Counseling Services Resource Guide

2017–2018

A guide for community mental, emotional and behavioral health services for the needs of Harcum College Students and the Harcum College Community.

Kathy Anthony, LSW, MSS
Director of Counseling Services
Klein Hall, Room 200
Phone: 610–526–6045
Fax: 610–526–6093
Email: kanthony@harcum.edu
Counseling Services

As you navigate the new challenges that pursuing an education often presents, sometimes these challenges become more difficult to manage than you anticipated. It is our desire at Harcum College to provide you with the support and the resources to assist you during this time of change and transition.

Harcum College Counseling Services provides services that are designed to include assistance in, but are not limited to, the following areas:

- Relationships (family, roommate, faculty, partners, friends, etc.)
- Self-esteem and self worth
- Culture shock (environment, ethnicity, race, class)
- Depression
- Grief and loss (death, loss of a relationship, loss of a way of life)
- Anxiety/frustration/loneliness
- Trauma/post-traumatic stress/abuse, assault
- Dealing with anger
- College transition/homesickness
- Academic concerns (student /faculty mediation)

Counseling takes place on an individual basis and is designed to be short term. Sessions are conducted privately and are confidential. All services are free of charge. Referrals to Counseling Services can be made by students, staff, faculty and/or families. Counseling Services also works in conjunction with the Health Center and Harcum faculty and staff, to support students with their social, emotional and academic needs, in order to assist them in achieving their full potential.

Office hours are Monday thru Friday, 9:00am to 5:00pm. Please call the office at 610-526-6045 or e-mail Kathy Anthony at kanthony@harcum.edu to arrange an appointment, or if you have a question or concern. Walk-ins are welcome. Appointments are available after office hours when scheduled. In the case of an immediate need, you can call Kathy at 610-212-4587 for immediate assistance.

We understand that there are situations that arise which require a level of care that may be beyond the scope of the Counseling Office, or that students would prefer to seek support elsewhere. Referrals are made to community resources when appropriate. This guide was designed so that students may have direct access to the information needed to obtain outside services. Harcum College does not endorse the practices of the facilities, agencies and/or practitioners listed in this guide, and assumes no liability for the qualifications, consultations with and/or treatment provided by any/or all of those mentioned.
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MENTAL/BEHAVIORAL HEALTH – COUNSELING & THERAPY

A Home Within – Therapy for Foster Children
National network of volunteer mental health professionals who service the needs of foster children.
- Phone: (888) 898–2249
- Website: www.ahomewithin.org

American Day Treatment Center
For individuals with psychiatric and emotional disorders; provides structured, individualized, clinically intensive partial hospitalization programs (PHP) and intensive outpatient programs (IOP) for individuals 14 years and above with psychiatric and emotional disorders.
- Website: www.mainlinehealth.org
- American Day Treatment Center
  401 Pilgrim Lane, Suite 100
  Drexel Hill, PA 19026
  Phone: (484) 476–7520
- Oaklands Corporate Center
  479 Thomas Jones Way, Suite 800
  Exton, PA 19341
  Phone: (484) 565–8200

Anxiety & Agoraphobia Treatment Center
Offers services to address depression, obsessive compulsive disorders, panic issues, and phobia. Free support groups and phone consultations are available.
- Website: www.aatcphila.com
- 112 Bala Avenue
  Bala Cynwyd, PA 19004
  Phone: (610) 667–6490

APM (Asociacion Puertorriquenos en Marcha for Everyone)
A Latino–based health, human services, community and economic development non-profit organization serving the Philadelphia area, providing individual, family and group therapy, psychiatric evaluations, psychiatric intervention, medication monitoring, anger management, couples counseling and drug and alcohol treatment.
- Website: www.apmphila.org
- 4301 Rising Sun Avenue
  Philadelphia, PA 19140
  Phone: (267) 296–7220
- 3263 N. Front Street
  Philadelphia, PA 19140
  Phone: (215) 426–1077

Bala Psychological Resources
A group of experienced psychotherapists who provide couple, family, and individual therapy for a variety of mental and emotional health issues.
- Website: www.balapsych.com
- 1 Bala Avenue, Suite 110
  Bala Cynwyd, PA 19004
  Phone: (610) 667–4804

