Montour County Injured Worker Resources

Pennsylvania Workers' Compensation Resource Guide

This downloadable guide was created to help injured workers and families in Montour 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/
Montour County Assistance Office	https://www.pa.gov/agencies/dhs/contact/cao-information/montour-cao.htm

Food Assistance Resources

Resource	Website
Central Pennsylvania Food Bank	https://www.centralpafoodbank.org/
Community Giving Foundation	https://csgiving.org/
Pennsylvania 211	https://www.pa211.org/
WIC Program	https://www.pawic.com/

Healthcare & Medical Resources

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

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

Transportation Resources

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

Housing & Utility Assistance

Resource	Website
Community Action Agency Programs	https://csgiving.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
Montour County Mental Health Services	https://www.montourcounty.gov/
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 Montour 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.