

# Union Station News

The Newsletter of the Members and Staff of Union Station Clubhouse

## A Special Meaning Dustin M.

Being thankful in the month of November has a special meaning for me. Just around this time last year I was called in to the Connellsville Housing Authority for an interview for an opening at the North Manor Apartments. After the interview and tour of what is now my new home, I count my blessings every day to have the opportunity to get back on my feet after experiencing a bad situation and relapse in my mental health just nine months prior. COVID did not help, and while we are still in a looming pandemic, I am learning how to better manage my mental health symptoms and accept the fact that some things that I strayed away from that caused my relapse are a necessary item to my well-being. I am also thankful to the community I live in for having a Community Thanksgiving Dinner that I really appreciate attending.

## Thankful

By Quinn P.

I've noticed a lot that we as human kind adapt to things the best we can if we project good energy to others and omit good chemistry. If we are always negative it can rub off to other and being thankful is automatic to balance out everything that's wrong from right. It's easy to be negative but once you're thankful it's just as easy to be positive.



## Why I am Thankful

By Ra-Mel H.

During the Thanksgiving season I am thankful for being a part of the Clubhouse family. Some of the reasons I am thankful for membership into the Clubhouse is because staff helped me get a job. Next, staff instructs and teaches me skills for jobs and new tasks. For example, staff taught me how to read meal preparation instructions and cook food. Lastly, staff works with me to develop janitorial skills and search for affordable housing.

Also, it is important for me to be thankful for my family and friends. My father helped me learn how to be an independent person. My mom helps me make good choices and interact with positive people. I am thankful for their support. Finally, I am thankful for my friends who support me and act like close people who I acquaint with. Overall, I am thankful for the opportunities that are given to me down my road to success in life.

## What I am Thankful For

By Charles J.

I am thankful for my health to the utmost. I've never been so thankful for my health so much for the year 2021. I'm thankful for my strength as a man. I'm about 100% sure that I can complete most tasks and accomplish what I set out to do. My family gives me support. I'm never in want like love, life, and the pursuit of happiness. Thank God to the utmost because he is all I am thankful for.

## A Change of Seasons

By David D.

Today is another reason to bring changes as goals as we live in this harvest season of the passing of comforts. Seasonal change is coming as we get into November and the festivities for after the Thanksgiving. We have decorated the Clubhouse by the members and staff. We celebrated the season by going to Allen's Haunted Hayride and harvested in the spoils to celebrate.

The members and staff have relaunched eat-out this fall at the area restaurants where members are escorted by staff. Nature is changing its seasons and the harvest moon is abounding. We are celebrating Halloween Spirit Week this week by having Hat day yesterday, Twin day today, wear pink every Wednesday in October for breast cancer awareness, then black and orange day, then closing the week with costuming for the Halloween party.

As we celebrate our time at the Clubhouse, first things first, it is what it is, enough is enough!



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## Meetings on Zoom

- House Meeting: Mon @ 2 PM
- Other meetings as announced in the Daily Announcements in the Morning Meeting.

## Standard of the Issue:

3. Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.

### Community Support Program Updates

- Western Region CSP ahs returned to In-Person meetings in New Castle, Reimburse-ments options are available. More information 866-400-0620
- Fayette County's CSP, Partners For Recover will meet specifically in October on Monday, November 29, 2021 at 10:30 AM via [Zoom](#). If accessing via phone, you will need the following information:  
Meeting ID: 899 8664 8113  
Passcode: 672137

## Current COVID-19 Information & Resources

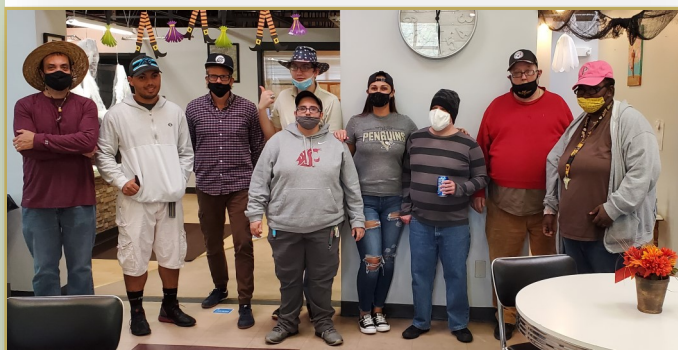
- ⇒Federal Government Response:  
[www.coronavirus.gov](https://www.coronavirus.gov)
- ⇒PA Department of Health Information  
<https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>
- ⇒Fayette Area Coronavirus Needs / Availability Group:  
<https://www.facebook.com/groups/211053520110419/>
- ⇒Clubhouse Calendars:
  - ⇒[Public Events](#)
  - ⇒[Stakeholder/Webinar](#)
  - ⇒[Food Distributions](#)

Virtual Support Groups through MHA of SW Penna.

