



DEPARTMENT OF MENTAL HEALTH / AUTISM / DEVELOPMENTAL PROGRAMS
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Suicide Prevention Resource Guide

If you need immediate assistance, please call or text:

988 | **SUICIDE & CRISIS
LIFELINE**

This guide was created with funding provided by the Pennsylvania Department of Health's Preventive Health and Health Services Block Grant and is organized based on strategies outlined in the United States Center for Disease Control's *Suicide Prevention: Resource for Action* which can be viewed in its entirety here: <https://stacks.cdc.gov/view/cdc/124648>. This guide includes resources at the county, state, and national levels. Most resources have websites where you can apply or find more information. Please hold down the "CTRL" button on your keyboard while clicking the blue, underlined website.

Strategy 3: Improve Access and Delivery of Suicide Care

Program Name	Program Description	Contact Information
NAMI Central PA	Grassroots organization that provides support groups, advocacy, and education about mental illness and recovery	https://namicentralpa.org/ info@namicentralpa.org 717-233-1164
Dauphin County ASPIRE	Suicide prevention information, resources, and training	https://www.dauphincoaspire.org/ 717-329-2723
Dauphin County Crisis Intervention	Dauphin County Crisis Intervention is a 24hr emergency mental health services provided by Dauphin County MH/A/DP. Crisis staff provide supportive counseling, outreach, assessment, and referral information to individuals experiencing an emotional crisis or difficulty coping with a personal problem.	https://www.dauphincounty.gov/government/human-services/mental-health-autism-developmental-programs/crisis-intervention-services 100 Chestnut St 1 st Floor Harrisburg PA 17101 717-232-7511
Connections Health Solutions Emergency Behavioral Health Crisis Walk-In Center and Mobile Services	Provides 24/7/365 urgent care and mobile crisis services. Mobile services can be accessed through 988, 911, or local crisis intervention programs	https://connectionshs.com/harrisburg 1100 S. Cameron St Harrisburg PA 17104 717-408-1353
988	988 is a national 24/7/365 suicide and crisis lifeline. The website has resources and information about suicide and other related topics	https://988lifeline.org/get-help/ Call/Text 988
Dauphin County Network of Behavioral Care	Dauphin County Network of Behavioral Care is a resource for individuals, families and agencies concerned with behavioral health. DCNBC provides an array of information about behavioral health services, laws, related news, communication tools and other features. It helps you find what you need and ensures there is no wrong door for those seeking services.	https://dauphin.pa.networkofcare.org

Dauphin County Where To Go When You Need Help Pamphlet	A comprehensive pamphlet of resources organized by categories of need such as food assistance and categories of populations such as teenagers, women, veterans, etc	https://www.dauphincounty.gov/docs/default-source/human-services/2024-where-to-go-when-you-need-help-2024.pdf?sfvrsn=68962e30_1
Mental Health Facilities	This is a list of all Dauphin County PA mental health facilities. These clinics provide treatment to women, men, and teenagers who have MH issues including depression, anxiety, panic disorders, eating disorders, OCD, PTSD and other issues and phobias.	https://www.mentalhealthfacilities.net/clinics/pennsylvania/dauphin-county.html
Harrisburg Vet Center	Harrisburg Vet center offers confidential help for veterans, service members and their families at no cost in a non-medical setting. Services include counseling for depression, PTSD and psychological effects of military sexual trauma. This center can also connect you with more support in the VA and community.	https://www.va.gov/harrisburg-vet-center/ 800-698-2411
PerformCare	PerformCare is the behavioral-health managed care organization for Dauphin, Cumberland, Perry, Lebanon, and Lancaster Counties for residents enrolled in Medical Assistance. Member services can assist with providing information about available services, provider contact information, and assistance with care coordination.	https://www.performcare.org/index.aspx 1-888-700-7370
Capital Area Behavioral Health Collaborative	Capital Area Behavioral Health Collaborative manages the HealthChoices Behavioral Health contract on behalf of Dauphin, Cumberland, Perry, Lebanon, and Lancaster counties. This organization can also provide helpful information about local resources and behavioral health services. CABHC works closely with provider agencies to ensure good availability and accessibility for PerformCare (MA) members	https://www.cabhc.org/ 717-671-7190

