

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 Helpline, senior centers, home-delivered meals, utility assistance, protective services, 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) 814-6845

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.