Contact Heather Mclean @ [hmclean@mhaswpa.org](mailto:hmclean@mhaswpa.org) or (724) 433-1359 for further info.

- Aging Up Support Group (Transitional Ages 18-26)** Every 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month  
Time: 4:00PM-5:00PM
- MH Support Group (Mental Health)** Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month  
Time: 1:00PM-2:00PM
- LGBTQ+ Support Group** Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month  
Time: 6:00PM-7:00PM
- The "Anyone" Support Group (For anyone wanting to talk)** Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month  
Time: 6:00PM-7:00PM

## Halloween Spirit Week



**Monday, October 25, 2021—Hat Day**



**Wednesday, October 27, 2021 and all Wednesdays in the month of October**

**WEAR PINK**  
In honor of Breast Cancer Awareness Month



**Tuesday, October 26, 2021**

**TWIN DAY**

**(No Photo Provided)**



**Friday, October 29, 2021—Costume Day & Halloween Party**  
**(More Pictures Page 4)**

**Thursday, October 28, 2021**  
**ORANGE AND BLACK DAY**  
**(No Photo Provided)**

## Getting Help With Food

● Find a Food Pantry (PA.gov) <https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>

● Fayette County Community Action is modifying some Food Pantry Operations due to the Coronavirus Website: <http://fccaa.org/> Facebook (Most Current): <https://www.facebook.com/FCCAA.org/>

● Our Map of Food Pantries in Fayette County / Other Grocery Resources: <https://www.unionstationclubhouse.com/local-food-pantries>

● Honey's Helping Hand  
Mondays and Thursdays at Biererwood Acres at 1pm! Curbside service!  
Info: <https://www.facebook.com/Honeys-helping-hand-108365237359113>

● Uniontown Salvation Army has a Soup Kitchen daily at the Service Center on Fayette Street from 11 AM to Noon During the Week.

● Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 p.m. every Monday. It is eat in or grab n' go.

● Central Fellowship Church, 316 N. Arch Street has a take-out only community lunch the last Saturday of the month from 11:00 AM to 12:30 PM.

● Trinity United Presbyterian Church has a food pantry open solely to residents of Uniontown with proper verification of ID. Food is dispersed in relation to the number of people in the household. You will be asked to provide the number of adults and the number of children. The food comes in pre-

packaged grocery bags. The Food Pantry pickup is located in the front narthex. Enter through the front doors on Morgantown or Fayette Street. Pickup is the second and last Mondays of the month at NOON.

● FOOD DISTRIBUTION: Fresh Fire Church located at 171 Connellsville Street In Uniontown will hold a food distribution on Thursdays December 9th and 23rd from 10am-12pm or until we are out of food. This is a drive-thru distribution. Please have your trunk open or back seat unlocked and have space available for the food to be placed in your car. For more information call 724.580.7027 or visit [www.freshfirechurch.net](http://www.freshfirechurch.net)

● The Connellsville Community Thanksgiving Dinner will return to its traditional form this year Meals – free as always- may be eaten at the Senior Center (100 East Fayette Street), picked up or be delivered. Meals will be served 11 a.m. to 1 p.m.

● East End United Community Center will now hold its food pantry on the first Wednesday of every month at noon. The pantry is located at 150 Cool-spring St., Uniontown. For additional information, call 724-437-1660



Little Free Pantries are available around the clock at the following locations

- ◆ Highlands Hospital, 401 E. Murphy Ave. Connellsville
- ◆ Connellsville Christian Church, 212 S. Pittsburgh St.
- ◆ Fayette Resources ATF, 1300 Connellsville Road, Lemont Furnace
- ◆ Pleasant View Presbyterian Church, 533 Royal Road. Smock
- ◆ Hutchinson Park Pavilion #4—Uniontown, PA\*
- ◆ Areford Park—Frankhoover Street, Uniontown PA\*
- ◆ Smithfield United Methodist Church—20 Church Street, Smithfield
- ◆ Tyrone Presbyterian Church—402 Jimtown Road, Dawson (Pavilion)
- ◆ Dawson Volunteer Fire Co.—211 Galley Street, Dawson
- ◆ Connellsville Community Ministries - 110 W. Crawford Ave., Connellsville.
- ◆ New Haven Hose—South Seventh Street, Connellsville
- ◆ Connellsville Township VFD—Fireman Street, Connellsville

