

210 South Prince Street, Lancaster PA 17602 • Phone: (717) 358-2017 • Fax: (717) 393-1017

ANNOUNCEMENTS FROM THE CLINIC

988 Mental Health Hotline Launches

A new three-digit hotline is available to help connect people with mental health or behavioral health services for themselves or a loved one experiencing a mental health crisis.

People who call, text or chat with 988 will be directly connected to the National Suicide Prevention Lifeline. The existing Lifeline phone number (1-800-273-8255) will remain available. Callers can also connect with the Veterans Crisis Line or receive assistance in Spanish.



Callers will receive phone-based support and connections to local resources based on their specific needs. For more information visit.

<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/988.aspx>

For you have been my hope, O Sovereign Lord, my confidence since my youth. From Birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you. -- Psalm 71:5-6

Medical Root Words = Cardiovascular System

Capill, capilli = capillaries
Card, cardi = heart
Hem, hemat, sangu = blood

Are you staying hydrated, not just during summer?

Staying hydrated is a key component in delivering nutrients to cells, regulating body temperature and keeping major organs functioning properly. Drinking at least 8 cups of water each day can help improve your mood, your sleep quality, and prevent headaches & migraines. Consuming fruits and vegetables that have high water content like cucumber, tomatoes, celery, peppers and melons have a water content over 90% providing you with nutrients aside of water and other nutritional factors.

PRESCRIPTION REFILL INSTRUCTIONS & MEDICINE PICK-UP

With at least 48 hours in advance, please bring your medicine bottles to WSHS during clinic hours of operation or call (717) 358-2012.

More Options for Accessing Mental Health Services

If you need mental health services but are having trouble getting to in-person doctor visits, a new law is expanding your ability to use telemedicine.

Act 76 of 2022 removes an outdated requirement that 50% of mental health visits be conducted in-person, giving clinics the ability to provide more virtual mental health services. We learned that despite the lockdowns, patients can be treated for their mental health needs just as effectively through telemedicine.



The new law also helps staff of outpatient psychiatric clinics meet the growing demand for services. Telemedicine provides an essential link for patients with special requirements, including young people, minority populations and the elderly, along with those living in rural areas or with limited transportation options.

THANK YOU FOR YOUR JULY DONATIONS TOTAL GIFT-IN-KIND DONATIONS IS \$1,277.07

ORGANIZATIONS & EDUCATORS THAT PARTNERS WITH THE CLINIC

NAAMAN CENTER: Provides individual counseling, Outpatient Treatment & group sessions for WSM guests on Wednesdays & Thursdays afternoons 01:30-3:30pm.

For admissions call: 844-888-8085

DIABETES CLASS: Jean Langenbach, RN meets every 2nd & 4th Thursday of the month on Thursdays afternoon from 03:30-04:30pm.

For admissions call the clinic nurse line 717-358-2016

PHILHAVEN: Provides individual counseling on mental health for WSHM guests Monday-Thursday 07:00am-06:00pm and Friday 07:00am-05:00pm.

For admissions call: 800-459-7497

CLINIC WILL BE CLOSED THE FOLLOWING DAYS

Monday evenings August 8, 11 and 22 04:30pm - 08:00pm
Fridays, Saturdays & Sundays

CLINIC HOURS OF OPERATION

New Donation Hours for 2022

Monday & Wednesday 9AM—12PM
Monday 4PM— 7PM
Thursday 1PM—4PM

Water Street Health Services does not accept expired, opened, or damaged donated items.

Day	Medical	Dental	Registration
Mon	9 AM—12PM 5PM—8PM	CLOSED	CLOSED
Tues	CLOSED	CLOSED	9 AM—12PM 1PM—4:30PM
Wed	9AM—12PM	CLOSED	CLOSED
Thursday	2PM—5PM	CLOSED	9AM—12PM

CLINIC CLOSED ON HOLIDAYS

New Year's Day
Martin Luther King Jr.
Memorial Day
Juneteenth
Independence Day July 4th
Labor Day
Thanksgiving Day
Christmas Day