Belmont Behavioral Health
A comprehensive network of outpatient and impatient mental and behavioral health services for children, adolescents, adults and older adults.
- Website: www.einstein.edu/mental-behavioral-health
- Einstein Center One
  9880 Bustleton Avenue
  Philadelphia, PA 19115
  Phone: 1 (800) EINSTEIN (346–7834)
- Einstein Medical Center Montgomery
  559 West Germantown Pike
  East Norriton, PA 19403
  Phone: 1 (484) 622–1000
- Einstein Medical Center Elkins Park/Moss Rehab
  60 Township Line Road
  Elkins Park, PA 19027
  Phone: (215) 663–6000
- Einstein Crisis Response Center at Germantown
  Germantown Community Health Services
  1 Penn Blvd., Philadelphia, PA 19144
  24-hour access number: (215) 951–8300
Berks County Social Services Directory
Provides a comprehensive listing of services in Berks County alphabetically by agency name, and by the type of service needed.

• Website: www.racc.edu/BCSS

Bloomingdale Psychological Services
Provides services for a wide range of issues including depression, stress management

• Website: psychologistsphiladelphia.com
• 141 W Wayne Ave
  Wayne, PA 19087
  Phone: (610) 688-2737

Bryn Mawr Psychological Associates (Formerly Norford Psychological Association)
Providing Cognitive Behavior Therapy, children, adolescent, adult and senior therapy, family and parenting counseling, counseling for college students, couples and marital counseling.

• Website: www.brynmawrpsych.com
• 14 South Bryn Mawr Avenue, Suite 205
  Bryn Mawr, PA 19010
  Phone: (610) 525 4828

Bryn Mawr Rehab Psychology Associates
Assessment and treatment of psychological disorders, neurological conditions and chronic illness. Individual, couples and family therapy available ages 12 and up.

• Website: mainlinehealth.org/psychology
• 414 Paoli Pike
  Malvern, PA 19355
  Phone: (484) 596-5430

Center for Brief Therapy
Outpatient clinic which provides a wide range of services for children, adolescents and adults. Insurance plans not accepted. Reasonable self pay rates.

• Website: www.pcom.edu
• 4190 City Avenue, Suite 530
  Philadelphia, PA 19131
  Phone: (215) 871-6487

Center for Psychological Services
Providing mental and emotional health counseling services for children, adolescents and adults.

• Website: www.centerpsych.com/contact
• 125 Butler Avenue
  Ardmore, PA 19003
  Phone: (610) 642-4873

Christian Counseling and Therapy Associates
Integrating spirituality with psychotherapy.

• Website: christiancounselingtherapy.com
• 86 W. Eagle Road
  Havertown, PA 10083
  Phone: (610) 853-9776
• 801 Route 73 N, Suite I
  Marlton, NJ 08053
  Phone: (856) 958-6249

COMHAR
Provides health and human services for children, adults and the elderly, including adult psychiatric evaluations and treatment.

• Website: www.comhar.org
• 100 West Lehigh Avenue
  Philadelphia, PA 19133
  Phone (215) 203 – 3000

Crozer Chester Medical Center – Community Division
Provides individual and group therapy, DBT, and adult outpatient mental health services

• 2600 West 9th Street
  Philadelphia, PA 19013
  Phone: (610) 497-7701

Daemion Counseling Center
Provides individual, family and couples therapy, anger management psycho-education, stress management, and drug and alcohol evaluations. Insurance is not accepted. Fees on a sliding scale.

• Website: www.daemioncounseling.org
• 95 Howellville Road
  Berwyn, PA 19312
  Phone: (610) 647-1432
**Exton Behavioral Health**
Provides achievement, IQ, neuropsychological, vocational and career testing, risk assessments and services for ADHD, giftedness, learning disabilities, Autism, and Asperger Syndrome, as well as cognitive remedial/rehabilitation treatment services to individuals with neurological rehabilitation needs. All major insurance plans accepted. Reasonable out of pocket rates.

- Website: www.ebhr.org
- Commons at Oaklands
  766 Lincoln Hwy
  Exton, PA 19341
  Phone: (610) 873–2233
- Commons at Chadds Ford
  135 Commons Court
  Chadds Ford, PA 19317
  Phone: (610) 873–2233

**Friends Hospital**
The nation's first private psychiatric hospital offers a system of comprehensive programs and services to people suffering from behavioral and emotional health problems.

- Website: www.friendshipospitalonline.org
- 4641 Roosevelt Blvd.
  Philadelphia, PA 19124–2399
  Phone: (215) 831–4600

**Give an Hour**
A nonprofit organization that provides free mental health services to U.S. military personnel and families affected by the current conflicts in Afghanistan and Iraq. Check the website for numerous counseling locations available throughout the US.

