

# Anxiety/Mental Health/Loneliness and Social Isolation



- **Bucks County Covid-19 Behavioral Health Helpline** – 215-399-5681 (M-F 8:30-4:30)
- **PA Dept of Health Helpline** – Text PA to 741-741
- **Connect2Affect** – AARP – [www.connect2affect.org](http://www.connect2affect.org)
- **Friendship Line** – [www.ioaging.org](http://www.ioaging.org)
- **National Alliance for Mental Illness (NAMI)** – [www.nami.org/Home](http://www.nami.org/Home)
- **Substance Abuse and Mental Health Services Administration (SAMHSA)** –  
[www.samhsa.gov](http://www.samhsa.gov)  
SAMHSA National Helpline: 800-662-4357  
SAMHSA online treatment locator: [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)
- **Online support groups for wide variety of topics r/t wellness** – [www.dailystrength.org](http://www.dailystrength.org)
- **National Domestic Violence Hotline** – [www.thehotline.org](http://www.thehotline.org) 1 (800) 799-7233 (SAFE)
- **Alcoholics Anonymous** – [www.aa.org](http://www.aa.org)
- **Narcotics Anonymous** – [www.na.org](http://www.na.org)
- **SMART Recovery** – [www.smartrecovery.org](http://www.smartrecovery.org)
- **National Suicide Prevention Lifeline** – Text Call or Chat 988
- **Prescription Help** – Good RX or Single Care [www.goodrx.com](http://www.goodrx.com) or [www.singlecare.com](http://www.singlecare.com)