

Are you feeling Alone and Confused?

Connect the broken pieces of your life. Call CONTACT Helpline where the volunteers will help. With one phone call to CONTACT, you will:

- connect with your feelings about your problems
- find resources in the community to help solve your problem
- be treated with respect
- have a confidential call
- never need to give your name
- solve your own problems
- have a place to call as often as you need
- find that no problem is too small
- have a safe place to call

CALL TODAY AND CONNECT with CONTACT

"CONTACT helped me get a different understanding of the situation"

- Female Caller

"Calling CONTACT was a positive experience"

- Male Caller

CONTACT Helpline

2-1-1
or 652-4400

(Harrisburg Area)

249-6226

(Carlisle Area)

800-932-4616

(Adams, Cumberland, Dauphin, Franklin, Fulton, Huntingdon, Juniata, Lancaster, Mifflin, Perry and York Counties)

To learn more about our publications, services, special events and volunteer opportunities, visit our website at

www.contacthelpline.org

CONTACT Helpline

PO Box 90035

Harrisburg, PA 17019

Phone 717-652-4987 • Fax 717-652-5017

Email: contact@paonline.com

Please tell us how we are doing.

Call 1-800-626-8540 and leave an anonymous message on how we can serve you better.



Not sure where to turn?

Connect with the resources in your community waiting to help you with your problem:

- free information from our database of thousands of programs and services
- government and medical program referrals
- programs such as support groups not found in the phone book
- non-judgmental, objective referrals that best suit your situation: resources found no place else.
- search for resources on your own by going to <https://pa211.communityos.org>

Want to volunteer?

Connect with your community by volunteering at CONTACT Helpline. The phones are answered by people just like you who want to make a difference by connecting with people in need of assistance.

- learn new skills like 'active listening'
- achieve personal growth
- training is held four times a year to fit your busy schedule
- training by qualified volunteers and professionals from the community
- directly impact your community with every call

If you are interested in making that connecting, call the CONTACT office for more information about the next training class at 652-4987.

Building a better community,
one call at a time.

Why call CONTACT?

Thousands of people, just like you are reaching out and calling CONTACT every year. They know that connecting with CONTACT is the only way to find understanding of their problems and put the pieces of their lives back together. If you are unsure how CONTACT can help, just look over this list below – see that people are calling with the same concerns as you. Pick up the phone and connect with CONTACT today.

REASONS PEOPLE CALL CONTACT

- Depression
- Anxiety
- Feeling Lonely
- Problems with Family or Friends
- Job Worries
- Money Concerns
- Food Needs
- Shelter
- Alcohol and Drug Issues
- Sexual Identity Issues
- Anger
- Abuse
- Medical Concerns

Language Line

CONTACT Helpline offers the Language Line 24 hours a day, 7 days a week. By using telephone interpreters CONTACT is able to assist callers who speak any language.



CONTACT
Helpline

CONTACT HELPLINE
P.O. Box 90035
Harrisburg, PA 17109

CONTACT
Helpline

Need help putting
the pieces of your
life together?

GET CONNECTED

Call
CONTACT

652-4400
or 2-1-1

Providing our community with free,
confidential listening, health and
human service information and
referral 24 hours a day, 7 days a week.