

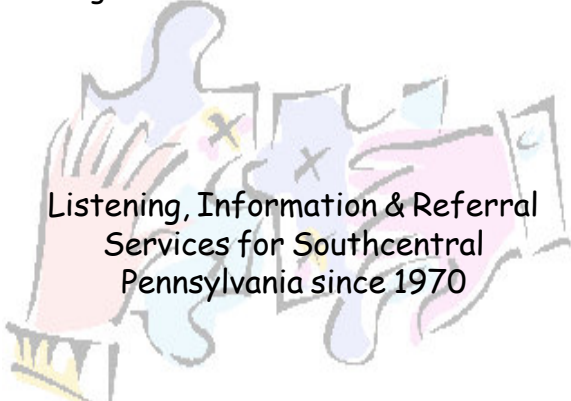
*"Thank you for helping me.
I called CONTACT after coming
home from the hospital and they
were so helpful." - Female Caller*

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



Listening, Information & Referral
Services for Southcentral
Pennsylvania since 1970



CONTACT Helpline
P.O. Box 90035
Harrisburg PA 17109-0035

CONTACT Helpline



Need help putting
the pieces of
your life together?

Get connected -
Call CONTACT
652-4400

Providing our community with free,
confidential services 24 hours a day,
7 days a week.

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 a live person 24 hours a day
- talk to a volunteer who wants to listen and focus on you.
- connect with your feelings about your problem
- 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

652-4400
(Harrisburg Area)

249-6226
(Carlisle Area)

800-932-4616
(Upper Dauphin, Adams, Franklin & Perry 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 17109
Phone 717.652-4987
Fax 717-652-5017
Email: contact@paonline.com
www.contacthelpline.org



Not Sure Where to Turn?

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

- free information from our data base of over 1,300 programs and services
- government and medical program referrals
- programs such as support groups not found in the phone book
- non-judgemental, objective referrals that best suit your situation
- resources found no place else

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 through learning and interacting with others
- training is held twice 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 connection, call the CONTACT office for more information about the next training class at 652-4987