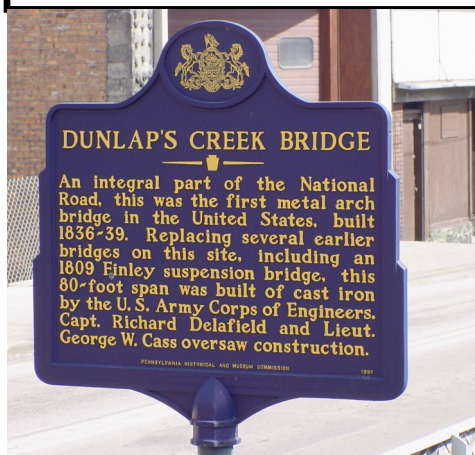
\* Denotes During Park Hours Only

These boxes operate under a take what you need, give what you can basis..

For more information on the Little Free Pantry Movement, visit: <https://www.littlefreepantry.org/>

For Local Information on Little Free Libraries and Little Free Pantries, visit: <https://fayettelittlefree.wordpress.com/> & Their Facebook [Page](#) and [Group](#)

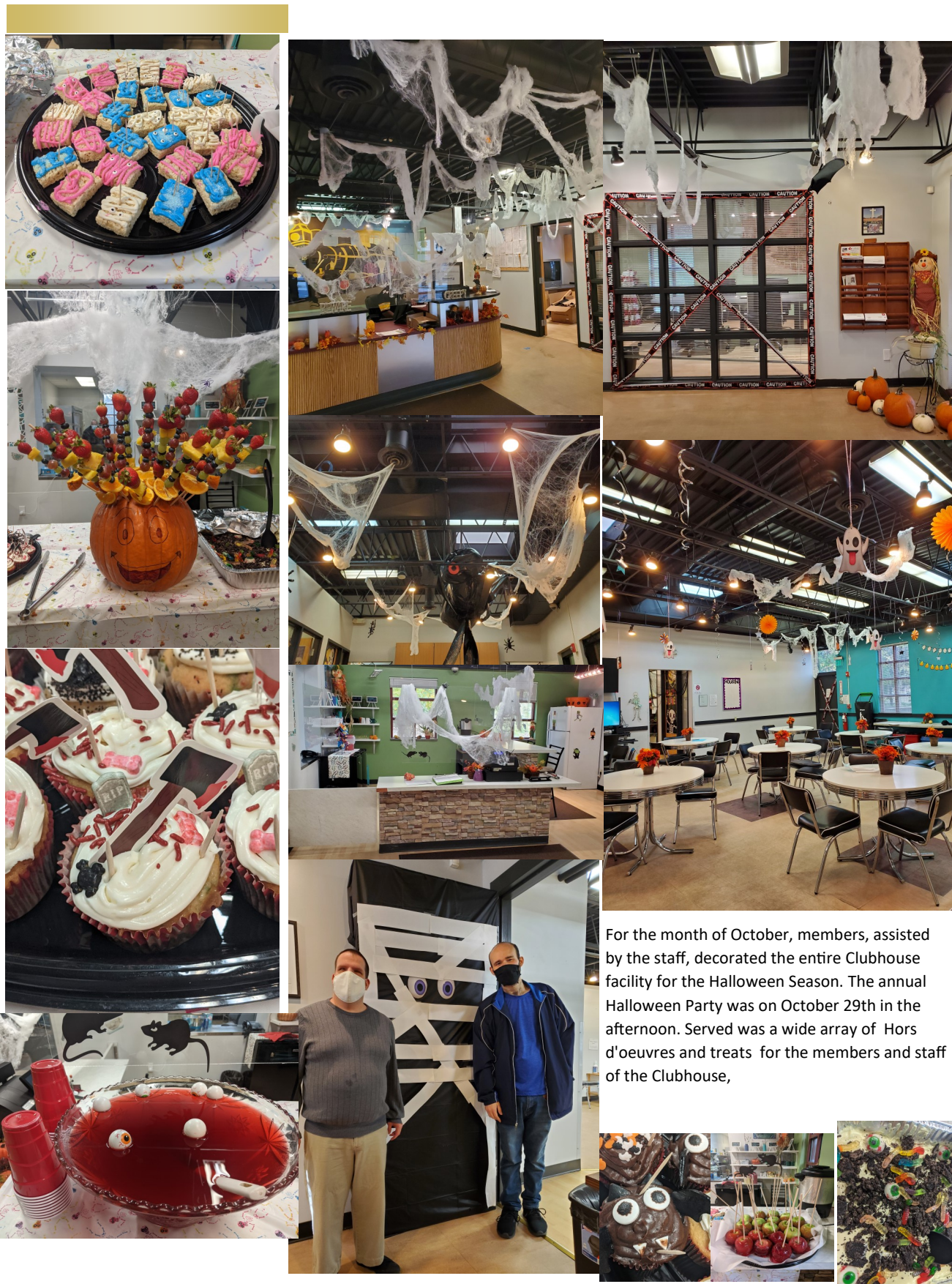
## Fayette County State Historical Marker of the Issue



