# Columbia County Injured Worker Resources

Pennsylvania Workers' Compensation Resource Guide

This downloadable guide was created to help injured workers and families in Columbia County locate practical resources during workers' compensation disputes, delayed wage-loss benefits, interrupted medical treatment, and financial hardship.

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## FAST HELP

| Resource | Website |
|---|---|
| Pennsylvania 211 | https://www.pa211.org/ |
| Pennsylvania COMPASS | https://www.compass.state.pa.us/ |

## County Assistance & Benefits

| Resource | Website |
|---|---|
| Pennsylvania DHS | https://www.dhs.pa.gov/ |
| Columbia County Assistance Office | https://www.pa.gov/agencies/dhs/contact/cao-information/columbia-cao.htm |

## Food Assistance Resources

| Resource | Website |
|---|---|
| Central Pennsylvania Food Bank | https://www.centralpafoodbank.org/ |
| Community Strategies Group | https://csgonline.org/ |
| Pennsylvania 211 | https://www.pa211.org/ |
| WIC Program | https://www.pawic.com/ |

## Healthcare & Medical Resources

| Resource | Website |
|---|---|
| Geisinger Bloomsburg Hospital | https://www.geisinger.org/ |
| Primary Health Network | https://primary-health.net/ |
| Pennie Marketplace | https://pennie.com/ |

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|---|---|
| Medicaid / Medical Assistance | https://www.compass.state.pa.us/ |

## Transportation Resources

| Resource | Website |
|---|---|
| Columbia County Transportation | https://www.cata.org/ |
| Medical Assistance Transportation Program | https://matp.pa.gov/ |

## Housing & Utility Assistance

| Resource | Website |
|---|---|
| Community Strategies Group Housing Programs | https://csgonline.org/ |
| LIHEAP | https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx |

## Legal & Advocacy Resources

| Resource | Website |
|---|---|
| North Penn Legal Services | https://www.nplspa.org/ |
| Disability Rights Pennsylvania | https://www.disabilityrightspa.org/ |

## Behavioral Health & Crisis Support

| Resource | Website |
|---|---|
| Columbia County Mental Health Services | https://www.columbiapa.org/ |
| Transitions of PA | https://www.transitionsofpa.org/ |
| 988 Crisis Lifeline | https://988lifeline.org/ |

**WATCH OUT:**
Insurance companies sometimes argue that treatment gaps mean the injury improved or restrictions ended. Try to maintain consistent medical treatment whenever possible and document interruptions carefully.

## Important Document Checklist

• Workers’ compensation paperwork

• Medical records

• Prescription information

• Work restrictions

• Insurance paperwork

• Utility bills

• Housing notices

• Identification documents

• Pay stubs

• Employer communications

**You Do Not Have To Navigate This Alone**

Workers' compensation disputes, delayed checks, denied treatment, and financial pressure can become overwhelming very quickly. This guide was created to help injured workers locate practical support resources throughout Columbia County.

*This guide provides general informational resources and is not legal advice. Programs, services, and eligibility requirements may change over time. Always verify current information directly with the appropriate organizations and agencies.*