

# Mental Health Resources

Updated 3/8/18

## ACCESS SERVICES 215-540-2150

Teen Talk Line 1-866-825-5856

Teen Text Line 215-703-8411

Teen Email Line: [teentalkline@accessservices.org](mailto:teentalkline@accessservices.org)

[www.accessservices.org](http://www.accessservices.org)

Intellectual Disabilities/Autism/Mental Health/Special Needs, in-home care, emergency respite, foster care, supported living, etc.

## AGING & ADULT SERVICES

610-278-3601

## AMERICA'S KESWICK DRUG & ALCOHOL REHAB

1-800-453-7942 Residential Christian program in NJ. Men & women. No insurance. \$500 for 4-7 month stay.

## A Women's Place (Domestic Violence)

Doylestown, PA.

<http://www.awomansplace.org/>

Hotline: 1-800-220-8116

## BE A PART OF THE CONVERSATION (addictions)

[www.conversation.zone/resources](http://www.conversation.zone/resources)

A wealth of information, resources, support and local events regarding addiction and recovery. Local support groups for parents/families of those with drug and alcohol addictions. Local recovery housing resources, etc.

## BUCKS COUNTY CHILDREN'S CRISIS SUPPORT

Crisis Line 1-877-435-7709

Free 24-hour telephone counseling, on-site as needed.

[www.accessservices.org](http://www.accessservices.org) (215-540-2150)

## BUCKS COUNTY OPPORTUNITY COUNCIL

215-345-8175 Doylestown

Assistance for low income persons in Bucks County.

## CASE MANAGEMENT SERVICES OFFICES

Helps those without insurance to get drug & alcohol and mental health treatment through county funding and state health insurance.

Creative Health (Pottstown) 610-327-1503

Abington Case Mgmt (Lansdale) 215-667-8022

Gaudenzia (Norristown) 610-279-4262

Gaudenzia outpatient drug & alcohol abuse – 610-279-4262

Creative Health Services – 610-327-1503

## Center for Loss and Bereavement

3847 Skippack Pike

P.O. Box 1299

Skippack, PA. 19474

610-222-4110

[www.bereavementcenter.org](http://www.bereavementcenter.org)

Fee: \$85/session

Contact: Emily

## For Incidents of Child Abuse:

1-800-932-0313 (Childline)

## CHILD & FAMILY FOCUS, INC

610-650-7750 various locations

Faith-based agency serving local children and youth with emotional, mental and behavioral challenges

## CHRISTIAN COUNSELING & EDUCATIONAL FOUNDATION

[www.ccef.org](http://www.ccef.org)

Insurance not accepted. \$95

1803 East Willow Grove Ave.

Glenside, PA 19038

215-884-7676

Fee is \$95 per hour. (No longer an "initial" fee)

Many different specialties and counselors

Julie Lowe, LPC (Registered Play Therapist)\*

## CHRISTIAN COUNSELING & EDUCATIONAL SERVICES

717-630-2255 Hanover, PA 17331

[www.ccesonline.com](http://www.ccesonline.com)

## CHRISTIAN DRUG & ALCOHOL REHABS - LOW OR NO

COST Males and females of all ages.

Mission Teens 1-856-782-7771

[www.missionteens.com](http://www.missionteens.com)

Teen Challenge 1-717-933-4181

[www.teenchallenge.com](http://www.teenchallenge.com)

[www.teenchallengeusa.com](http://www.teenchallengeusa.com)

## COUNSELING ASSOCIATES Christ-centered counseling

610-282-2575 or 1-800-304-HELP

[www.keystonecounselingservices.org](http://www.keystonecounselingservices.org)

Coopersburg, Colmar and Allentown.

## THE COUNSELING CENTER

215-703-8926 Calvary Church of Souderton

Insurance not accepted. \$70

(Anxiety, depression, pre-marital, marital issues)

820 Route 113

Souderton, PA 18964

215-703-8926

<http://www.calvary-church.com/counseling-center/>

Fee: \$70 per 50 minute session.

### **Creative Health Services**

11 Robinson St., Pottstown, PA. 19464

610-326-9250 [www.creativehs.org](http://www.creativehs.org)

Fee: Takes most insurances; also some county funding available for Mtg. & Chester county

Contact: Lauren Fromilla

### **CRIME VICTIMS' LAW PROJECT**

610-277-0932 Legal assistance for victims of dating violence, stalking and sexual assault.