### Dunlap's Creek Bridge

This marker is located along Market Street in Downtown Brownsville. It was dedicated on Friday, November 29th, 1991. The Marker Text Reads: "An integral part of the National Road, this was the first metal arch bridge in the United States, built 1836-39. Replacing several earlier bridges on this site, including an 1809 Finley suspension bridge, this 80-foot span was built of cast iron by the U.S. Army Corps of Engineers. Capt. Richard Delafield and Lieutenant George W. Cass oversaw construction."





For the month of October, members, assisted by the staff, decorated the entire Clubhouse facility for the Halloween Season. The annual Halloween Party was on October 29th in the afternoon. Served was a wide array of Hors d'oeuvres and treats for the members and staff of the Clubhouse,

## Be Proud of Your Home!

Being independent, when I get in the spurts of cleaning and making my home presentable to others, I am truly in my happy place because it is a task I can be proud of.

It took me a long time to get to this place. Living in Public Housing, I know I could be subject to housing inspections at any given moment, announced or unannounced. I know I need to be routine with being on-point in the cleanliness of my home. It can also boost my mental health because I am not so bogged down with a gloomy outlook on my environment.

I have been at the worst point someone could have been in being independent. Part of that was to blame on not following a routine medication regimen. I have accepted this week that the medicine is a part of my life and is the foundation to my mental health recovery. I am grateful that there are tools that make the administration of all my medications easy. The critical point of the administration is to be on point with taking them within the allowable leeway and not missing any doses.

With that segue, I notice when I take my medicine I want to take care of myself overall. My home, my body, etc. I truly care about my body and I am aware that things need to be addressed. I cannot live in a filthy home and the need to keep up on things is crucial to living on my own. Another piece of this is accepting the fact that my home is my home, not anyone else's. Certain parties are going to be critical of certain things. They are going to offer help at intervals and I have also accepted that I need to graciously accept the help when it is offered.

Having the help offered can cause anxiety from the party offering it because I feel they are targeting the parts of my home that can use improvement. While their feedback can be helpful, the way it is given can be challenging to accept because of the history between both parties. I know I need to do things, however, I do have challenges in some areas, but hopefully with the help I am given, it will improve.

I feel the help offered provides good insight, because in past experiences, I did not accept the offer until it was too late. This often resulted in the other party becoming frustrated and walking away and leaving me worried that I would be left helpless. With events that happened in early 2020, and having to accept the issues that I experienced I knew I had to improve. I can't say it has been easy, but I know I am better than I was in the prior living situation.

What also works is that my present home is designed in a manner that is more suitable for my needs and can be better managed by myself. While there are some deficits that were in the other home, the advantages outweigh the disadvantages. Additionally, living in the environment that I previously lived in was not good for my mental health and carried extra issues that I didn't need. Early on in my new home, when I didn't have the total knowledge of how to do things to suit my needs or understanding the environment so it helped me, I refused to see from outside the box and not see other ways of doing or understanding things that were beneficial to my health both mentally and physically. Now, having all skills tailored to my personal environment, I can adapt what I need to do to my ability. Now being of a sounder mind, and accepting more things in my life for what they are has made me see that my life is a good life for what it is at this moment and I need to be grateful for the opportunities I do have.

