



YOU ARE NOT ALONE

Crisis Help Available 24/7

**IF YOU OR SOMEONE YOU LOVE
IS SHOWING SYMPTOMS OF
DEPRESSION SUCH AS
HOPELESSNESS, THOUGHTS OF
SUICIDE OR INABILITY TO COPE
WITH STRESSORS, CALL US.**

CARE IS HERE.

(570) 326-7895 [Lycoming County](#)

(570) 748-2262 [Clinton County](#)

[Toll Free 800-525-7938](#)

Lycoming-Clinton Mental Health/Intellectual Disabilities Services