SAMHSA'S National Helpline	National helpline offers confidential treatment referral in both English and Spanish to individuals struggling with mental health conditions, substance use disorders. The SAMHSA website also contains a vast amount of information on various behavioral health topics.	https://www.samhsa.gov/find-help/helplines/national-helpline 800-662-4357
Pennsylvania Health Law Project	Free legal help for people getting or keeping Medical Assistance coverage	https://www.phlp.org/en/ 1-800-274-3258
Dauphin County Mental Health/ Autism/ Developmental Programs (MHADP)	Provides funding for mental health services for those who are uninsured or underinsured and works to ensure there is MH provider availability and quality services that meet the needs of communities throughout Dauphin County	https://www.dauphincounty.gov/government/human-services/mental-health-autism-developmental-programs 717-780-7050
Pennsylvania Enrollment Services	Learn about the HealthChoices program, compare health care plans, find providers, and enroll or change a health care plan	https://www.enrollnow.net/en 1-800-440-3989
Pennie	Pennsylvania's health insurance marketplace Learn about health care plans and choose a plan that includes the coverage needed	https://pennie.com/ 1-844-844-8040
PA MEDI	Free state health insurance assistance program which provides counseling for people with Medicare in Pennsylvania	https://www.dauphincounty.gov/government/human-services/area-agency-on-aging/pa-medi---medicare-education-decision-insight 717-780-6130
American Association of Suicidology	Information, resources, training, and accreditation programs	https://suicidology.org/
American Foundation for Suicide Prevention (AFSP)	Information, resources, advocacy, training, community programs	https://afsp.org/

Strategy 4: Promote Healthy Connections

Program Name	Program Description	Contact Information
Community Support Program	The Community Support Program, or CSP, is an alliance of individuals, family members, and professionals working together to aid adults with severe mental illnesses and co-occurring disorders to live successfully in the community, build relationships and support, increase knowledge and learn new skills, share effective wellness techniques, and destigmatize behavioral health challenges.	DauphinCountyCSP@gmail.com 717-232-8761
Harrisburg Area Mental Health Support Group	A peer led support group for anyone struggling with mental illness or other kinds of similar life hardships. Meetings occur every Monday from 6:30-8:30pm and Thursdays from 1pm-3pm at St. Paul's Lutheran Church, 530 Bridge St, New Cumberland, PA	https://harrisburgmentalhealth.org/ admin@harrisburgmentalhealth.org
Pennsylvania Mental Health Consumers' Association (PMHCA)	Pennsylvania Mental Health Consumers' Association (PMHCA) is a state-wide member organization dedicated to the support of all people who seek aid for recovery from a mental illness at any stage in their journey.	https://www.pmhca.org/ PMHCA@pmhca.org 717-221-1022
NAMI Central PA	Grassroots organization that provides support groups, advocacy, and education about mental illness and recovery	https://namicentralpa.org/ info@namicentralpa.org 717-233-1164
National Child Traumatic Stress Network	Pause-Reset-Nourish (PRN)* to Promote Wellbeing: Use as Needed to Care for Your Wellness!	https://www.nctsn.org/sites/default/files/resources/fact-sheet/pause_reset_nourish_to_promote_wellbeing_use_as_needed_to_care_for_your_wellness.pdf
US Department of Veterans PTSD: National Center for PTSD	Stress First Aid (SFA) is a framework to improve recovery from stress reactions, both in oneself and in coworkers. The model aims to support and validate good friendship, mentorship and leadership actions through core actions that help to identify and address early signs of stress reactions in an ongoing way (not just after "critical incidents").	https://www.ptsd.va.gov/professional/treat/type/SFA/docs/SFA_PersonCentered_508.pdf
Youth Move PA	Consumer-run and consumer-focused organization focused on reducing stigma and increasing rights for those with mental illness.	https://pmhca.wildapricot.org/Youth-MOVE-PA 717-221-1022