When one becomes independent, things have to be tailored to their environment and their needs. I looked at two other totally different living situations before moving out on my own for the first time. When things didn't become resolved and issues were mounting both within and beyond my control in that environment, I worked on getting back on my feet again and was very grateful to get my second and better home that I plan to have for an extended period of time.

No matter what anyone says, it is my home and I am proud to call it my home.

~Dustin M,

## Beacon Member and Family Zoom Meeting Calls Continue Into 2022

Beacon Health Options Prevention, Education, and Outreach Department invites you to join us on a Zoom meeting. The purpose of the call is to share information, updates and provide opportunities to network with other Beacon members and family members. The meeting will be hosted by Beacon's Prevention, Education and Outreach staff. We welcome Beacon members and families to join us. All calls are from 1:00 pm - 2:00 pm on the following dates:

- December 20, 2021
- February 28, 2022

One can join via the videoconferencing app Zoom by following the [link](#)  
Meeting ID: 963 6668 5245  
Passcode: 773174

If unable to join by the Zoom link above, please dial in on the specific date at 1:00pm EST 1-646-876-9923 to join by phone. The Meeting ID and Passcode are listed above.



## Wolf Administration Announces Start Of Low-Income Home Energy Assistance Program (LIHEAP) Season

**Harrisburg, PA** - Department of Human Services (DHS) Acting Secretary Meg Snead today joined Public Utility Commission (PUC) Chair Gladys Brown Dutrieuille to announce the start of the annual Low-Income Home Energy Assistance Program (LIHEAP) application process for the 2021-22 season.

LIHEAP is a federally funded program administered by DHS that provides assistance for home heating bills so low-income Pennsylvanians can stay warm and safe during the winter months. Assistance is available for renters and homeowners. The LIHEAP application period has been extended for this season and is open from October 18, 2021, to May 6, 2022.

"Nobody should ever have to worry that their heat will be shut off during the coldest and darkest months of the year. As winter approaches and we prepare to spend even more time indoors, these bills are only going to get more expensive," said Acting Secretary Snead. "LIHEAP helps some of the commonwealth's most vulnerable citizens – children, older Pennsylvanians, people with disabilities, and low-income families – make ends meet and keep their home safe through the winter. I encourage anyone who may need help, or anyone who has loved ones or neighbors who could benefit from this program, to apply for LIHEAP today."

"Working together, LIHEAP and various PUC-required utility assistance programs help hundreds of thousands of Pennsylvania households stay connected, safe and warm," said PUC Chair Gladys Brown Dutrieuille. "We strongly encourage families to apply for LIHEAP and #CallUtilitiesNow to explore all the available options."

Due to the availability of funds through the federal American Rescue Plan Act, DHS is able to provide increased LIHEAP benefits for this season. This means that families will see an increase in the minimum LIHEAP cash grant from \$200 to a minimum grant of \$500, and an increase in the maximum cash grant from \$1,000 to a maximum of \$1,500. Those who need the LIHEAP crisis grant – the benefit for people who meet the poverty limits and are in jeopardy of having their heating utility service terminated – will see the maximum crisis grant increase from \$600 to a maximum of \$1,200. LIHEAP is distributed directly to a household's utility company or home heating fuel provider in the form of a grant, so the individual or households do not have to repay assistance.

The income limit for the program is 150 percent of the Federal Poverty Limit. For a household of four, this would be \$39,750 gross income per year. Pennsylvanians do not need to know their own eligibility in order to apply for these programs. Those who applied and were denied previously but have experienced a change in circumstances can reapply.

During the 2020-21 LIHEAP season, 303,123 households statewide received \$84,919,469 million in LIHEAP Cash benefits, and these households received an average season benefit of \$280. 116,639 households statewide received \$50,763,178 million in LIHEAP Crisis benefits, and these households received an average payment of \$435.

The Emergency Rental Assistance Program (ERAP) is also available in each of Pennsylvania's 67 counties to help eligible tenants cover the cost of overdue or upcoming utility and rental payments. Pennsylvanians who are responsible for paying rent or utilities on a residential property, and have one or more people within the household who has experienced financial hardship during the COVID-19 pandemic that puts them at risk of homelessness or a utility shutoff, could be eligible for up to 18 months of ERAP assistance. More information is available at [www.dhs.pa.gov/erap](http://www.dhs.pa.gov/erap).

