

Behavior/ Counseling

• *Behavioral Health Evaluations/Counseling* •

CBH- Same Day Mental Health Clinic Open Access pilot defines open access as a psychiatric evaluation, medication management for new or established members, or an initial appointment with a therapist. Go to <https://cbhphilly.org/members/provider-directory/mhop-open-access/> and search for site closest to you (your client) and call. Make sure you have your health insurance/social security card/phone number ready by. For more assistance or question contact Lindley's school social worker, Ms. Clark at 215-456-3000

Community Behavioral Health is contracted by the City of Philadelphia to provide mental health and substance abuse services for Philadelphia County Medicaid recipients. For more info, visit cbhphilly.org or call 215-413-3100

Healthy Minds Philly Click here for a list of resources to help people connect with the right professional, peer, social, community-based and self-help care. Resources for Crisis, Counseling by Health Insurer, Addiction, and much more. Click here for info <https://healthymindsphilly.org/en/resources/>

Therapist Aids Mental Health Tools for Providers and Families Amazing resource for mental health provider, patients, teens families and more. Self care info and so much more. Click here to explore <https://www.therapistaid.com/>

Dept. of Behavioral Health's listing of Evidenced Based Practices in Philly Click here for listings based on age dbhids.org/epic/evidence-based-practices-in-philadelphia

Children's Crisis Treatment Center Provides high quality mental health services to Philadelphia's children and their families. Programs include: outpatient mental health services; post-traumatic assistance for children who have experienced a severe emotional trauma; family support; and WRAP around services- 1080 North Delaware Avenue, Suite 600- 215-496-0707, ask for intake. or email information@cctckids.org www.cctckids.org

Understood- For Learning and Attention Issues Great free resource for families with children with learning and attention issues. Talk with other parents, get expert advice, download info, go to www.understood.org/en for info or email info@understood.org

Online Mental Health Screening Through Dept. of Behavioral Health- You can take an online, no-cost private mental check-up 24/7 on this website. Go to healthymindsphilly.org/screening to check it out.

Network of Care and Supports is a resource for individuals, families and agencies concerned with behavioral health and mental retardation services. It provides information about behavioral health and mental retardation services, laws, and related news, as well as communication tools and other features. The Network of Care and Supports helps you find what you need – it helps ensure that there is “No Wrong Door” for those who need mental health services. Sponsored by the Phila. Dept. of Behavioral Health and Mental Retardation. <http://philadelphia.pa.networkofcare.org/mh/>

Philadelphia Family Voices supports parents and caregivers who have children, youth or young adults with emotional, social, behavioral and mental health challenges or autism. Our Family Peer Support Specialists offer resources, provide advocacy, and help facilitate access to educational, behavioral health, autism, Juvenile Justice and other children and youth services in Philadelphia. 841 E Hunting Park Ave Call 484- 228-1229 or go to website for info <https://philadelphiafamilyvoices.com/>

Postpartum Mood Disorders Resource List

[Click here for resources](#)

[Spanish](#)

Joseph J. Peters Institute Child/Adolescent Partial Hospitalization

Program treats children and adolescents (ages 3-19) who have been sexually abused or are presenting developmentally inappropriate sexual behaviors. – 100 South Broad Street, 17 th Fl.- 215-701-1560

jjpi.phmc.org

Respite Care through DBH Respite care for families of children 6-17 years old with a severe behavioral or mental health diagnosis. Go to <http://www.dbhids.org/Respite> for info.

BHSI (Behavioral Health System Initiative) City-funded agency for individuals with substance abuse problems and are underinsured or uninsured. Main Office: 801 Market Street, 7th floor. Phone: 215-546-1200. Website: bhsi-dbhids.org

Best Behavioral Health is a community-based program offering outpatient psychiatric and community services to ethnically and/or culturally diverse families, including Latino/Hispanic and Asian families. 5043 Frankford Avenue (215) 744-4343 or <https://bbhirecovery.org/>

Mental Health Association of Southeastern PA offers services throughout the Greater Philadelphia region and beyond, including Bucks, Chester, Delaware, Montgomery and Philadelphia counties, and select locations in the state of Delaware. To find what resources are offered in your area, visit www.mentalhealthpartnerships.org, call 800-688-4226, or go to our Main Office at 833 Chestnut Street, Suite 1100.

