



We believe that recovery happens in community.



We believe that we have something to learn from everyone we serve.



We believe that people deserve our best selves.



We believe in meeting people where they are instead of where we want them to be.

### Contact us

*We want to hear from you.*

#### Bucks County Starting Point

215-344-8484

#### Montgomery County Starting Point

215-540-2150, x1338

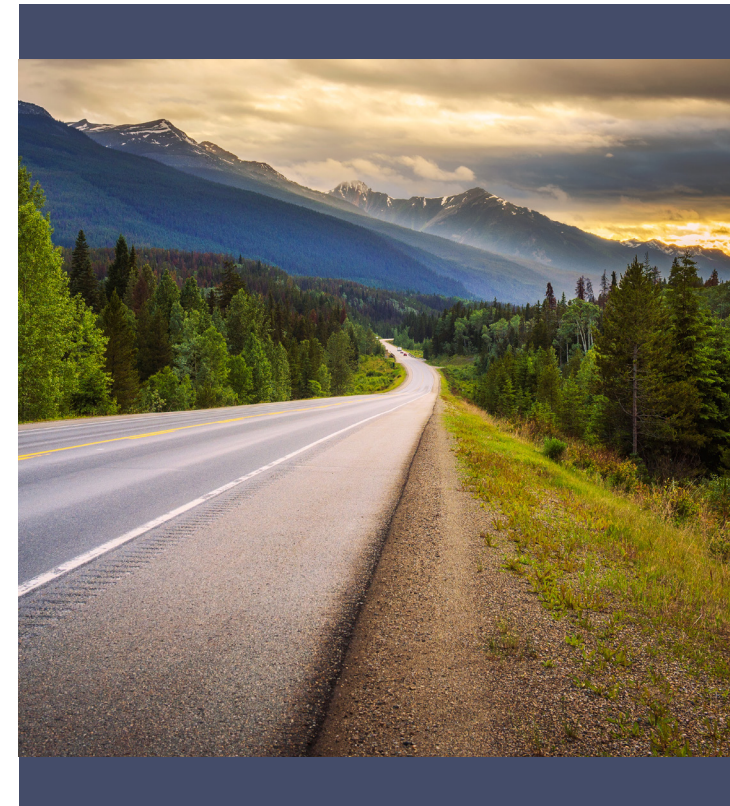


[www.accessservices.org/services/starting-point](http://www.accessservices.org/services/starting-point)

Access Services is an equal opportunity care provider.

# Starting Point

*We do mental health differently.*



## Who we are

---

Starting Point is a psychiatric rehabilitation program, supporting individuals with a mental health diagnosis to reach their goals.

We partner with people from all walks of life to build on personal strengths to overcome barriers with new skills and resources.

Starting Point is a mobile service meeting people in their home or community delivered by trained psych rehab practitioners.

## What we do

---

1. Get to know you.
2. Build a respectful working relationship.
3. Explore what is important to you.
4. Learn what is getting in the way of achieving your hopes and dreams.
5. Create a plan with a step-by-step process.
6. Accomplish the plan together.

**“Starting Point  
changed my life  
forever.**

*I received professional  
mental health support  
from 4 trained  
practitioners. I was given  
the freedom to determine  
my own life goals. I had  
regular visits in my own  
home. Most importantly,  
**I could be myself  
without ridicule or  
prejudice.”***

*- SP Alumni*

## How we do it

---

Starting Point partners with people in a person-centered way that is unique recovery journey. Through Team-Delivered Service, people connect with several team members for support. We meet between 3-9 hours a week.

### **In every situation, we are committed to:**

- Building respectful relationships.
- Discovering what is important to you.
- Empowering you to make your own choices.
- Assisting you in connecting to your community of choice.
- Helping you get back in control of your life.

### **Eligibility requirements**

- Be a Montgomery or Bucks County resident
- Be 18 years of age or older
- Mental health diagnosis (ie. depression, anxiety, personality disorders, mood disorders, and more)

Average length of program is between 6 months and 2 years.

## Reach out today

---

Fill out the referral and LPHA forms.

\*LPHA needs to be completed by a Licensed Practitioner of the Health Arts i.e. LPC, LCSW, MD, etc.