Pennsylvanians can apply for LIHEAP, ERAP, and other public assistance programs online at [www.compass.state.pa.us](http://www.compass.state.pa.us) or by phone at 1-866-550-4355. On-site [County Assistance Office](http://www.compass.state.pa.us) (CAO) services are available if clients cannot access online services or need assistance that cannot be accessed through the COMPASS website, the myCOMPASS PA mobile app, or by calling the Customer Service Centers at 215-560-7226 for Philadelphia clients or 1-877-395-8930 for clients in all other counties.

For helpful tips on keeping warm throughout the winter while saving money on utility costs, visit [www.energysavers.gov](http://www.energysavers.gov).

## Department Of Health: FDA And CDC Authorize Booster Dose Of Moderna, Johnson & Johnson Vaccines To Certain Adults

**Harrisburg, PA** - Following an in-depth approval process by the federal government, the Pennsylvania Department of Health today announced that booster shots of the Moderna and Johnson & Johnson COVID-19 vaccine will be available to certain adults. These decisions follow action in September approving Pfizer vaccine boosters.

"Vaccine providers across Pennsylvania have supplies of all three safe and effective vaccines ready to administer booster shots today to those who are eligible," Acting Secretary of Health Alison Beam said. "I am impressed by the tens of thousands of Pennsylvanians who are stepping up every day to get their first, second or third dose of vaccine to protect themselves, their loved ones and their neighbors against COVID-19."

The [CDC recommends](https://www.cdc.gov/media/releases/2021/s0921-cdc-fda-covid-19-booster.html) booster shots for certain groups of individuals:

Individuals who received Moderna or Pfizer vaccine are eligible to get a booster, if:

- It's been at least six months since your initial series of two doses, and you are one of the following:
- Age 65+,
- Age 18+ and reside in a [long-term care setting](#),
- Age 18+ and have an [underlying medical condition](#), or
- Age 18+ and work or live in a [high-risk setting](#).

Individuals who received the Johnson & Johnson (Janssen) vaccine are eligible to get a booster, if:

- It's been at least two months since their initial dose. Regardless of which brand of vaccine received for the primary COVID-19 vaccination, individuals are able to take any brand of booster dose.

Individuals who have questions about getting vaccinated are encouraged to talk to their doctor or other trusted healthcare professional.

Last month, Acting Secretary Beam signed an order to ensure that vaccine providers are prepared to start scheduling COVID-19 booster shots upon CDC authorization.

There will be an adequate supply of the vaccine for eligible individuals and Pennsylvania vaccine providers are prepared to administer doses now and schedule appointments. As with other healthcare services, patients may need to schedule appointments in advance.

"These vaccines remain our best strategy to stop the spread of COVID-19," Beam said. "If you are fully vaccinated you still have protection. Getting a booster dose will increase your level of defense. If you have family and friends who are not yet vaccinated, please encourage them to talk to their doctor and consider getting vaccinated now."

To find a vaccine provider near you, please visit [www.vaccines.gov](http://www.vaccines.gov)

## Food Access in Fayette County

The FCCAA Food Bank is Fayette County's designated warehouse for the collection and storage of food for individuals in need of food assistance. Each year, the Food Bank collects and distributes over 2 million pounds of food to approximately 10,000 individuals. The food is distributed through a network of volunteer food pantries, congregate feeding sites, and soup kitchens. Through the network of area agencies and food pantries, the FCCAA Food Bank continues its mission of providing proper food and nourishment to the community.

Food Bank programs include emergency food assistance for anyone who is in need, the [PA Senior Food Box Program](#) for seniors, and the Weekend Snack Pack Program, which provides children with a backpack filled with food to help fill a nutritional void.

Questions?

724-580-7001

The Nutrition Education Program (NEP) conducts nutrition classes, offers food tastings, and provides monthly nutrition newsletters to individuals at various sites throughout Fayette County. Through classes and educational materials, NEP ensures recipients obtain the knowledge necessary to maximize the benefit of the food they receive from food assistance programs.

Questions?