Sources of Strength	Suicide prevention program involving peer leaders to enhance protective factors associated with reducing suicide at the school population level	https://youthmovepa.wildapricot.org/Sources-of-Strength ympa@youthmovepa.org
Certified Peer Support Services	Certified peer specialists offer support, hope, and understanding gained from lived experience to help others on their path of recovery	https://www.peerstarllc.com/ 888-733-7781 https://www.khs.org/what-we-do/mental-health-services/ 717-482-8500
Aurora Club	Social rehabilitation program featuring support groups, social skills enhancement and training, community networking, recovery workshops, and volunteer activities	https://auroraservices.org/index.htm ! 717-232-6675
Patch-N-Match	Consumer-driven drop-in center for individuals with mental illness that assists consumers with gaining or maintaining skills, independence, and self-confidence	patchnmatchinc@aol.com 717-232-5575
Dauphin County Parks and Recreation	Provides information about opportunities for community events, engagement opportunities, and public parks	https://www.dauphincounty.gov/government/support-services/parks-recreation 717-599-5188

Strategy 5: Teach Coping and Problem-Solving Skills

Program Name	Program Description	Contact Information
Parent Child Interaction Therapy (PCIT)	PCIT is a specialized, evidence-based treatment program designed for parents and their young children who are experiencing behavioral and/or emotional difficulties	https://www.parentchildinteractiontherapy.com/ CSG: 877-907-7970 PCS: 717-526-4881
The Incredible Years	The Incredible Years® offers a variety of evidence-based early intervention programs for parents, teachers, early childhood educators, counselors, and other professionals who work with children aged 0-12	https://www.incredibleyears.com/

Parent to Parent of PA	Parent peer support program for children with special needs	https://www.parenttoparent.org/ 717-540-4722
Central PA Family Support Services	Training and support programs for parents and families	https://pafamilysupports.org/ 717-614-0130
Fathering Me	Support program for young fathers of unplanned pregnancy	https://fathering.me/
Families in Recovery	Support and education program for families touched by addiction	https://cactricounty.org/our-programs/family-development/ 717-232-9757
Parents as Teachers	Training and support program for parents of children birth-kindergarten	https://cactricounty.org/our-programs/family-development/ 717-232-9757
Fatherhood & 24/7 Dad	Free 12-week certification program for fathers seeking to improve their relationships with their children, partner, and family	https://cactricounty.org/our-programs/family-development/ 717-232-9757
Education Leading to Employment and Career Training (ELECT)	Free program for pregnant and parenting youth that provides skill development, goal setting, parenting skills, and healthy decision-making	https://www.caiu.org/students-families/resources-support/pregnant-parenting-teens-elect#:~:text=The%20ELECT%20program%20supports%20pregnant%20and%20parenting%20teens,effective%20goal%20setting%2C%20parenting%20skills%2C%20and%20healthy%20decision-making 717-732-8400 ext 8383
PA Family Support Alliance	Training and resources	https://pafsa.org/ 717-238-0937
Mental Health First Aid, Youth Mental Health First Aid, Teen Mental Health First Aid	Evidence-based, early intervention course that teaches participants about mental health and substance use challenges	Community Services Group 717.285.7121 NAMI of Central PA 717-233-1164

Smarter Parents, Safer Kids	Workshop designed to help parents and caregivers master effective communication about sex-related topics with their children	https://ymcaharrisburg.org/home/programs/community/parenting-workshops/ 717-362-9494
Triple P – Positive Parenting Program	Program designed to help parents and caregivers promote children’s well-being and make family life more enjoyable	https://pacounseling.com/triplep-referral-form/ 717-454-7543
NAMI Basics	Free education program for parents, caregivers and other families who provide care for youth who are experiencing mental health symptoms	https://namicentralpa.org/ info@namicentralpa.org 717-233-1164
NAMI Family to Family	Free educational program for family, significant others and friends of people with mental health conditions	https://namicentralpa.org/ info@namicentralpa.org 717-233-1164
NAMI Homefront	Free educational program for families, caregivers, and friends of military service members and veterans with mental health conditions	https://namicentralpa.org/ info@namicentralpa.org 717-233-1164
NAMI Peer to Peer	Free educational program for adults with mental health conditions who are looking to better understand themselves and their recovery	https://namicentralpa.org/ info@namicentralpa.org 717-233-1164

Strategy 6: Identify and Support People at Risk

Prevent Suicide PA	Information and resources about suicide	https://preventsuicidepa.org/
Dauphin County ASPIRE	Information, resources, and training	https://www.dauphincoaspire.org/ 717-329-2723
Dauphin County Crisis	Dauphin County Crisis Intervention is a 24hr emergency mental health services provided by Dauphin County MH/A/DP. Crisis staff	https://www.dauphincounty.gov/government/human-services/mental-