### **DAYSPRING CHRISTIAN COUNSELING (at Penn Fndtn)**

215-257-6557 or 215-257-6551 (same # for Penn Foundation)

Accepts most insurance. Contact: Mary Lynn Black

### **DOMESTIC VIOLENCE AND ABUSE RESOURCES**

Laurel House 1-800-642-3150

Womens' Center Mont Cnty 1-800-773-2424

A Woman's Place 1-800-220-8116

Women Against Abuse 1-866-723-3014

"Project Safe" program for men who are abusive—call Creative Health 484-941-0500.

### **JENNIFER M. DRESSLER COUNSELING**

267-645-9080 Harleysville/Lansdale

[dresslercounseling@gmail.com](mailto:dresslercounseling@gmail.com)

[www.dresslercounseling.com](http://www.dresslercounseling.com)

Insurance not accepted as of now. \$65

All issues, plus specializes in grief/loss, infertility, chronic illness care, life transitions.

Jennifer M. Dressler, MA, PhD\*

M.A. in Counseling, Biblical Seminary

Ph.D. English, Lehigh University

Office address: 1610 Quarry Road, Lansdale PA 19446.

Bio: Jennifer offers counseling services with particular interests in grief, infertility, cancer/chronic illness care and life transitions (aging, career change). Her heart's desire is to support and encourage individuals as they struggle with questions of life and faith.

Located 2.3 miles from LCBC Branch Creek, just past turnpike entrance. Office entrance is on Reiff Road.

**For Incidents of Elder Abuse: 1-800-490-8505**

### **EMERGENCY HOSPITAL ADMITTANCE FOR DRUGS/ALCOHOL DETOX/SUICIDE/MENTAL HEALTH CRISIS**

Grandview Hospital 215-453-4000

Abington Hospital in Lansdale 215-361-4440

### **ESTATE PLANNING**

Bob Rust 610-821-0484 Rust & Anewalt

Jeff Landis 215-723-4350 [www.blhglaw.com](http://www.blhglaw.com)

### **Foundations Christian Counseling Centers**

Rainbow Plaza

1546 Rte 209, Suite 106

Brodheadsville, PA 18322

(877) 414-HOPE

[www.foundationscounseling.org](http://www.foundationscounseling.org)

Fee: \$75 per 55 minute session

Fred Jacoby, MA\*

[fjacoby@foundchristcounsel.org](mailto:fjacoby@foundchristcounsel.org)

Other locations:

Allentown, PA: 484.560.3481 Mark Akers

Bowmanstown, PA / Palmerton, PA: 877.414.HOPE

Mt. Pocono: 877.414.HOPE

Nazareth, PA: 877.414.HOPE

### **HANDI\*VANGELSIM MINISTRIES INTERNATIONAL**

717-859-4777 Akron/Lancaster County [www.hvmi.org](http://www.hvmi.org)

Basis: For parents who have lost a child.

Minds Renewed: God's Word for those with mental health concerns and their parents/families.

REST Ministries: Hope for the hurting, abused, addicted.

Seminars/Church Training: grief, loss, abuse, mental health, restoration, divorce, disability, etc.

Handi\*Camps: variety of overnight camps for kids and adults with intellectual or physical disabilities.

### **HOPEWORX, INC. & COMMUNITY ADVOCATES OF MONTGOMERY COUNTY**

610-270-3685 <http://www.hopeworxinc.org/>

610-270-0375 Community Advocates of Montco

1210 Stanbridge St, Norristown

Help adults using mental health services to resolve problems, learn self-advocacy and utilize peer support.

Also help those with mental illness who are in the criminal justice system.

### **Hospitals: For Emergencies related to mental health, drug, alcohol**

(when someone is high on drugs, suicidal, alcohol – for immediate check in and detox)

Abington Hospital in Lansdale – 215-361-4440 (ER)

Grandview Hospital – 215-453-4000

St. Luke's Quakertown - 267-424-8055

### **INSIGHT CHRISTIAN COUNSELING**

**215-947-6465**

Counseling for all issues.

Dr. Paul Randolph, Director

Huntingdon Valley

[insightcounsel@hotmail.com](mailto:insightcounsel@hotmail.com)

<http://insightcounsel.org/>

#### **Laurel House (Domestic Violence)**

Norristown, PA.

<http://www.laurel-house.org/>

1.800.642.3150

#### **LIBERTAE (Drug and Alcohol – Women only)**

215-639-8681 Bensalem <http://www.libertae.org/>

Drug and alcohol treatment programs and recovery housing for women, mothers and pregnant women

#### **LIBERTY PRISON MINISTRIES & THRIFTSHOPS**

610-287-5481 Schwenksville

Local prison ministry and aftercare housing programs for men and women.

#### **LIFE COUNSELING SERVICES & REHAB AFTER WORK**

Mental health and drug/alcohol treatment.

