



The Philly HopeLine is a program of the Uplift Center for Grieving Children.

It is a free, confidential helpline for grief and emotional support staffed by our Master's degree-level clinicians. The Philly HopeLine is open to all youth and caregivers in the Philadelphia region.

Uplift Center for Grieving Children helps children grieving a death to heal and grow through their grief while strengthening families, communities and professionals' understanding of how best to respond to their needs.

For more information, visit:
www.UpliftPhilly.org/Philly-HopeLine

Call For Free

1-833-PHL-HOPE
(1-833-745-4673)

Monday–Thursday, 10 a.m.– 7 p.m.
Friday 1 p.m.–4 p.m.
Closed weekends, holidays,
and during Uplift office closures

Email Us

PHLHope@UpliftPhilly.org

Philly HopeLine services including information and signups for Uplift's free grief support groups and services are now available via email to youth and caregivers.

Uplift Center for Grieving Children

3300 Henry Avenue, Suite 102

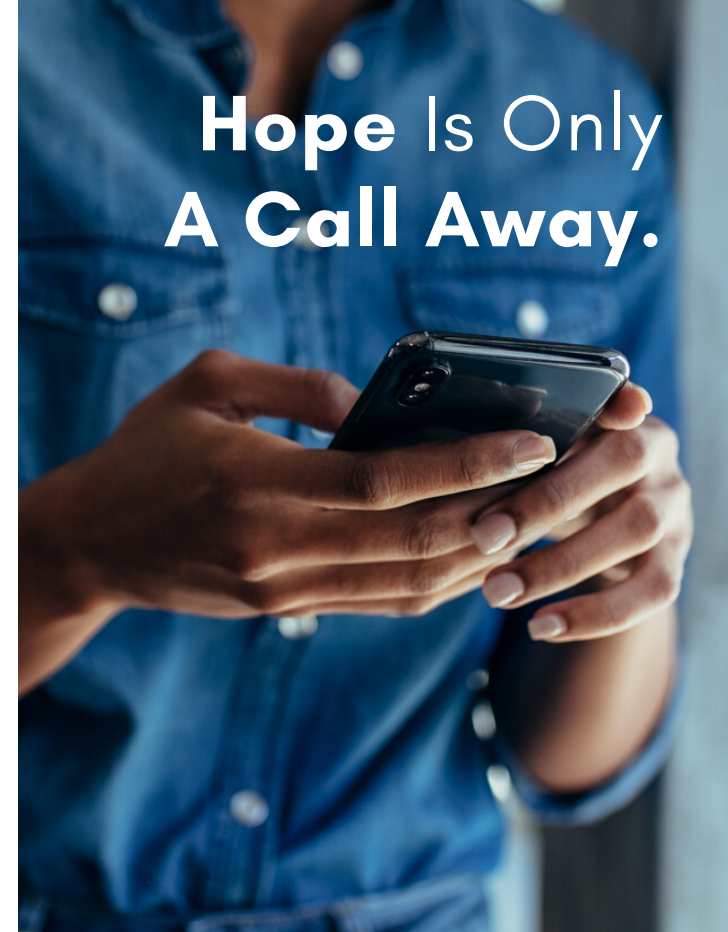
Philadelphia, PA 19129

Office: 267-437-3123

 @upliftcenter

www.UpliftPhilly.org

Hope Is Only
A Call Away.



**Philly
HopeLine**

2023 SCHEDULE

Our Services



Free Grief & Loss Support

Includes COVID-related losses and emotional support. Services are facilitated by Uplift's Master's degree-level clinical staff.



Information & referrals

Sign up for Uplift's free grief support groups for youth and caregivers using the Philly HopeLine. Agencies referring families for services may also call the Philly HopeLine.

Bilingual Spanish Staff & Interpretation

Dedicated support hours for Spanish-speaking callers led by bilingual and bicultural clinicians, plus interpretation services for callers in over 100 languages.



LGBTQIA+ Services

Dedicated support hours for LGBTQIA+ callers and allies seeking grief or emotional support led by clinicians with community experience.

Services are available to everyone, regardless of immigration status.

Our Schedule

Monday–Thursday

10 a.m.– 7 p.m.

Friday

1 p.m.– 4 p.m.

Holidays

CLOSED

LGBTQIA+ Clinician Hours

Tues. 4 p.m.– 7 p.m.

Weds. 4 p.m.– 6 p.m.

Thurs. 4 p.m.– 6 p.m.

Spanish Fluent Clinician Hours

Mon. 10 a.m.– 1 p.m.

Fri. 1 p.m.– 4 p.m.

Dates Closed in 2023

The Philly HopeLine is closed on federal holidays and Uplift office closures. Messages left during closure are returned within 24 business hours.

January 2, 16

February 20

May 29

June 2, 9, 16, 19, 23, 30

July 3–7, 14, 21, 28

August 4, 11, 18, 25

September 1, 4

October 9

November 10, 23, 24

December 25–**January** 1

Directory

1-833-PHL-HOPE

(1-833-745-4673)

PHLHope@UpliftPhilly.org

Mental Health Emergencies

Call or text 988, operates 24/7

Non-Emergency

Mental Health Support

NAMI Philadelphia Warm-Line:

1-855-507-9276

Children & Teens Under 18

Philadelphia Children's Crisis Response Center:

215-878-2600

Philadelphia's Mobile Crisis Team:

215-685-6440

Adults 18+

Philadelphia's Mental Health Delegate Line:

215-685-6440

National Crisis Text Line: text "HOME" to 741741

Crisis Response Centers in Philadelphia:

Einstein Medical Center: Mercy Hospital:

215-951-8300

215-748-9525

Friends Hospital Crisis

Response Center:

215-831-2600

Pennsylvania Hospital:

215-829-5433

Temple/Episcopal:

215-707-2577