Intervention Program	provide supportive counseling, outreach, assessment, and referral information to individuals experiencing an emotional crisis or difficulty coping with a personal problem.	health-autism-developmental-programs/crisis-intervention-services 717-232-7511 100 Chestnut St 1 st Floor Harrisburg PA 17101
988	988 is a national 24/7/365 suicide and crisis lifeline. The website has resources and information about suicide and other related topics	https://988lifeline.org/get-help/ Call/Text 988
Connections Health Solutions Emergency Behavioral Health Crisis Walk-In Center and Mobile Services	Provides 24/7/365 urgent care and mobile crisis services. Mobile services can be accessed through 988, 911, or local crisis intervention programs	https://connectionshs.com/harrisburg 1100 S. Cameron St Harrisburg PA 17104 717-408-1353
Crisis Text Line	A national 24/7/365 text/chat crisis service and the website has resources and information	https://www.crisistextline.org/
The Trevor Project	Crisis intervention and suicide prevention services for LGBTQIA+ youth	https://www.thetrevorproject.org/ 1-866-488-7386 Text 'START' to 678-678
Trans Lifeline	Hotline offering emotional and financial support to trans people in crisis	https://translifeline.org/
Suicide Prevention Resource Center	Information and resources about suicide	https://sprc.org/
Jana Marie Foundation	Information, training, and resources about mental well-being	https://janamariefoundation.org/
Beyond the Numbers – Mental Health America BIPOC Toolkit	A toolkit of historical content, systems of support, and actionable ways to move forward toward a mentally healthy future	https://mhanational.org/wp-content/uploads/2025/05/2024-BIPOC-MH-Toolkit.pdf
Collaborative Assessment and Management of	Empirically validated treatment application of suicide-focused care	https://teamcarebh.com/

Suicidality (CAMS)		717-525-9804
Suicide Prevention Alliance	Information, resources, and training	https://www.suicidepreventionalliance.org/ 717-585-0611
Safety Plan	Safety plan template	https://www.suicidepreventionalliance.org/wp-content/uploads/2021/02/SPA-Safety-Plan.pdf
Question Persuade Refer (QPR) Training	Gatekeeper training designed to teach anyone how to appropriately respond to someone who is expressing or exhibiting signs of being suicidal	NAMI- 717-233-1164 Suicide Prevention Alliance- 717-585-0611
Signs of Suicide (SOS)	Teaches students how to identify signs of depression and suicide in themselves and their peers while providing materials and resources to school professionals, parents, and communities	NAMI of Central PA 717-233-1164
Mental Health First Aid, Youth Mental Health First Aid, Teen Mental Health First Aid	Evidence-based, early intervention course that teaches participants about mental health and substance use challenges	Community Services Group 717.285.7121 NAMI of Central PA 717-233-1164
Crisis Intervention Team (CIT) Training	40-hour training for law enforcement officers on a variety of behavioral health topics	https://www.dauphincounty.gov/government/publicly-elected-officials/district-attorney/criminal-justice-advisory-board-(cjab)/dauphin-county-crisis-intervention-team 717-798-1899
A Journey Toward Health & Hope	Handbook for recovery after a suicide attempt	https://library.samhsa.gov/sites/default/files/sma15-4419.pdf
Lived Experience Academy	Educational website to help suicide attempt survivors	https://livedexp.academy/
Live Through This	A collection of portraits and true stories of suicide attempt survivors	https://livethroughthis.org/?fbclid=IwAR2ruq4C5ICH9v-iD3yRdA7uQpG6mbwwzGFBHKHJJFo0UGqiXRSg6OhYRHI
United Suicide Survivors International	Resources, courses, workshops, stories, and initiatives for those who have experienced suicide loss, suicide attempts, and suicidal thoughts and feelings	https://www.unitesurvivors.com/

First Watch	Resources for First Responders for Suicide Prevention	https://firstwatch.net/suicide-prevention-for-first-responders-resources/
Frontline Responder Services	Support line for first responders staffed by peers	https://frontlinerehab.com/helpline/ 1-866-676-7500
Copline	Support line for law enforcement officers staffed by peers	https://www.copline.org/ 1-800-267-5463
Survivors of Blue Suicide	Services and supports for family and co-workers of law enforcement officer that died by suicide	https://www.survivorsofbluesuicide.org/
In Harms Way: Law Enforcement Suicide Prevention	Training, resources, and other materials on suicide prevention	https://policesuicide.spcollege.edu/

