

Sad, Anxious, Worried? You Are Not Alone.

Many community resources are here to help

988 - 24-hour crisis and suicide lifeline. Dial 988 from anywhere 24-hours a day if you require immediate assistance. **Think of this as 911 for Mental Health**

Montgomery County Mobile Crisis: Call: 855-634-4673. 24-hours telephone and mobile support when needed, help with immediate crisis situations.

PA Crisis Text-Line – Text 741741 to connect 24-hours with a crisis counselor

Other Telephone Helplines:

- The Trevor Project: (support for LGBTQ youth) Call: 866-488-7386, Text: 678-678 or visit <https://www.thetrevorproject.org>
- Montgomery County Peer Support Talk Line (Available 1:00pm-9:00pm, seven days a week)
 - Adults: Call: 855-715-8255, Text: 267-225-7785
 - Teens: Call: 866-825-5856, Text: 215-703-8411
 - *Young Adults:* Call: 855-715-8255, Text: 267-225-7785Email: teentalkline@accessservices.org
- National Maternal Mental Health Hotline – Support for moms experiencing mental health symptoms. Call or text 1-833-9-HELP4MOMS (1-833-943-5746).

National Alliance for Mental Illness (NAMI): Individuals and families benefit from the opportunity to connect with community resources, participate in programming, and gain understanding of mental illness through community awareness and advocacy events.

- Call: 215-361-7784 or visit <https://namimontcopa.org>

Find a Therapist or Mental Health Professional:

Visit Psychology Today for an extensive database of local therapists. Use the “find a therapist” tool to locate therapists in your area who meet your needs and take your insurance if applicable.

- <https://www.psychologytoday.com/us>
- *You may also call the number on the back of your insurance card to obtain a list of therapists accepted by your insurance.*

Substance Abuse Treatment: Visit the township website for a list of resources for substance abuse treatment, or call 610-278-3522, M-F, 8am-4:30pm.

<https://www.cheltenhamtownship.org/pview.aspx?id=3221>

- For National & Local Resources visit: <https://www.samhsa.gov>
- For statewide resources on opiate addiction visit: <https://www.pa.gov/guides/opioid-epidemic/>
- To Find a 12-Step Support Group Near You, or For More Resources Visit:
 - Alcoholics Anonymous: <https://www.aa.org>
 - Narcotics Anonymous: <https://na.org>

Domestic Violence Resources:

- Laurel House 24/7 Hotline: Call: 800-642-3150, www.laurel-house.org
- The Women’s Center of Montgomery County 24/7 Hotline: Call 800-773-2424, www.wcmontco.org

For more resources:

<https://www.montcopa.org/DocumentCenter/View/9718/DVLN-RESOURCES>

Older Adult/Senior Services:

- Montgomery County Office of Aging and Adult Services: Call: 610-278-3601

For more resources:

<https://www.cheltenhamtownship.org/pview.aspx?id=3695>

Autism Spectrum Disorder:

- ASERT PA: Visit <https://paautism.org> for information on resources and support.

Cheltenham Library System:

Did you know your local library is a great resource for **FREE** self-help books, cookbooks, exercise videos as well as **FREE** community events such as Tai Chi, “read to the dogs” for children, and much much more! Give your local branch a call or check the online calendar:

- <https://cheltenhamlibraries.org>

Local Community Groups & Events:

Cheltenham Township hosts many community events for the whole family. Check out the website and calendar for more information!

- <https://www.cheltenhamtownship.org/calendar.aspx>

- <https://www.cheltenhamtownship.org/pview.aspx?id=3055>

Free or Low-Cost Apps

Many free or low-cost apps are available on your smartphone that offer meditations, tips for reducing stress and anxiety, promoting sleep and more. Use keywords such as anxiety or mindfulness. Two frequently used Apps are listed below.

- Insight Timer
- Calm

For A More Extensive List of Local Resources Visit:

<https://www.montcopa.org/DocumentCenter/View/31100/Montco-Mental-Health-Resources-for-Middle-High-School-Youth-And-Young-Adults>

<https://www.pa.gov/guides/mental-health/>

***This is only a partial list of local resources.**

**If you require immediate assistance, call 911 or go to your nearest local emergency room.
*Info subject to change. Last updated July 2022.***