724-430-6428

## Fresh Rhubarb Pie

**Prep:** 30 mins

**Cook:** 1 hr

**Total:** 1 hr 30 mins

**Servings:** 8

**Yield:** 1 9-inch pie

### Ingredients

- 4 cups chopped rhubarb
- 1 ½ cups white sugar
- 6 table-  
spoons all-  
purpose flour
- 1 tablespoon  
butter
- 1 recipe pastry



for a 9 inch double crust pie

### Directions

1. Preheat oven to 450 degrees
2. Combine sugar and flour. Sprinkle 1/4 of it over pastry in pie plate. Heap rhubarb over this mixture. Sprinkle with remaining sugar and flour. Dot with small pieces of butter. Cover with top crust
3. Place pie on lowest rack in oven. Bake for 15 minutes. Reduce oven temperature to 350 degrees, and continue baking for 40 to 45 minutes. Serve warm or cold.

## Dustin's Buttered Egg Noodles

Note: Most ingredients were from the Food Pantry that persons receiving food boxes often get in their supplement food supply. Myself craving egg noodles made this ad nauseum (by scratch) using mostly ingredients from the food pantry and the remaining from items I had in my kitchen.

### You Will Need

- ◆ 1 Bag of Egg Noodles
- ◆ 1/3 Cup of Butter "from the block"
- ◆ Table salt
- ◆ Italian Seasoning\*  
I had this around, but you can find it in most dollar stores or grocery stores at little cost.

### Directions

1. Bring a small pot of water to a boil, adding salt to the water once you turn the heat on.
2. Once the water boils, add the Egg Noodles, following the cooking directions on the package.
3. When draining into a colander, keep the noodles there while rinsing the pot with cold water. This is so the noodles will not stick. Once this is done, return the noodles to the pot over the stove.
4. Add the butter and stir, also adding the desired amount of Italian seasoning,

Enjoy

~Dustin M.

### Can Green Bean Hack

To warm a can of green beans on the stove, simply place the

contents of the green beans, water, salt, pepper and Italian seasoning to a medium saucepan and warm for a few minutes.

#### NEED HELP ??

- ⇒ Fayette County Crisis Line  
724-437-1003
- ⇒ National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
Veterans Press 1
- ⇒ Crisis Text Line: Text "PA" to 741-741
- ⇒ Pennsylvania Sexual Assault Helpline – 1-888-772-7227
- ⇒ National Domestic Violence Helpline – 1-800-799-7233
- ⇒ Persevere PA (COVID-19 Crisis Counseling Program) - 1-855-284-2494

More Helplines are at:

<http://www.unionstationclubhouse.com/hotlines.html>

## Ohiopyle Fall Outing Held in November

On November 13th, Scott escorted a handful of members to Ohiopyle State Park where they explored the late fall colors of the Laurel Highlands. The gloomy weather of Ohiopyle did not dampen their day.



**Union  
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Clubhouse**

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@unionstation15401



@usc15401

A program of Goodwill Southwestern Pennsylvania

[www.goodwillswpa.org](http://www.goodwillswpa.org)

**Goodwill**  
Southwestern Pennsylvania

#### Holiday Schedule for Active members

- 11/24: Thanksgiving Dinner
- 11/25: Thanksgiving Day: Transportation for Locals; Zoom Check-Ins
- 11/26: Social Day
- 12/22: Holiday Party
- 12/24: Social Day
- 12/27: Social Day
- 1/1/2022: Social Day

#### Lonely, Try a Warmline

A Warmline is a peer-run hotline that offers callers emotional support and is staffed by volunteers who are in recovery themselves.

- Allegheny County Warmline  
(866) 661-9276  
Daily, 9am – 1am (EST)
- Community Behavioral Health  
(855) 507-9276  
M-F 4 – 7 pm (EST)
- Community Behavioral Health Philadelphia Warmline  
1-855-507-9276 or 1-855-507- 3945  
Mon-Fri, 10am-12pm, 1-3pm, 4- 7pm (EST)
- [Contact Altoona](#)  
(814) 946-9050  
Daily, 7am-11pm (EST)
- [Contact Helpline \(211\)](#)  
(800) 932-4616,  
press 8; 24/7
- Valley Creek Crisis Center Warm Line  
(866) 846-2722  
M-F 8am – 10pm; Sat-Sun 10am10pm (EST)
- Persevere PA  
COVID-19 Crisis Counseling Program,  
1-855-284-2494; 24/7