Cumberland County Injured Worker Resources

Pennsylvania Workers' Compensation Resource Guide

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

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/
Cumberland County Assistance Office	https://www.pa.gov/agencies/dhs/contact/cao-information/cumberland-cao.

Food Assistance Resources

Resource	Website
Central Pennsylvania Food Bank	https://www.centralpafoodbank.org/
Project SHARE	https://www.projectsharepa.org/
Pennsylvania 211	https://www.pa211.org/
WIC Program	https://www.pawic.com/

Healthcare & Medical Resources

Resource	Website
UPMC Carlisle	https://www.upmc.com/

Sadler Health Center	https://www.sadlerhealth.org/
Pennie Marketplace	https://pennie.com/
Medicaid / Medical Assistance	https://www.compass.state.pa.us/

Transportation Resources

Resource	Website
rabbittransit	https://rabbittransit.org/
Medical Assistance Transportation Program	https://matp.pa.gov/

Housing & Utility Assistance

Resource	Website
Community CARES	https://www.ccpa.net/
LIHEAP	https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx

Legal & Advocacy Resources

Resource	Website
MidPenn Legal Services	https://www.midpenn.org/
Disability Rights Pennsylvania	https://www.disabilityrightspa.org/

Behavioral Health & Crisis Support

Resource	Website
Cumberland County Crisis Intervention	https://www.ccpa.net/
Domestic Violence Services of Cumberland & Perry Counties	https://www.domesticviolenceservices.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 Cumberland 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.