Friends Hospital

Friends Hospital – Adolescent Unit provides comprehensive inpatient treatment for adolescents ages 13-17 years old who are experiencing a behavioral health crisis. Individual, group, and family therapies ensure each adolescent receives individualized care to set them on the path of recovery. Units feature all private bedrooms with access to the outside courtyard. Patients receive confidential assessment and academic support is offered during treatment. 4641

Roosevelt Blvd- 215-831-4600 or 800-889-0548

<http://friendshospital.com/programs/adolescent-unit/>

● **THERAPEUTIC NURSERIES** ● For preschool children with severe behavioral issues

Click below Brochure for help if child at risk of expulsion in early

childhood programs Is your child at-risk of losing their place in a Pennsylvania Early Childhood Program due to challenging behavior. Click [here](#) for info and call Call the Child Care Works Helpline 1-877-4-PA-KIDS

CCTC Therapeutic Nursery is a preschool program designed for children ages 2 1/2 through 5 with significant behavioral challenges. 1080 North Delaware Avenue. Suite 600. Call 215-496-0707

<http://cctckids.org/programs-services/at-our-center/therapeutic-nursery/>

Therapy for the Young Mind is a therapeutic day program for children ages 2.5 years to 5 years old. Our program provides therapeutic services to children who are experiencing significant social, emotional, and/or behavioral challenges which could adversely affect their success in a regular preschool or day care setting. 4900 Wyalusing Avenue , (215) 473-7033 (Dial 0 for live operator). The children are also provided with a hot breakfast and lunch daily. www.cchss.org/child-adolescent-services

Hall Mercer Therapeutic Nursery For children ages 3-5 with behavioral disorders and emotional and social difficulties. 245 South 8th Street. Call 215-829-5554.

http://www.med.upenn.edu/hallmercer/clinical_family.shtml

Merakey (formerly NHS) is a leading developmental, behavioral health, and education non-profit provider offering a wide range of services for individuals and communities across the country. 888-647-0020. contact@merakey.org. www.merakey.org

● **GRIEVING/YOUTH VIOLENCE RESOURCES** ●

Intensive Prevention Services is an early intervention program for children and adolescents ages 10-17 years old who demonstrate high risk behaviors or at risk behaviors. This site based program provides after school programming, community service opportunities, mentoring, recreational activities, work preparation programs, social and emotional skills building, and family therapy. Address: 2700 N. 17th Street, Suite 200 Lehigh Pavilion Philadelphia, PA 19132
Phone number: 215-940-0550. <https://www.paan1989.org/>

Up The Block Resources for those Affected by Gun Violence Click here if you have been affected by gun violence or are looking for resources for violence prevention and healing www.uptheblock.org/en/

Sesame Street- Helping kids with Traumatic Experiences Dozens of activities from birth to 7 years old to help young children cope with traumatic stressors in their lives. Check it out! sesamestreetincommunities.org/topics/traumatic-experiences/

Sesame Street Grieving Resources for kids Great site to help families with grief. Click www.sesamestreetincommunities.org/topics/grief for help.

We Can Heal from Trauma Great resource from Healing Hurt People on healing from trauma. We're encouraging a citywide conversation about trauma healing. One that is honest, offers new ideas and takes the stigma out. 219 N. Broad Street, 8th floor, 215-762-1177 or 267-359-2446. Click here to begin to heal <https://www.wecanhealfromtrauma.org/>

Uplift Center For Grieving Children provides free peer support groups to children ages 5-18 and their caregivers who have experienced the death of someone close to them. Uplift helps children grieving a death heal and grow through their grief, while strengthening families, communities, and professionals' understanding of how best to respond to their needs. Peer support groups are located in various locations across the city and within schools and community groups. The main location is 3300 Henry Ave, Suite 102, Phone number 267-437-3123, or Call 1-833-PHL-HOPE (1-833-745-4673). www.upliftphilly.org
FREE Support Group info as well [here](#)

The Dougy Center for Grieving provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. A national website with lots of great resources for grieving families. 503.775.5683 or help@dougy.org www.dougy.org

National Child Traumatic Stress Network Great info for families who have experienced trauma or loss. www.nctsn.org/audiences/families-and-caregivers

Final Farewell provides financial assistance, advice and guidance to grieving families from all religions and backgrounds so they may provide an affordable and decent funeral for their loved child. Call 215 870-8110 or go to www.finalfarewell.org