Strategy 7: Lessen Harm and Prevent Future Risk

Student Assistance Programs	Postvention support to public schools within Dauphin County after the death of a student or staff person	https://www.khs.org/what-we-do/mental-health-services/ 717-482-8500 information@khs.org
U.S. National Guidelines	Responding to Grief, Trauma, and Distress After a Suicide: U.S. National Guidelines – Survivors of Suicide Loss Task Force, April 2015	https://theactionalliance.org/sites/default/files/inline-files/NationalGuidelines.pdf
Toolkit for schools	After a Suicide: A Toolkit for Schools, Second Edition, 2018	https://sprc.org/wp-content/uploads/2022/12/AfteraSuicideToolkitforSchools-3.pdf
Framework for successful messaging	A strategy for messaging to the public about suicide	https://suicidepreventionmessaging.org/
Olivia's House: A Grief and Loss Center for Children	Grief support and resources for children and families	https://www.oliviashouse.org/ 717-699-1133
United Suicide Survivors International	Resources, courses, workshops, stories, and initiatives for those who have experienced suicide loss, suicide attempts, and suicidal thoughts and feelings	https://www.unitesurvivors.com/

Survivors of Blue Suicide	Services and supports for family and co-workers of law enforcement officer that died by suicide	https://www.survivorsofbluesuicide.org/
STAR-Center Postvention Services	Consultation for school districts and agencies regarding postvention	https://www.starcenter.pitt.edu/resources-and-training/postvention-consultation 412-864-3346
Highmark Caring Place	Grief support, resources, and training for children, families, schools, and communities	https://www.highmarkcaringplace.com/cp2/index.shtml 1800 Center Street Camp Hill, PA 17011 866-613-4673

Strategy 1: Strengthen Economic Supports

Program Name	Program Description	Contact Information
Low Income Home Energy Assistance Program (LIHEAP)	Assistance paying heating bill administered through the state-run county assistance offices	https://www.compass.dhs.pa.gov/home/#/welcome
Heating Oil Assistance	Up to 100 gallons of free heating fuel for eligible households	https://www.ccuhbg.org/what-we-do/help-ministries.html 717-238-2851
Cash Assistance	Monthly cash benefit administered through the state-run county assistance offices	https://www.compass.dhs.pa.gov/home/#/welcome 1-866-550-4355
SNAP (formerly known as Food Stamps)	Monthly allowance for food administered through the state-run county assistance offices	https://www.compass.dhs.pa.gov/home/#/welcome 1-866-550-4355
Free/Reduced School Meals	Free school meals for enrolled children administered through the state-run county assistance offices	https://www.compass.dhs.pa.gov/home/#/welcome 1-866-550-4355
Child Care Works	Assistance paying for childcare administered through the state-run county assistance offices	https://www.compass.dhs.pa.gov/home/#/welcome

CHIP/Medical Assistance	Free or reduced cost health insurance administered through the state-run county assistance offices	https://www.compass.dhs.pa.gov/home/#/welcome 1-866-550-4355
Supplemental Security Income (SSI)	Monthly cash benefit administered through the Social Security Administration	https://www.compass.dhs.pa.gov/home/#/welcome
Social Security Disability Insurance (SSDI)	Monthly cash benefit administered through the Social Security Administration	https://www.ssa.gov/disability
Housing Choice Voucher (formerly known as Section 8)	Rental assistance paid directly to landlord - tenant chooses apartment from private landlords in Dauphin County and maintains voucher if they move to another apartment within Dauphin County. Special arrangements must be made with Harrisburg Housing Authority to use the voucher within Harrisburg city.	https://www.dauphinhousing.org/hc-v-rental-assistance 717-939-9301
Public Housing	Subsidized public housing - tenant lives in properties owned/leased by the Housing Authority and the subsidy is only for that property. Properties owned/leased by HACD are not within the city of Harrisburg.	https://www.dauphinhousing.org/hc-v-rental-assistance 717-939-9301
Family Self Sufficiency Program	Service to assist families with accessing necessary resources and supports to accomplish self sufficiency	https://www.dauphinhousing.org/hc-v-rental-assistance 717-939-9301
Rent Assistance	Rental assistance for those under threat of eviction	https://www.ccuahbg.org/what-we-do/help-ministries.html 717-238-2851
Rapid Rehousing and Rental Assistance	Assistance for homeless individuals to obtain an apartment and pay rent/security deposit	Call 211
Housing Choice Voucher (formerly known as Section 8)	Rental assistance paid directly to landlord - tenant chooses apartment from private landlords in Harrisburg city and maintains voucher if they move to another apartment within Harrisburg city. Special arrangements must be made with HACD to use the voucher on an apartment outside Harrisburg city.	https://harrisburghousing.org/ 717-234-9664

