



This information is available in Spanish. Contact PerformCare to request a copy.

Esta información está disponible en español. Póngase en contacto con nosotros para solicitar una copia.

Call the toll-free Member Services number listed for your county to talk with a representative about behavioral health services.

Members can call Member Services 24 hours a day, seven days a week.

Usted puede llamar a Servicios al Miembro las 24 horas del día, los 7 días de la semana.

Capital Area

Zona de la Capital

Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties: **1-888-722-8646**

North Central Region

Zona Norte central

Franklin and Fulton counties: **1-866-773-7917**

TTY users: Call PA Relay at **1-800-654-5984** or **711**.

Nondiscrimination statement

PerformCare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English: ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call: **1-888-722-8646 (1-800-654-5984 (TTY)/PA Relay 711)**.

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-888-722-8646 (1-800-654-5984 (TTY)/PA Relay 711)**.

Chinese: 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-888-722-8646 (1-800-654-5984 (TTY)/PA Relay 711)**。

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PerformCARE[®]

pa.performcare.org



Behavioral Health Care For LGBTQIA+ Members

Take pride in your health

In many ways, individuals in the LGBTQIA+ community have similar behavioral health care needs as the general population. However, if you face stigma related to your sexuality or gender identity, you may experience undue stress and discrimination that can lead to anxiety, depression, mood disorders, thoughts of suicide, and unhealthy coping behaviors, such as substance use or other high-risk activities. At PerformCare Pennsylvania, we know the value of respectful, supportive behavioral health programs and believe in equal access to fair, quality health care for all.

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Our services include:

- Helping you find the right provider to address your behavioral health needs.
- Directing you to helpful resources for families supporting LGBTQIA+ loved ones.
- Connection with inclusive community groups. These resources can help with housing, legal, and other needs for LGBTQIA+ people.

We care

PerformCare Pennsylvania addresses the health of communities. With our providers and community partners, we work to help our members achieve their best health. We want our members and their families to expect and receive affirming and culturally responsive care. This includes access to preventive care, treatment, and recovery-oriented services for mental health and substance use problems.

You are not alone. Don't be afraid to ask for help.



Need to talk?

Sometimes you just need to talk to someone. Here are some resources for support, connection, and information:

- **Alder Health Services** offers a culturally sensitive and supportive environment for LGBTQIA+ people and people living with HIV/AIDS. www.alderhealth.org
- **Lancaster LGBTQ+ Coalition** advocates for affirming care and is committed to building a supportive and enriching community abundant in opportunities for lesbian, gay, bisexual, transgender, queer, questioning, intersex, and asexual individuals; others who identify with the LGBTQIA+ community; and those with a stake in creating a more inclusive Lancaster County. www.lgbtlancaster.org
- **The LGBT Center of Central PA** nurtures inclusion and good health in LGBTQIA+ individuals and communities. www.centralpalgbtcenter.org

- **The LGBT National Help Center** offers confidential peer support, including phone, email, and online chat, for LGBTQIA+ people of all ages. www.lgbthotline.org
- **Pride Franklin County** promotes affirming health care and community resources for the LGBTQIA+ community in Franklin County, Pennsylvania. <https://www.pridefranklincounty.org>
- **Trans Lifeline** is a grassroots hotline offering direct emotional and financial support to transgender people in crisis. Trans Lifeline is run by and for trans people. <https://translifeline.org>
- **TransCentralPA** is committed to providing advocacy and support to transgender individuals and their significant others, family, and friends. <http://www.transcentralpa.org/>
- **The Trevor Project** is a support network for LGBTQIA+ people younger than 25. It provides crisis intervention and suicide prevention, including a 24-hour text line. www.thetrevorproject.org



How can we help?

- You may have questions about our programs, services, or providers. Please call Member Services at the phone number for your county. We're here for you 24 hours a day, seven days a week. You can also visit us at pa.performcare.org.
- Cumberland, Perry, Dauphin, Lancaster, Lebanon, and Perry counties: **1-888-722-8646**
TTY 1-800-654-5984 or PA Relay 711
- Franklin and Fulton counties: **1-866-773-7917**
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Sources:

1. "Discrimination," HealthyPeople.gov, <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/discrimination>.
2. "LGBTQ+ Behavioral Health Equity Center of Excellence," Substance Abuse and Mental Health Services Administration, <https://www.samhsa.gov/lgbtq-plus-behavioral-health-equity>.