

GET TRAINED

IN FIRST AID & OTHER EMERGENCIES

Have you ever wondered what to do in an emergency?
Do you wish you had the skills to support your fellow
community members? Enroll in a free* training session!

Ask about language interpretation and accessibility options
when registering. *Free unless stated otherwise.



Public Health Emergency Preparedness

bit.ly/PDPHPreparednessOutreach

Extreme heat, severe storms, disease outbreaks, first aid emergencies, and more



Mental Health First Aid

healthymindsphilly.org

Includes certifications



CPR, First Aid and Bleeding Emergency

pennmert.org

Options for low-cost certification



Bleeding Emergency

stopthebleed.org
nora.kramer@jefferson.edu
(215) 620-7246



Hands-Only CPR and AED Use

themobilecprproject.com



Overdose Reversal (Narcan)

bit.ly/PhillyNaloxoneTraining

RESOURCES

to care for yourselves & each other

Free or low-cost medical care **PDPH Primary Care Finder**

www.phila.gov/primary-care

Search by language, location, specialty, and more. It's important to have a primary care provider you trust to help you stay healthy.

Mental health services **Community Behavioral Health** **(CBH) Member Services**

<https://cbhphilly.org>

24/7 Suicide & Crisis Lifeline: **Call 988**

24/7 Member Services: (888) 545-2600

Services are available regardless of your ability to pay. Interpretation available.

Assistance for older adults and people with disabilities

Philadelphia Corporation for the Aging (PCA)

www.pcaCares.org

(215) 765-9040 | TTY (215) 765-9041

AskHelpline@pcaCares.org

Resources include the PCA Helpline, senior centers, in-home assessments, home-delivered meals, protective services, caregiver support, transportation, home modifications and other programs.

Assistance for people with disabilities **The Office for People with Disabilities**

bit.ly/OPD_PHL | (215) 686-2798

Provides resources and referrals to local organizations. Offers community education on disability-related laws.

Utility assistance

Utility Emergency Services Fund (UESF)

www.uesfacts.org | 215-972-5170

Income-based program to help stabilize homes for families facing a housing crisis. Offers case management, financial and benefits assistance, educational workshops, and more.

BenePhilly

www.phila.gov/programs/benephilly

800-994-5537

Non-income based program to apply for benefits like prescription drugs, health insurance, groceries, childcare assistance, heat and utilities, property taxes, and disability benefits.

Homeless services

Office of Homeless Services (OHS) and Project HOME

24/7 Hotline: (215) 232-1984

Emergency housing and services for people without homes or at risk for homelessness. Call if you see someone who may need help.

Ready Philadelphia

Office of Emergency Management (OEM)

bit.ly/ReadyPhiladelphiaSignUp

The City of Philadelphia's free notification system for local emergency information. Most alerts are available in 11 languages.

To sign up text ReadyPhila to 888-777 or visit the website above to set preferences.