

Mental Health Resources

Updated 2/9/20

ACCESS SERVICES 215-540-2150

Teen Talk Line 1-866-825-5856

Teen Text Line 215-703-8411

Teen Email Line: teentalkline@accessservices.org

www.accessservices.org

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

AGING & ADULT SERVICES

Human Services Center

1430 DeKalb Street, 2nd Fl.

Norristown, PA 19404

(Enter bldg. from Fornance St.)

610-278-3601

AMERICA'S KESWICK DRUG & ALCOHOL REHAB

601 Route 530

Whiting, NJ 08759

1-800-453-7942 Residential Christian program in NJ.

Men & women. Trauma support and other specific support groups offered. No insurance. \$500 for 4-7 month stay.

JOHN APPLGATE MD & ASSOCIATES

2401 Pennsylvania Ave.

Philadelphia, PA 19130

215-222-0310

*In network with all major insurance providers

A Women's Place (Domestic Violence)

Doylestown, PA.

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

Hotline: 1-800-220-8116

Thrift Store: In Full Swing

225 West State St.

Doylestown, PA 18901

BE A PART OF THE CONVERSATION (addictions)

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 OPPORTUNITY COUNCIL

215-345-8175 Doylestown

Assistance for low income persons in Bucks County.

BUXMONT 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.

*Sessions are by appointment only

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) 610-326-2767

11 Robinson St.

Pottstown, PA 19464

Merakey (Lansdale) 267-695-1040

2506 North Broad Street

Colmar, PA 18915

215-667-8022

Central Behavioral Health (Norristown) 610-277-4600

1100 Powell St.

Norristown, PA 19401

Center for Loss and Bereavement

3847 Skippack Pike

P.O. Box 1299

Skippack, PA. 19474

610-222-4110

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

Insurance not accepted. \$90
1803 East Willow Grove Ave.
Glenside, PA 19038
215-884-7676
Fee is \$90 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
211 Carlisle Street
Hanover, PA 17331
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
Teen Challenge 1-717-933-4181
www.teenchallenge.com
www.teenchallengeusa.com

COUNSELING ASSOCIATES Christ-centered counseling

610-282-2575 or 1-800-304-HELP
www.keystonecounselingservices.org
343 S. 3rd St.
Coopersburg, PA 18036

CREATIVE HEALTH SERVICES

11 Robinson St., Pottstown, PA. 19464
610-326-9250 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.

CHRISTIAN COUNSELING AND THERAPY ASSOCIATES

86 W Eagle Rd.
Havertown, PA 19083
610-853-9776
www.christiancounselingtherapy.com

CROSSROADS MINISTRIES

1801 Fruitville Pike
Suite 201
Lancaster, PA 17601
(717)-824-3068
www.crossroadsmin.org

DAY SEVEN MINISTRIES

(Locations in Mechanicsburg, Lancaster, Conestoga, and York)
(717)-735-0690
www.dayseven.net

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
www.dresslercounseling.com
Insurance not accepted as of now. \$75 for 50-minute session.
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

FOUNDATIONS CHRISTIAN COUNSELING CENTERS

Rainbow Plaza
1546 Rte 209, Suite 106
Brodheads ville, PA 18322
(570) 402-5088
www.foundationscounseling.org
Fee: \$75 per 55 minute session
Fred Jacoby, MA*
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

FRESH HOPE THERAPY

1214 Easton Rd.
Suite 100
Warrington, PA 18976
267-482-0723
Email: darci@freshhopetherapy.com
*Contact person: Darci Bloss

HANDI*VANGELSIM MINISTRIES INTERNATIONAL

717-859-4777 Akron/Lancaster County 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.

HOPE CHRISTIAN FOUNDATION

United Methodist Church of West Chester
129 S High Street
Room 209
West Chester, PA 19382
610-436-9298
www.keystonecounselingservices.org

*This organization specializes in addiction recovery

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

HOSTETTER COUNSELING

1200 E High Street
#314
Pottstown, PA 19464
484-624-8762
www.hostettercounseling.com

INSIGHT CHRISTIAN COUNSELING

215-947-6465
Counseling for all issues.
Dr. Paul Randolph, Director
Huntingdon Valley
insightcounsel@hotmail.com
<http://insightcounsel.org/>

Keystone Counseling Services

343 S 3rd St. (RT 309)
Coopersburg, PA 18036
610-282-2575
www.keystonecounselingservices.org

DIANE LANGBERG

512 West Avenue
Jenkintown, PA 19046
215-885-1835
info@dianelangberg.com

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.lighthousenetwork.org

DR. KARL BENZIO, CHRISTIAN PSYCHIATRIST

kbenzio@lighthousenetwork.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 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

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 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

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 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

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 (and NamiFaithNet for Christians & churches)

NEW LIFE COUNSELING SERVICES

717-653-1507 Mount Joy, PA
www.new-life-counseling.com

NOVA (Rape & Victim Services)

2370 York Rd Suite B-1
Jamison, PA. 18929
www.novabucks.org
Hotline: 1-800-675-6900

PARENT TO PARENT

1-888-727-2706 www.parenttoparent.org
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
Outpatient-215.257.6551
General, Addictions, Psychiatric
Fee: Takes insurance

PHILLY FAMILY LIFE COUNSELING SERVICES

1209 Grant Ave.
2nd Floor
Philadelphia, PA 19115
215-677-3810
www.phillyfamilylifecounseling.com

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
Toll free hotline: 844-789-SAFE
Text: SAFE BERKS to 20121

SAFE HARBOR CHRISTIAN COUNSELING

Chichester United Wesleyan Church
5151 Chichester Ave.
Aston, PA 19014
302-239-4025

SAGE COUNSELING

The Office at St. Alban's
3625 Chapel Road
Newtown Square, PA 19073
484-427-4673
www.sagecounselingpa.com

SAMARITAN COUNSELING CENTER

1803 Oregon Pike
Lancaster, PA 17601
717-560-9969
www.scclanc.org
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
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
Multi-social service agency in Upper Perk Valley.
Free counseling, food pantry, referrals, public assistance
and insurance applications, etc.

THE PEACEMAKER CENTER

several locations in Chester/Bucks/Montgomery
(610)269-2661
www.keystonecounselingservices.org

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

UPWARD CALL COUNSELING SERVICES

2394 New Holland Pike
Lancaster, PA 17601
717-656-4834
www.upwardcall.org

VALLEY FORGE BIBLICAL COUNSELING CENTER

616 S Trappe Rd
Collegeville, PA 19426
866-828-9667
www.vfbcc.org

PAUL VANDER VILET

301 E. Maple Ave
Langhorne, PA 19047
267-934-2482
Email: pvandervliet57@gmail.com
***Certified Chaplain Emergency Response & does not
accept insurance

Women Against Abuse

100 South Broad Street, Suite 1341
Philadelphia, PA 19110
www.womenagainstabuse.org
Hotline: 1-866-723-3014

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

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
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/>