Bereavement Support Services Through the Philadelphia Department of Public Health, offers bereavement counseling and/or referrals to appropriate resources for parents who have experienced a late fetal loss or the death of an infant or child. Call 215-685-7411 for help. <http://www.phila.gov/health/medicalexaminer/BereavementSupport.html>

After the Injury Website to help children recover from physical and emotional injury and trauma. www.aftertheinjury.org

Families of Murder Victims (FMV) is a victim advocacy and services program specifically for family members and friends of a homicide victim, regardless of the status of the case. The following services are provided, free of charge, to co-victims of violence:

- Emotional & crisis support
- Information on police and court proceedings
- Court accompaniment at court proceedings
- Assistance in obtaining protection orders
- **Referrals to other agencies for additional services such as emergency food, shelter, home repairs, etc.**
- **Assistance in filing for Victim Compensation Assistance**

- **Assistance in registering for Victim Notification**
- Support writing victim impact statements

If you are interested in receiving services through FMV, please call (267) 217-3754

<http://avpphila.org/families-of-murder-victims/>

Anti-Violence Partnership (AVP)-Counseling Center is provided, free of charge, to adult and child co-victims of homicide and victims who have been traumatized by other forms of violence. AVP's licensed counselors have specialized training and experience in assisting **co-victims homicide** and victims of crime. 4946 Parkside Avenue, Philadelphia
PACall 215-567-6776 or counseling@avpphila.org for info. <http://avpphila.org/counseling/>

PHILLY TRUCE APP puts Philadelphians with knowledge of potentially violent conflicts in direct contact 24/7 with trained mediators. 1-267-458-7823. Click here to download www.phillytruce.com

UNITE, Inc Grief Support offers grief support to families after miscarriage, stillbirth or infant death. Please go to their site for locations and details here unitegriefsupport.org or call 484- 758-0002 or administrator@unitegriefsupport.org

Cease Fire Philadelphia Call Cease Fire to stop violence from happening (215) 806-8493 or marladb@temple.edu. Go to www.philaceasefire.com to learn more. 1700 N.Broad Street

Peter's Place aims to provide a safe and supportive environment for grieving children and families and acts as a community resource to foster understanding of the effects of death and grief. Click [here](#) for great handouts on death/grieving. 336 King of Prussia Road, Radnor, PA 19087 **610.687.5150** www.petersplaceonline.org

• ***Drug and Alcohol Programs***

Comprehensive Listing of Drug and Alcohol Programs for Youth and

Adults Click here www.addicted.org/drug-rehab-pennsylvania.html or call 1-800-304-2219 for confidential, 24 hours a day help

Alcohol & Other Drug Information and Recovery Support Line The Council of Southeast Pennsylvania's Support Line provides support services to community members, service providers, community organizations, and professionals who need information, support, referrals, and advocacy. 800-221-6333 or HelpLine@councilsepa.org.
<https://councilsepa.org/programs/recovery-drug-and-alcohol-information-support-line/>

Info and Listing of Medically Assisted Treatments (MAT) for Opioid Addiction Click [here](#) for info

Free Digital Recovery Meetings We are offering online recovery support groups available throughout the week (schedule on website). All recovery meetings are non-denominational, agnostic to any specific recovery pathway, and are open to anyone.
<https://unityrecovery.org/digital-recovery-meetings>

Prevention Point Philadelphia Provides harm reduction especially in substance abuse to Philadelphians. 913-2915 Kensington Avenue (corner of Kensington Ave. and Monmouth St.) Call 215-634-5272 or go to site ppponline.org

Philly LIFTS- Families affected by NAS (Neonatal Abstinence

Syndrome) Philly LIFTS (Linking Infants and Families to Services) is a program that provides direct support to parents and children affected by NAS (infant with opioids in their system).

<https://www.phila.gov/2021-02-20-city-programs-help-families-affected-by-neonatal-abstinence-syndrome-nas/> or call (215) 776-4406

NEXT Distro FREE Overdose Prevention Supplies An online and mail-based **harm reduction service** designed to reduce opioid overdose death, prevent injection-related disease transmission, and improve the lives of people who use drugs. Click here to learn more <https://nextdistro.org/>

Never Use Alone If you are going to use by yourself, call us! You will be asked for your first name, location, and the number you are calling from. Please call 1-800-484-3731 you are NOT alone.

