

Montgomery County, PA Resources for Schools

Local Support, Suicide Prevention, and Crisis Lines



The Peer Support and Teen Talk Lines are warm lines where teens and young adults can speak or text anonymously with a peer about any issues or problems they are facing without fear of judgement. The line is closely tied to the Montgomery County Mobile Crisis Program and is a supplement to that service. This also allows any true crisis calls to be immediately transferred to a crisis worker.

For Young Adults Call: 855-715-8255
Text: 267-225-7785

For Teens Call: 866-825-5856
Text: 215-703-8411
Email: teentalkline@accessservices.org
Hours: Seven days a week from 1:00pm – 9:00pm

Mobile Crisis



Crisis support 24 hours a day, 7 days a week. Competent and caring crisis workers will help you resolve crisis situations like depression or suicidal thoughts through telephone and mobile support when needed. We are here to help you with immediate crisis situations and help you reduce and manage recurring crisis.

1-855-634-HOPE (4673)

The National Alliance on 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.

215-361-7784 or <https://namimc.org/>

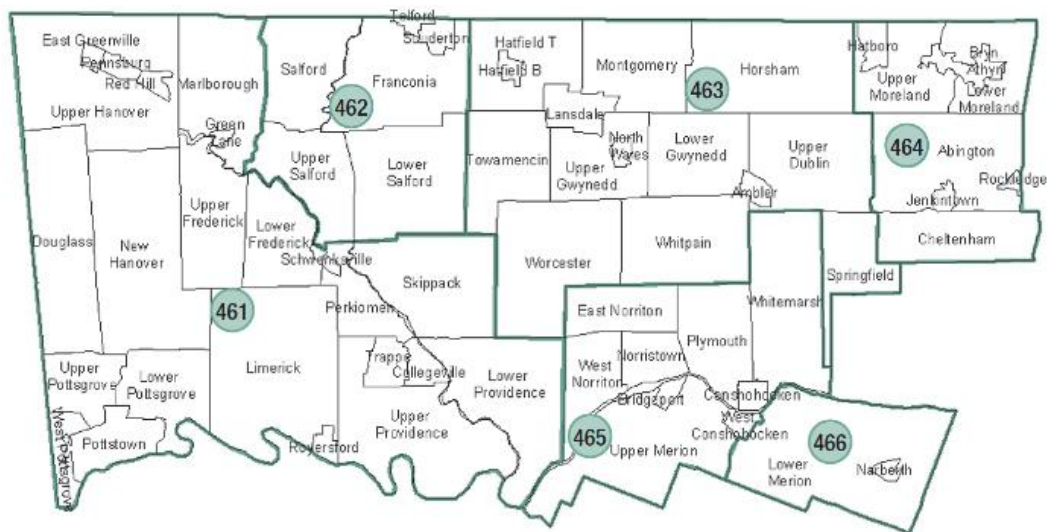
More Local Mental Health Resources

Community Behavioral Health Centers (CBHCs)

If further assistance is needed or if you have questions regarding mental health services, an Administrative Case Manager* at a local Community Behavioral Health Center (CBHC) can help. The six local community behavioral health centers cover different areas of Montgomery County:

***Administrative Case Management:** Supports linkages to community resources, services and supports, maximizing the potential for independent community living, improving educational/vocational status, increasing social support networks and reducing psychiatric hospitalizations.

Western Region (#461)	Creative Health Services	11 Robinson St. Pottstown, PA 19464 (484) 941-0500
Abington Region (#464)	Child and Family Focus	304 Easton Rd. Willow Grove, PA 19090 (267) 818-6190
Lansdale Region (#463)	Merakey	400 N. Broad St. Lansdale, PA 19446 (215) 368-2022
Franconia/Salford Region (#462)	Penn Foundation	807 Lawn Ave. Sellersville, PA 18960 (215) 257-6551
Norristown Region (#465)	Central Behavioral Health	1100 Powell St. Norristown, PA 19401 (610) 272-3042
Lower Merion Region (#466)	Lower Merion Counseling Services	7 E. Lancaster Ave. Ardmore, PA 19010 (610) 520-1510



Access Services

Offers educational programs to schools and communities. Email: twilliams@accessservices.org or mtumelty@accessservices.org for more information.

