Main Office
500 Office Center Drive, Suite 100
Fort Washington, PA 19034-3234
215.540.2150 (phone)
215.540.2165 (fax)
www.accessservices.org

Access Services is an Equal
Opportunity Provider.

National Suicide Prevention Lifeline
988
www.suicidepreventionlifeline.org

National Crisis Text Line
Text “HOME” to 741741
www.crisistextline.org

Montgomery County Mobile Crisis
1-855-634-4673
Available 24/7

Montgomery County Adult Talk Line
Call 855-715-8255
Text 267-225-7785
Hours: 1PM-9PM daily

Montgomery County Teen Talk Line
Call 866-825-5856
Text 215-703-8411
Hours: 1PM-9PM daily

Our Mission:
To empower and serve people in
need of specialized supports by
providing innovative services that
improve their ability to live fulfilling
lives in the community.

Hope 4 Tomorrow
An Educational Program for
Mental Wellness and Support

ACCESS SERVICES
unlocking potential

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unlocking potential
What Is It?
Everyone need the tools to be able to manage and support mental wellness in their everyday lives. But how many people are having these important conversations?

Hope 4 Tomorrow is an innovative program that helps individuals focus on the importance of their own health and wellness.

A variety of trainings and resources are available to the community to help present subjects like suicide prevention, crisis intervention, self-care and mental health in active ways that help empower individuals with the tools and skills needed to live successful lives.

What You Can Expect

- A unique educational experience.
- Interactive activities.
- An opportunity to be more aware of subjects like mental health and suicide.
- Knowledge of resources in your community.
- Empowerment to support friends, family & community members.

What We Provide

QPR (Question, Persuade, & Refer)
QPR suicide prevention training is designed to teach you to recognize the warning signs of a potential suicide crisis, and then to further question, persuade, and then finally refer them to help. With this 2-hour training, we strive to equip you with tools and education to reduce suicidal behaviors.

Hope 4 Tomorrow Assembly
This innovative assembly program helps youth focus on the importance of their own health and wellness. Students engage in interactive ways and can ask questions related to mental health in real time. The answers are used to have conversations and help the students develop strategies to help themselves and one another.

ASIST
The Applied Suicide Intervention Skills Training (ASIST) is a two-day intensive, interactive and practice-dominated course designed to help caregivers learn how to intervene to prevent the immediate risk of suicide and provide safety-for-now. The workshop is designed for all caregivers (anyone age 15+ in a position of trust). This includes professionals, paraprofessionals and lay people. ASIST is the most widely used suicide intervention training program in the world.

Contact
If interested in a Hope 4 Tomorrow program, please contact:
Hope4Tomorrow@acccessservices.org