Lansdale and multiple other locations.

Most insurance accepted.

Life Counseling Services & Rehab After Work

(Multiple locations in Southeast PA Suburbs, Philadelphia & NJ)

Local Office:

1107 East Main St. Lansdale, PA. 19446

610-644-6464

800-822-2799

<http://www.lifecounseling.org/>

<http://www.lifecounseling.org/christian-counseling/>

Fee: Takes commercial insurance and self pay; does not take Medicare

#### **LIGHTHOUSE CHRISTIAN NETWORK**

General 1-954-205-0505

Hotline 1-877-562-2565

215-340-2686

215-630-8846

Referrals to (some Christian) counselors/doctors/rehabs.

[www.lighthouse-network.org](http://www.lighthouse-network.org)

DR. KARL BENZIO, CHRISTIAN PSYCHIATRIST

[kbenzio@lighthouse-network.org](mailto:kbenzio@lighthouse-network.org)

Joan Kings, nurse practitioner

(Addictions Counseling & Resources- Christian based)

800 W. State St, Suite 302

Doylestown, PA 18901

#### **MAGELLAN OF PA "ROADMAP TO RECOVERY"**

Magellan 1-877-769-9782

Printable guides on [www.magellanofpa.com](http://www.magellanofpa.com) for child and adult mental health services available in Montgomery County.

#### **MALVERN INSTITUTE DRUG & ALCOHOL TREATMENT**

610-MALVERN (610-625-8376)

Secular inpatient and outpatient drug & alcohol detox and rehab. Takes most insurance.

#### **MCES (MONTGOMERY COUNTY EMERGENCY SERVICES)**

24/7 Hotline 610-279-6100 [www.mces.org](http://www.mces.org)

Psychiatric and drug & alcohol crisis intervention and referral service, etc. Also assists persons with mental illness in dealing with the criminal justice and legal system; offers inpatient, outpatient and voluntary Crisis Residential Program.

#### **MONTGOMERY COUNTY ADULT MOBILE CRISIS**

24-hour/7 days Crisis Support 1-855-634-4673

Peer Support Talk Line 1-855-715-8255

Peer Support Text Line 267-225-7785

[www.accessservices.org](http://www.accessservices.org) Main # 215-540-2150

Free mental health and disabilities crisis support by phone or in your home, referral service, help w/strategy development, etc.

#### **MONTGOMERY COUNTY ASSISTANCE OFFICE**

610-270-3500

Welfare/State Health Insurance, Food Stamps

1931 New Hope Street, Norristown

#### **MONTGOMERY COUNTY BEHAVIORAL HEALTH COURT**

610-992-7758 Brittini DiStanislaio

[bdistani@montcopa.org](mailto:bdistani@montcopa.org) King of Prussia

Works with various Montco justice departments and community-based treatment providers to address the needs of defendants with serious mental illness.

#### **MONTGOMERY COUNTY COMMUNITY CONNECTIONS**

Lansdale 610-278-1286

Pottstown 610-970-2979

Norristown 610-278-3522

Willow Grove 215-784-5482

A "Navigate" from MCCC can help you identify and connect with human services you may need for mental health, housing, health, senior support, child care, employment, veterans' affairs, developmental disabilities, child/family/elder protective services, etc.

**MONTGOMERY COUNTY FAMILY MENTOR & ADVOCACY NETWORK (formerly Parents Involved Network)**

Norristown 267-507-3486 or 3487  
Parental support; mentoring and advocacy for children and youth with behavioral, mental health, criminal justice, welfare and education concerns.

**Christine Moyer, MA\***

M.A. in Counseling, Biblical Seminary  
Office address: 320 North Third Street, Telford, PA. 18969

215.723.5890 [ext. 4306] 267.440.4306

[chris.moyer@pennvalleychurch.org](mailto:chris.moyer@pennvalleychurch.org)

[www.chariscounsel.com](http://www.chariscounsel.com)

Fee: Call

Bio: Christine offers counseling services for: Emotional, behavioral, and spiritual problems facing individuals, couples and families, Disruptive moods and depression, Stress and anxiety, Marital and family issues, Women's issues

**NAMI (National Alliance on Mental Illness)**

1-866-399-6264

Education & support groups for those with mental illness and their families.

[www.nami.org](http://www.nami.org) (and NamiFaithNet for Christians & churches)

**NEW LIFE COUNSELING SERVICES**

717-653-1507 Mount Joy, PA

[www.new-life-counseling.com](http://www.new-life-counseling.com)

**NOVA (Rape & Victim Services)**

2370 York Rd Suite B-1

Jamison, PA. 18929

[www.novabucks.org](http://www.novabucks.org)

Hotline: 1-800-675-6900

**PARENT TO PARENT**

1-888-727-2706 [www.parenttoparent.org](http://www.parenttoparent.org)

[info@parenttoparent.org](mailto:info@parenttoparent.org)

A network created by families for families of children and adults with special needs or mental health concerns.

