INNOCENT
DENIAL
INDIVIDUALISTIC
NERVOUS

NAVIGATING

TRANSACTIONAL
OVERWHELMED

ISOLATION

CRISIS
PRESENT

PEACE

COLLECTIVE
NEED TO TALK?

Some recommendations:
Find a local therapist at www.PsychologyToday.com

Counseling Wellness Center
Mandy Doria, LPC (Children/Family, Anxiety Disorders)- 570-871-0630
Kristin Patchell-Pellis, LPC (Sports Psych, Trauma, Depressive Dis) - 973-271-1619
Heather Stuart, LPC (Trauma, Eating Disorders) - 570-483-8850
Cat Maria, LPC (EMDR, Mindfulness) - 570-878-9575

Counseling and Wellness Center of Scranton
Addiction, Anxiety, Bereavement, Crisis Defrieeing, Depression, PTSD, Art Therapy
Marah Moran Yatko LPC, Tony Kearney LPC, Ellen Knecht LCSW, Maribeth Woody, LCSW
570-961-WELL (9355)

Integrative Counseling Services 570-955-5479

Marriage Resource Center 570-909-9324

Thaxton Holistic Wellness Center 570-904-7363

Summit Counseling
Christine DeSousa, LPC (Self Esteem, Life Transitions) - 570-397-0045
Edward McNichols, LCSW (Sexual Abuse, PTSD, LGBTQ) - 570-212-9143
CB Counseling LLC (Equine Assisted Therapy, EMDR) 570-430-8204
Barbara B. Decker, LPC (Anxiety/Depression, Aging/Geriatric, Relationships) 570-563-2395
Maryellen Evers LCSW, CAADC (Addiction, Telehealth Counseling) 570-383-2799
Jessica McDonough, LPC (LGBTQ, Adverse Childhood Trauma) 570-335-8655

Stefanelli Counseling
Matt Stefanelli, MS, LPC, CAADC (Addictive Disorders) - 570-351-3089
Marlee Stefanelli, MS, LPC (Eating Disorders) - 570-954-7181
Karen M. Foley, LMFT (Transgender & LGBTQ, Adolescents & Families) - 570-575-2292
Kristy Fiore, CRC, LPC (Gender Therapy, Trauma) - 570-507-3189
HAVE AN EMERGENCY?
Call 911 or go to your local emergency room

Scranton Counseling Center
Lackawanna-Susquehanna Counties 570-348-6100

Northwestern Human Services (NHS)
Lackawanna County 570-282-1732

HOTLINES / Life Lines
Call 211 or Text: Send your zip code to 898211 • www.helpline-nepa.info
Crisis Text Line: 24/7 • Text HOME to 741741

National Suicide Prevention Line
Chat Online: www.suicidepreventionlifeline.org
Call 24hr/7day help yourself or someone else: 800-273-TALK (8255)

Veterans Crisis Responder: text 838255

Hearing impaired: 800-799-4889

The Advocacy Alliance 365 days, 6PM – 10PM • 866-654-8114

National Alliance on Mental Illness (NAMI) Helpline 800-950-NAMI (6264) or email info@nami.org

National Drug Helpline 888-633-3239

National Domestic Violence Hotline 24/7/365 • www.thehotline.org • 800-799-3224

National Sexual Assault Hotline 24/7/365 • www.online.rainn.org • 800-656-4673

The Trevor Project (LGBTQ)
TrevorLifeLine 24/7: 866-488-7386
TrevorChat: 7 days 3PM-10PM @ www.thetrevorproject.org
TrevorText: text START to 678678, Mon-Fri 3PM-10PM

Substance Abuse and Mental Health Services Administration: 24/7/365
www.samhsa.gov • 800-662-HELP (4357)
INDIVIDUAL & FAMILY SUPPORT

Counseling Wellness Center 570-871-0630

Counseling and Wellness Center of Scranton 570-961-WELL (9355)

National Alliance on Mental Illness (NAMI)
Scranton & Northeast Regions
www.namipascranton.org • 570-342-1047

Northeast Suicide Prevention Initiative NSPinformation@gmail.com

Share the Journey Support Group every 3rd Monday 6-7:30pm

The Advocacy Alliance
Depression and Bipolar Support Group
Family to Family Support Groups
www.theadvocacyalliance.org
570-342-7762

The Advocacy Alliance Peer Supported WARM LINE
7 days a week, 6-10pm
1-866-654-8114

Women’s Resource Center
Lackawanna County: 570-346-4671
Susquehanna County: 800-257-5765

NEPA Rainbow Alliance, LGBTQIA education (570) 972-2523

ADDITIONAL RESOURCES:
Survivorofsuicide.com
Forsuicidesurvivors.com
Allianceofhope.com
YOUTH SUPPORT
Youth Support and Advocacy

