

Mental Health Resources

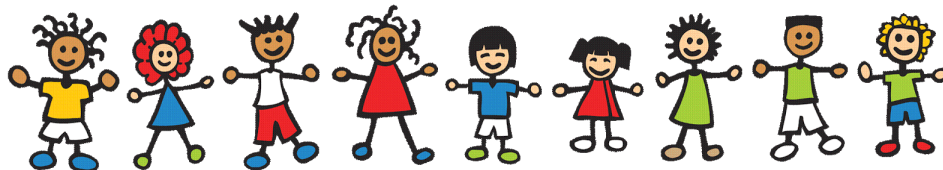
Please see the information below for resources available during COVID 19 closures



Community Counseling

Is your child in need of some extra support during this time? Outpatient counseling is still up and running! See the list of providers and their virtual options below.

- ❖ **Child Guidance Resource Centers** –fully virtual; ❖ video access on Zoom required
 - MA and Commercial Insurance accepted
 - Phone: 484-454-8700
 - 2000 Old West Chester Pike, Havertown, PA
 - www.cgrc.org
- ❖ **Aviva Mental Health Services** –fully virtual
 - MA and Commercial Insurance accepted
 - Phone: 610-522-4506/610-522-4507
 - 320 Macdade Blvd, Suite # 205, Collingdale, PA 19023
 - avivamhs.com/
- ❖ **Crozer Chester Medical Center (Community Division)** –In person intake, virtual counseling sessions
 - MA accepted
 - Phone: 610-619-8700
 - 301 West 15th Street, Chester, PA 19013
 - www.crozerkeystone.org/community
- ❖ **Delaware County Professional Services** –fully virtual
 - Commercial Insurance accepted
 - Phone: 610-892-3800
 - 2010 West Chester Pike, Suite 314, Havertown, PA 19083
 - www.dcpsonline.com/
- ❖ **Holcomb Behavioral Health** –In-person intake, counseling sessions virtual
 - MA accepted
 - Phone: 610-352-8943/Intake: 1-800-258-8860
- ❖ **Merakey** –fully virtual
 - MA accepted
 - Phone: 610-534-3636
 - 800 Chester Pike, Sharon Hill, PA 19079
 - www.merakey.org
- ❖ **OMNI Health Services** –fully virtual
 - MA accepted
 - Phone: 484-469-4319
 - 6930 Market street, 2nd floor, Upper Darby, PA 19082
 - www.omhsi1.com/default.html
- ❖ **Psych Choices of Delaware County** –fully virtual
 - Commercial Insurance accepted
 - Phone: 610-626-8085 ext. 213 for an appointment
 - 5060 State Rd, Drexel Hill, PA 19026
 - www.psychchoices.com/
- ❖ **Springfield Psychological** –fully virtual
 - Commercial Insurance accepted
 - Phone: 610-544-2110
 - 920 West Chester Pike, Havertown, PA 19083
 - www.springpsych.com/
- ❖ **Peter's Place** –fully virtual
 - Free grief counseling to children and families
 - Phone: 610- 687-5150
 - 336 King of Prussia Road, Radnor, PA
 - <https://petersplaceonline.org/>



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Mental Health Crisis Centers

If your child is making self-harm or suicide-related statements contact the resources below to have them evaluated by a mental health professional.

- ❖ **Delaware County Crisis Connections Team (Mobile Crisis)**
 - 855-889-7827
 - Free 24/7 behavioral health crisis outreach. A mobile dispatch team will come to your home to assess your child's safety.
- ❖ **Children's Hospital of Philadelphia, Emergency Room**
 - 215-590-1000
 - 3401 Civic Center Blvd., Philadelphia, PA 19104
- ❖ **Bryn Mawr Hospital, Emergency Room**
 - 484-337-3000
 - Emergency Room: 130 S. Bryn Mawr Ave., Bryn Mawr, PA 19010
- ❖ **Crozer Chester Medical Center**
 - 610-447-7600
 - One Medical Center Blvd, Chester, PA

Hotlines & Helplines

- ❖ **Child Abuse:** 1-800-932-0313
- ❖ **Drug & Alcohol Helpline:** 1-800-821-4357
- ❖ **LGBTQ Crisis Hotline (Suicide)**
 - (Trevor Lifeline) 1-866-488-7386
 - (Trevor Text) Text START to 678678
- ❖ **National Alliance on Mental Illness (NAMI)**
 - 24/7 Crisis Helpline Text 'NAMI' to 741741 or call 800-950-NAMI
- ❖ **National Suicide Prevention Lifeline –youth and adults**
 - (800) 273-TALK
 - Text "PA" to 741741
- ❖ **PA Help Now –adults 18+ for substance/alcohol help**
 - 1-800-662-4357
 - Live Chat: 717-216-0905
- ❖ **YouthLine –teen crisis hotline**
 - (877) 968-8491
 - Text TEEN2TEEN TO 839863
- ❖ **Safe2Say Something**
 - <https://www.safe2saypa.org/what-is-safe2say-something/>
- ❖ **Kids Peace –Health Resources**
 - teencentral.com
 - Teens can access mental health resources, mental health tools, and share stories

Partials & Intensive Outpatients

- ❖ **Horsham –open in-person**
 - Accepting referrals, current waitlist
 - MA and Commercial Insurance
 - Phone: 800-237-4447
 - Multiple Locations - horshamclinic.com/
- ❖ **The Light Program (Adults and Teens) – fully virtual**
 - Accepting referrals
 - Commercial Insurance
 - Falcon Center, 525 West Chester Pike #205, Havertown, PA 19083 - 610-644-6464
thelightprogram.pyramidhealthcarepa.com/
- ❖ **Mirmont Treatment Center –fully virtual**
 - Multiple Locations
 - Phone: 1-888-CARE-898 (1-888-227-3898)
www.mainlinehealth.org/locations/mirmont-treatment-center



**See *DHS COVID-19 Resource Website* for more information:

<https://www.dhs.pa.gov/providers/Providers/Pages/Coronavirus2020.aspx> (use "Citizen Resources" tab)