**Penn Foundation**

Main Office

807 Lawn Avenue

P.O. Box 32

Sellersville, PA 18960

[www.pennfoundation.org](http://www.pennfoundation.org)

Outpatient-215.257.6551

General, Addictions, Psychiatric

Fee: Takes insurance

**RECOVERY & EDUCATION CENTERS/PEER SUPPORT**

Pottstown 267-507-3525 or 3520

Norristown 267-507-3510

**DR. SUSAN ROSENBAUM, PSYCHIATRIST**

215-740-5796

Doylestown

**SAFE BERKS**

255 Chestnut St.

Reading, PA 19602

Phone: 610-373-1206

Fax: 610-372-4188

Email: [peace@safeberks.org](mailto:peace@safeberks.org)

Toll free hotline: 844-789-SAFE

Text: SAFE BERKS to 20121

**SAMARITAN COUNSELING CENER**

717-560-9969 Lancaster, PA

Takes some insurance. \$105-\$130

**DR. WILLIARD SHANKEN, CHILD PSYCHIATRY**

215-997-3600

**SHELTERS & HOMELESSNESS**

Homeless Prevention Center 1-877-646-6306

Keystone Opportunity Center 215-723-5430 x214

Laurel House (women/domestic viol) 1-800-642-3150

Fish (Bucks Cnty School Dist) 215-348-7172

Your Way Home (Montgomery Cnty) 1-877-646-6306

Red Cross (Bucks County) 1-800-810-4434

Bucks County Housing Link 1-800-810-4434

Hope for Veterans Housing 1-973-270-1103 (Allentown)

**STEVE SMITH MDiv, MA**

267-269-8005 Hatfield area or clients Church . \$40

(\$60 couples)

Pastoral counseling. All issues with specialties in vocational/career, marriage, premarital, grief, anxiety, and depression.

M.A. in Counseling, Biblical Seminary

[Steve@ErgoSophic.com](mailto:Steve@ErgoSophic.com)

Bio: Steve Smith is a pastoral counselor with Lansdale Presbyterian Church in Hatfield. Steve has demonstrated a particular proficiency in vocational transition and career Counseling, marital concerns including premarital Counseling, grief and loss, and anxiety/depression,

**SUICIDE HOTLINES**

1-800-784-2433 (1-800-SUICIDE)

1-800-273-8255 (1-800-273-TALK)

<http://suicidehotlines.com/pennsylvania.html>

**THE OPEN LINK**

215-679-4112 [www.theopenlink.org](http://www.theopenlink.org)

Multi-social service agency in Upper Perk Valley.

Free counseling, food pantry, referrals, public assistance and insurance applications, etc.

**TRAIL GUIDES**

267-507-3490

Mentoring, encouragement and support for youth from 18-26 years with mental health challenges

**TURNING POINT**

444 E. Susquehanna Street

Allentown, PA 18103

Phone: 610-797-0530

Hotline number: 877-438-4957

**Women Against Abuse**

100 South Broad Street, Suite 1341

Philadelphia, PA 19110

[www.womenagainstabuse.org](http://www.womenagainstabuse.org)

Hotline: 1-866-723-3014

**Women's Center of Montgomery County (Domestic Violence)**

[www.wcmontco.org](http://www.wcmontco.org)

Hotline: 1-800-773-2424 (24 hour free hotline)

**Contacts for Women seeking immediate shelter:**

Women's Crisis Hotline – 1-800-642-3150

Laurel House – 1-800-642-3150

Fish – 215-348-7172 (Central Bucks school district only)

Salvation Army Pottstown – Call Your Way Home, they

will determine facility for treatment 877-646-6306

Red Cross - 1-800-810-4434 (Bucks county only)

**WOAR**

Eliminating sexual violence through specialized treatment services, comprehensive prevention education programs, and advocacy for the rights of survivors of sexual assault.

One Penn Center

1617 JFK Boulevard Suite 1100

Philadelphia, PA 19103

[www.woar.org](http://www.woar.org)

Help line: 215-985-3333

**WRAP (WELLNESS RECOVERY ACTION PLAN)**

484-681-9432

Self-designed prevention and personal wellness recovery plan; peer support groups.

**YOUR WAY HOME**

Helping to solve the problem of homelessness in Montgomery County.

1-866-964-7925

<https://yourwayhome.org/>