24/7 hotline)

### Crisis Center North

- Call: 412-364-5556 (24/7 hotline)
- Text: 412-444-7660 (9am-5pm)
- Chat: [crisiscenternorth.org](http://crisiscenternorth.org) (9am-5pm)

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## Do you use abuse or have controlling behaviors?

Women's Center & Shelter's Battering Intervention Program offers counseling, education, and tools to help you understand and begin to change and gain control of your feelings. This program is focused on preventing future abuse; it is not intended as an intervention during an abusive episode. Call the **WC&S MENS Program (Men Embracing Nonviolence and Safety)** at **412-687-8017 ext. 340** for guidance and more information. Please leave a message and calls will be returned during normal business hours.