

Too often, we're afraid to ask for help when we really need it. After all, asking for help isn't always easy. Figuring out where to start or who to turn to can be overwhelming and we may not want to bother anyone with our worries or fears.

But the truth about asking for help is that no problem is too big or too small. There are helpers everywhere who are there to listen when you need support. Asking for help may be scary, but it's also one of the bravest things you can do.



**Ask for Help** – It's the first step to getting the support you need. Are you ready to ask for help?

There are many places in Clarion County that may be able to help you or a loved one with whatever you may be worried about.

**Help is only a phone call away!**

Online Resource Directories for  
Clarion County

[www.clarionlinkrd.com](http://www.clarionlinkrd.com)

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

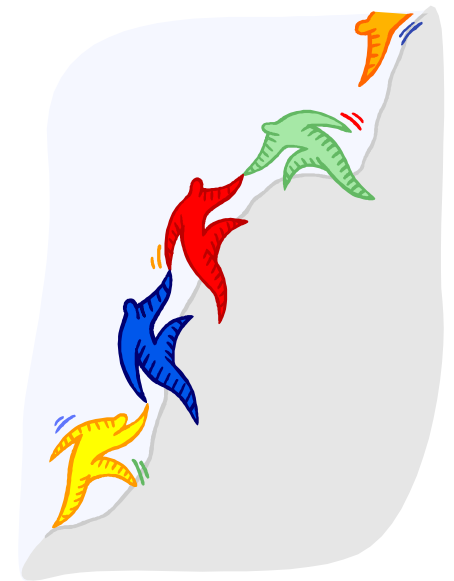
A graphic consisting of several overlapping rectangular blocks in shades of blue, grey, and green, with a black horizontal bar across the middle containing the text.

Clarion County  
Family Net

Working together to improve the quality of life for ALL of Clarion County.

Phone: (814)223-1590

# You Are Not Alone



Everybody needs help sometimes.

You just have to ask !

<b>Abuse</b>		<b>Intellectual/Developmental Disabilities</b>		<b>Mental Health</b>	
Children and Youth Services	1-800-577-9280	Bureau of Vocational Rehabilitation	(814)723-2790	Clarion Behavioral Health	(814)223-9014
Passages Inc.	(814)226-7273			Clarion Psychiatric Center	1-800-253-4906
SAFE	1-800-992-3039	Clarion County Mental Health Developmental Disabilities	(814)226-1080	Crisis Intervention	(814)226-7223
<b>Children and Youth Services</b>				Center for Community Resources	(814)226-1080
Children and Youth Services	1-800-577-9280	Clarion Life Skills	(814)782-6317	Family Therapy Services	(814)227-2941
AC Valley Family Center	(724)659-3224	Clarion Vocational Services	(814)226-1076	Family psychological Associates	(814)226-4912
Jefferson-Clarion Head Start	1-800-628-6150	Crossing Bridges	(814)782-6317	MHY Family Services	(814)437-1246
Keystone Smiles	(814)797-2127	The Arc of Clarion County	(814)226-7033	Misty Isle Bridges	(814)226-1153
Riverview IU6	1-800-672-7123	Service Access & Management -Developmental Disabilities	(814)297-1100	Project Point of Light	(814)226-1159
Clarion County's Promise	(814)223-1590	<b>Income support and Housing</b>		Rural Mental Health Associates	1-888-678-6910
Center for Community Resources (Early Intervention)	(814)226-1080	Charitable Deeds and Services	(814)797-0286	Service Access & Management	(814)297-1100
<b>Clarion University</b>		Clarion County transportation	1-800-672-7115	Shamrock Solutions	(814)223-8696
Counseling Services	(814)393-2253	Clarion County Assistance office	1-800-253-3488		
Health Services	(814)393-2121	Clarion County Housing Authority	(814)226-8910	<b>Physical Disabilities</b>	
Public Safety	(814)393-2111	Community Action Agency	(814)226-4785	Clarion County Homemakers	(814)297-8313
<b>Drug/Alcohol</b>		Domestic Relations	(814)226-1030	Community resources for Independence	(814)297-7141
Arc Manor	(814)323-9923	<b>Pregnancy</b>		<b>Veterans</b>	
Arc Manor Hotline	1-800-323-1333	AAA Life Services	(814)886-7007	Clarion County Department of Veterans Affairs	(814)226-4000 ext. 2601
Armstrong-Indiana-Clarion Clarion Drug & Alcohol Commission	(814)226-6350	Adagio Health Care	(814)226-7500	Red Cross	(888)733-5603
<b>Elder Care/Assisted Living</b>		Women, Infants and Children's Program (WIC)	(814)226-8130		
Clarion Area Agency on Aging	(814)226-4640				
Clarview Nursing and Rehab	(814)745-2031				
Golden Living Center	9814)226-6380				
Highland Oaks	(814)782-3203				
Hospice House	(814)797-1492				

- For list of additional resources available in clarion County please look in the online resource directory ;listed on back of brochure