Public Housing	Subsidized public housing - tenant lives in properties owned/leased by the Housing Authority and the subsidy is only for that property. Properties owned/leased by HHA are within Harrisburg city.	https://harrisburghousing.org/ 717-234-9664
Transitions Program and Permanently Affordable Housing	A comprehensive program that equips families with the tools, skills, and confidence to build a stable and self-sufficient future. Graduates of the Transitions Program are eligible for Permanently Affordable Housing	https://www.bha-pa.org/transitions 717-233-6016 bha@bha-pa.org
Bridge of Hope	A comprehensive service for homeless or at-risk mothers of children under 18	https://harrisburg.bridgeofhopeinc.org/get-help/ 717-303-9930
Capital Area Coalition on Homelessness (CACH)	CACH website provides information about all housing resources in Dauphin County	https://cachpa.org/ 717-737-1100
The Salvation Army of Harrisburg	The Salvation Army Harrisburg provides diverse programs, including basic needs assistance, self-sufficiency mentoring, workforce development, choice shopping food pantry, Family Table nutrition education, youth programs, and emergency disaster services.	https://pa.salvationarmy.org/harrisburg-pa/Home_Page 717-233-6755
Mastering Budgeting Basics; Getting Ahead in a Just Gettin' by World	Individual and group budgeting education to achieve financial stability and success	https://cactricounty.org/ 717-232-9757
Prepare for Your Career Journey	Career readiness and supported employment program	https://cactricounty.org/ 717-232-9757
OnTrack and Operation Help	Utility payment plan for PPL customers - reduced monthly payments, protection from disconnections, and debt forgiveness	https://cactricounty.org/ 717-232-9757
Employment Services	Resume building & interview preparation, adult basic education & ESL, career counseling & resources, job search assistance, skill assessment & aptitude testing, training programs & workshops	https://www.pacareerlink.pa.gov Careerlink Capitol Region 100 N. Cameron St, Ste 101 Harrisburg, PA 17101

		717-783-3270
Harrisburg Area Community College	Associate degree, diploma, and certificate programs in a variety of fields including trades, technology, and health care	https://www.hacc.edu/

Strategy 2: Create Protective Environments

Program Name	Program Description	Contact Information
Project Child Safe	Firearm safety education program that partners with local law enforcement to provide free firearm safety kits	Harrisburg Police Department: 717-558-6900 Dauphin County Sheriff's Department: 717-780-6590 Penbrook Borough Police Department: 717-232-3844 PA State Police Troop H Headquarters: 717-671-7500
Student Assistance Programs	Consultation and assessment for students that may be struggling with mental health concerns	https://www.khs.org/what-we-do/mental-health-services/ 717-482-8500 information@khs.org
NAMI Central PA	Grassroots organization that provides support groups, advocacy, and education about mental illness and recovery	https://namicentralpa.org/ 717-233-1164 info@namicentralpa.org
Dauphin County Drug and Alcohol Services	Prevention education and consultation; treatment resources for those suffering from SUDs.	https://www.dauphincounty.gov/government/human-services/drug-alcohol-services 717-635-2254
Counseling on Access to Lethal Means (CALM)	A suicide prevention program designed to reduce access to lethal means in times of crisis	https://sprc.org/online-library/calm-counseling-on-access-to-lethal-means/

Suicide Awareness Voices of Education	Offers free cable gun locks	https://www.save.org/
Be SMART	Information, resources, and advocacy to promote responsible gun ownership	https://besmartforkids.org/

This guide does not include all resources. Please send any comments, questions, corrections, or additions to rclifton@dauphincounty.gov