



Please call 9-1-1 if you are having a health or safety emergency.

Rental and Housing Assistance

- For information on Emergency Shelters, please call 211 and ask for Coordinated Entry.
- If you are in danger of being evicted, Cumberland County's Homeless Assistance Program may be able to help.
 - For individuals with last names beginning A-M, call 717-240-6117.
 - For those with last names beginning N-Z, contact 717-240-6112.
- Community CARES offers a COVID-19 Emergency Rental Assistance Program that helps people who have had their income impacted by COVID-19 pay their rent. At this time, you do not need to have an eviction notification to apply for the assistance. Visit www.morethanshelter.org for more information.

Food Assistance

- Project SHARE, 5 North Orange Street, distributes food on the week of the third Thursday of every month. To be eligible for assistance, a household's combined income must be less than 150% of the Federal Poverty Guidelines. Visit <https://projectsharepa.org/> for more information.
- My Brother's Table at Salvation Army, 20 East Pomfret Street.
 - Breakfast Program: Designed specifically for homeless. Served Monday through Friday, 8:00 AM-8:30 AM
 - Dinner Program: Open to the public; Monday-Friday, 4:30 PM-5:30 PM; Saturday, 12:00 PM-1:00 PM; Sunday, 5:00 PM-6:00 PM
 - Emergency food distribution is handled through Social Services Office

Mental Health Resources

- A walk-in mental health clinic is available every Wednesday from 9:00 AM until 3:00 PM at New Life Community Church, 64 East North Street. The fee is pay as you are able.
- PA Crisis Text Line: Text "PA" to 741741
- National Suicide Prevention Hotline: 1-800-273-8255



COVID-19 Testing

- Sadler Health Center, 100 North Hanover Street, offers free COVID-19 testing. Please call 717-960-4393 for pre-screening and to make an appointment.

Volunteer/Donate

- United Way of Carlisle and Cumberland County, www.uwcarlisle.org.