Children's Advocacy Center
Child Abuse or Neglect
www.cacnepa.org
570-969-7313

The Aaron Center
570-489-5561

LRJ Foundation
570-840-2680 | 570-687-3500
info@lrjfoundation.com

Friendship House
Outpatient Services for
Mental Health and Wellness
570-344-1115

Marley's Mission
www.marleysmission.com
570-587-HOPE

NEPA Youth Shelter
Teen drop-in center
541 Wyoming Ave, Scranton, Pennsylvania
www.nepayouthshelter.org
nepayouthshelter@gmail.com
(570) 909-9671

Teen WRC
Support for dating violence, sexual assault, domestic violence, and stalking
Facebook and Twitter @TeenWRC
Lackawanna County: 570-346-4671
Susquehanna County: 800-257-5765

Teen Dating Violence
www.teendvmonth.org

The Advocacy Alliance
www.theadvocacyalliance.org
570-342-7762

Trevor Project
Crisis intervention, suicide intervention, safe space forum, education for LGBTQ youth and their allies
www.thetrevorproject.org
United Neighborhood Centers of Northeastern Pennsylvania
www.uncnepa.org
570-346-0759

Voluntary Action Center of Northeast PA
Big Brothers Big Sisters
www.vacnepa.org
EDUCATION & AWARENESS

Let’s Stop Suicide
www.letsstopssuicide.com

LRJ Foundation
*Mental Wellness & Suicide Prevention Educational Programming #BetterThanYesterday*
PH 570-840-2680 | 570-687-3500
Email: info@lrjfoundation.com

**Behavioral Health Initiative**
*Geisinger Commonwealth School of Medicine: integration of behavioral and physical healthcare, raise community awareness of behavioral health issues, community access to health services, and strengthening the behavioral health workforce*
www.geisinger.edu/education/community/behavioral-health-initiative-bhi

The Katie Foundation
*Shining A Light On Mental Illness*
www.thekatiefoundation.org

Voluntary Action Center of Northeast PA
www.vacnpa.org

Lackawanna Connect
*Web based resource connecting all people with social services*
www.lackawannaconnect.com

To Write Love on Her Arms
www.twloha.com

Project Semicolon
www.projectsemicolon.com

#SHINESQUAD
www.shinetext.com
DOMESTIC & SEXUAL VIOLENCE ADVOCATE RESOURCES

Women’s Resource Center
Lackawanna County: 570-346-4671
Susquehanna County: 800-257-5765

Teen WRC
Fb and Twitter @TeenWRC
Lackawanna County: 570-346-4671
Susquehanna County: 800-257-5765

Teen Dating Violence
www.teendvmonth.org

National Domestic Violence Hotline
24/7/365
www.thehotline.org
800-799-3224

National Sexual Assault Hotline
24/7/365
www.online.rainn.org
800-656-4673

The NO MORE Campaign
www.nomore.org

Love Is Respect
www.loveisrespect.org

Break the Cycle
www.breakthecycle.org

I Wanna Know
www.iwannaknow.org

The National Center for Victims of Crime
www.victimsofcrime.or
**SENIOR SERVICES**

United Neighborhood Centers of Northeastern Pennsylvania
www.uncnepa.org/older-adult
570-346-0759

Telespond Senior Services
telespd.org
570-961-1950

Serving Seniors Inc, NEPA
570-344-3931

**Prison Ministry**
*Pennsylvania Prison Society*
570-342-4117

**VETERANS’ SERVICES**

Scranton Vet Center
570-344-2676

Lackawanna Veteran’s Affairs
570-963-6778

WoundedWarriorProject.org

The Wilkes Barre VA Medical Center
570-824-3521

Veterans Crisis Responder
800-273-8255 or text 838255
DRUG & ALCOHOL SERVICES

Outpatient Services
The Wright Center
Center of Excellence
570-230-0019

PA Treatment and Healing
570-321-7892

Dunmore Comprehensive Treatment Center
570-795-5139

Crossgate Addiction & Mental Health Services
570-955-0873

Drug and Alcohol Treatment Service
570-961-1997

A Better Today
570-344-1444

Turning Point Alternative Loving Solutions
570-880-7614

Recovery/Drop in Center
Community Intervention Center
570-342-4298

Inpatient & Outpatient Care
Geisinger Marworth Treatment Center
800-442-7722

Endless Mountains Extended Care
Mens Inpatient Care
endlessmtncare.com
570-219-4401

Little Creek Lodge & Little Creek
Outpatient Services
570-689-2644

Clearbrook Treatment Centers
877-792-0902

Just Believe Recovery Center
877-978-1208

CHOICES
800-762-9492
Feel free to approach the Resource Advocates wearing yellow buttons for further help or information.