- Hope 4 Tomorrow: innovative assembly program that helps youth focus on the importance of their own health and wellness for youth 14 and older
- Question, Persuade, Refer (QPR): Training teaches 3 simple steps that anyone can learn to help save a life from suicide

FamilyWorx

An advocacy team comprised of parents and primary caregivers whose children are involved in the public health system. Team members work together to support parents and caregivers as someone who has been in their shoes. For more information contact Lisa Radcliffe, Program Supervisor:

610-618- 2059; Email: Lradcliffe@hopeworxinc.org

[About : FamilyWorx : What We Do : HopeWorx, Inc. \(hopeworxinc.org\)](http://hopeworxinc.org)

Laurel House

Confidential, 24-hour hotline to support those experiencing domestic violence in Montgomery County.

1-800-642-3150

<https://laurel-house.org/about/our-programs/hotline-2/>

Mission Kids Child Advocacy Center

Achieving healing and justice for victims of child abuse by providing collaborative services, advocacy, leadership and education. Offers prevention education support to schools.

484-687-2990

<https://missionkidscac.org/>

NAMI

Offers educational programs to schools and communities. Email office@namimontcopa.org for more information.

- Ending the Silence: Students learn about mental health through an interactive presentation. MS and HS
- Say it Out Loud: Gives adults the tools they need to hold conversations about mental health with teens

Victim's Services

Non-profit, comprehensive crime-victim agency serving Montgomery County, Pennsylvania. Confidential services are provided at no cost to survivors of crime and their loved ones. Offers prevention education support to schools.

1-888-521-0983

<https://www.victimservicescenter.org/about-us>

Substance Use

Use of alcohol, tobacco, or other drugs is sometimes a way people cope with stress, difficult feelings, or situations. If you or someone you know is misusing substances, here are some supports that could help:

- The Office of Drug and Alcohol offers Intervention Services for youth struggling with substance use related to alcohol, marijuana or vaping at no cost. Information about these programs is available as part of the Student Assistance Program and can be found here:

<https://www.montcopa.org/2876/Drug-and-Alcohol-Prevention-Programs>

- *Be Part of the Conversation* – Awareness about substance use, misuse and addiction.
<https://conversation.zone/about-us/>
- How to talk to kids about substances and mental health:
<https://www.montcopa.org/DocumentCenter/View/29897/Talking-To-Your-Kids-About-Substances>
- LGBTQIA+ video series:
https://www.youtube.com/playlist?list=PLquXNTZkXIW_KPuOrkTrtQoXbSPSMip6r
- The Office of Drug and Alcohol also funds screening, assessment, and case management services for interested individuals:

Eastern Montgomery County	Gaudenzia Dresher/Willow Grove	830 Twining Road Suite 1 Dresher, PA 19025 (215) 433-1634
Central Montgomery County	Gaudenzia	166 West Main Street Norristown, PA 1940 (610) 279-4262
Northeastern Montgomery County	Penn Foundation	271 North Bethlehem Pike Suite 201 Colmar, PA 18915 (267) 452-1900
Western Montgomery County	Creative Health Services	11 Robinson Street Pottstown, PA 19464 (610) 327-1503

Other Online or National Resources

Crisis Text Line

Text HOME to 741741 to connect with a Crisis Counselor. Free 24/7 support at your fingertips.

Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE)

<https://www.magellanoftpa.com/for-members/community/my-life/>

NAMI's College and Your Mental Health

<https://nami.org/Support-Education/Publications-Reports/Guides/Starting-the-Conversation>

<https://nami.org/Support-Education/Publications-Reports/Guides/Starting-the-Conversation/CollegeGuide>

NAMI Teens and Young Adults

<https://www.nami.org/Your-Journey/Teens-Young-Adults>

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

TeenCentral – Information about a variety of mental health and wellness topics.

<https://teencentral.com/>

Teen Health – Information about health, physical, and mental wellness

<https://teenshealth.org/en/teens/your-mind>

Trans Lifeline – A hotline offering support to trans people in crisis

1-877-565-8860

The Trevor Project – Suicide Prevention and resources for LGBTQ youth

<https://www.thetrevorproject.org/resources>