Info at <https://neverusealone.com/>

Caring Together Program founded in 1990 helps women, their children and loved ones overcome substance abuse and start a new life without drugs and alcohol. The program utilizes a multidisciplinary team approach to treat substance use and mental health disorders along with other issues that may have caused or resulted from substance use. Services available are trauma informed substance use and psychiatric disorder treatment including medication assisted treatment for opioid use disorder, individual and group sessions focused on substance use education, relapse prevention, anger management, parenting, grief and loss, coping with trauma, life skills training and support for family reunification. Referrals to other services for family members are available. To participate in the Caring Together Program, women must be 18 years or older. The program is part of the Department of Psychiatry and Drexel Medicine and is located at 4700 Wissahickon Avenue (Wissahickon and Route 1/Roosevelt Boulevard). **Please call 215-967-2130 if you or your loved ones are interested.**

<https://drexelmedicine.org/patient-services/the-caring-together-program/>

Doula Support Program Doula support is provided at no cost to you. Services with your doula are voluntary. 215-685-5246 or "DoulaSupportProgram@phila.gov. Click here for info and to sign up <https://www.phillylovesfamilies.com/doula-support>

Start Your Recovery Support for overcoming substance misuse tailored toward a persons needs. Go to startyourrecovery.org to find resources in your neighborhood and for your needs. Call 1-800-662-4357

Drug and Alcohol Helpline Substance Abuse and Mental Health Services

Administration. Visit www.samhsa.gov for resources. Find treatment resources near you at www.FindTreatment.gov. Call or text the Suicide & Crisis hotline: 988. Disaster Distress Hotline: 1-800-985-5990. National Helpline: 1-800-662-HELP (4357)

Marijuana Anonymous Free virtual and in-person support groups for those with a marijuana addiction. Call or text 1-800-766-6779, email Support@marijuana-anonymous.org, or go to www.marijuana-anonymous.org/meetings/find for meeting schedules and more info.

Nar-Anon Local and online support groups for family groups (Nar-Anon) and teens (Narateen) affected by someone else's addiction. No dues or fees. Find a group at www.nar-anon.org, call (800) 477-6291, or email wso@nar-anon.org (English) or osm@nar-anon.org (Spanish)

Alcoholics Anonymous Local and online support groups for individuals struggling with alcoholism. Find groups at www.aasepia.org or call 215-923-7900

PA Opioid Prevention Project The PA Opioid Prevention Project is a youth-developed, multi-media opioid misuse prevention campaign to empower youth with education, knowledge and resources to make healthy choices. Info for teens and parents. Call 1.800.662.HELP www.paopioidprevention.org or

Narcotics Anonymous (NA) For immediate help, call 215-NA-WORKS (215-629-6757). For meeting info, call or text zip code to 215-999-4670. <http://www.naworks.org/>

MOMobile Rapid Engagement program (MRE) The MOMobile Rapid Engagement program (MRE) provides support to pregnant and parenting people (with a babies 0-3 years old) who are either using substances or in early recovery. Advocates can help clients access any urgent needs (e.g. food, benefits, clothing and baby items), facilitate referrals to physical and behavioral health services, home visiting programs and/or other

social service programs. Please call the MRE hotline number (215-972-0700) for additional information or to make a referral. Provider and self-referrals welcome.

maternitycarecoalition.org

● **Postpartum Depression Resources** ●

Postpartum Depression Baby Blues Resources in Philly Becoming a parent is exciting, thrilling, and wonderful. It is also major life-changing event that can come with mental and emotional challenges. The Philly Loves Families team is here to connect you with people and programs that lend mental and emotional support.

<https://www.phillylovesfamilies.com/mental-emotional-support>

Depression After Delivery, Inc. A national organization that provides support for women with postpartum depression or mood disorders associated with pregnancy- The PSI HelpLine: Call 1-800-944-4773 (#1 En Español or #2 English) or text "Help" to 800-944-4773 (EN) (text en Español: 971-203-7773)

www.postpartum.net/

[Click here for great handout for moms](#)

ACOG Postpartum Depression Information Informative info from the American College of Obstetricians and Gynecologists (ACOG) on Postpartum Depression and its treatment

<https://www.acog.org/patient-resources/faqs/labor-delivery-and-postpartum-care/postpartum-depression>