

## Who to contact for help or questions –

- Disability Rights Network
  - ⇒ [chorowitz@dlp-pa.org](mailto:chorowitz@dlp-pa.org)
  - ⇒ 412-391-5225, ext #2131
- Pennsylvania Mental Health Consumers Assoc.
  - ⇒ [pmhca@pmhca.org](mailto:pmhca@pmhca.org)
  - ⇒ 1-800-88PMHCA
- Mental Health Association in Pennsylvania
  - ⇒ [info@mhapa.org](mailto:info@mhapa.org)
  - ⇒ 1-866-578-3659
- NAMI Southwestern Pennsylvania
  - ⇒ [smiller@namiswpa.org](mailto:smiller@namiswpa.org)
  - ⇒ 412-366-3788
  - ⇒ Toll free - 1-888-264-7972