- Website: www.giveanhour.org

**Greater Reading Mental Health Alliance**
Promotes mental health wellness and recovery in Berks County through advocacy, education and support.

- Website: www.grmha.org
- 1234 Penn Avenue
  Wyomissing, PA 19610
  Phone: (610) 775–3000

**Greenridge Counseling Center**
A professional and progressive testing center for clinical and educational concerns.

- Website: www.intercommunityaction.org/behavioral-health
- 6122 Ridge Avenue
  Philadelphia, PA 19128
  Phone: (215) 487–1330

**Holcomb Behavioral Health**
Provides a comprehensive range of services and supports for people with mental health, substance abuse, intellectual and developmental disabilities and co–occurring disorders. Additionally, we provide an array of prevention and educational programs for youth, parents and adults to encourage healthy choices and lifestyles.

- 225 South 69th Street
  Upper Darby, PA 19082
  Phone: (610) 352–8943
- 1011 Reed Ave, Suite 900
  Wyomissing, PA 19610
  Phone: (610) 939–9999
- 1405 North Cedar Crest Blvd., Suite 105
  Allentown, PA 18104–2308
  Phone: (610) 435–4151
- 126 E. Baltimore Pike, Gayley Square Media, PA 19063
  Phone: (484) 444–0412
- 920 E. Baltimore Pike
  Kennett Square, PA 19348
  Phone: (610) 388–7400

**Horsham Clinic**
A private behavioral healthcare facility which provides comprehensive behavioral health services to children, adolescents, adults, and their families.

- Website: www.horshamclinic.com/home
- 722 East Butler Pike
  Ambler, PA 19002
  Phone: (215) 643–7800
  Toll Free: (800) 237–4447
**Life Counseling**
Providing individual, family, group and marital therapy to individuals of all ages with therapists who specialize in a wide range of issues such as eating disorders, addictions, depression, anxiety, ADD, trauma survivors and OCD. Life Counseling Services has over 25 offices located throughout Pennsylvania and New Jersey. Please call us if you should need assistance in finding a location that best serves your needs.
- Website: www.lifecounseling.org
- Phone: 1(800) 882-2799

**Main Line Counseling & Wellness Center, Inc.**
Therapy and integrative wellness for individuals, couples, families and the community.
- Website: www.mlcwellness.com
- 600 Haverford Road
  Haverford, PA 19041
  Phone: (610) 664–2524

**Main Line Counseling Partners (Laura Silverstein, LSW)**
Counseling for children, individuals, couples and families.
- Website: mainlinecounselingpartners.com
- 1084 Lancaster Avenue, Suite 303B
  Bryn Mawr, PA 19010
  Phone: (610)–642– 3359

**Middleton Center for Pastoral Care and Counseling**
Provides counseling, education and spiritual direction—mediation.
- Website: bmpc.org/programs/the-middleton-center—counseling—services
- 625 Montgomery Ave.
  Bryn Mawr, PA 19010
  Phone: (610) 525–0766

**Multicultural Wellness Center, Inc.**
A mental health clinic providing counseling and psychiatric services
- 120 Wyoming Ave
  Philadelphia, PA 19140
  Phone: (215) 324–8190

**Montgomery County Emergency Service, Inc**
Provides evaluation, consultation, counseling, psychotherapy and medication follow-up.
- 50 Beech Drive
  West Norristown, PA 19403
  Hotline: (610) 279–6100

**Northeast Community Mental Health Centers (NCMHC)**
An outpatient mental health facility that was developed with the goal of providing outpatient mental health services to adults, adolescents and children in a multicultural and bilingual environment, with emphasis on the Latino communities in the Philadelphia area.
- Website: www.ncmhc.com
- 3803 North 5 th Street
  Philadelphia, PA 19140
  Phone: (215) 229–4357

**Northeast Treatment Centers (NET)**
Provides behavioral health and social services to adults, adolescents, children and families in the Greater Philadelphia region, the Lehigh Valley and the state of Delaware.
- Website: www.netcenters.org
- 499 N. 5 th Street, Suite C
  Philadelphia, PA 19123
  Phone: (215) 451–7100
- 4625 Frankford Avenue
  Philadelphia, PA 19124
  Phone: (215) 451–7100
- 2701 North Broad Street
  Philadelphia, PA 19133
  Phone: (215) 226–1600
- 5501 Chestnut Street
  Philadelphia, PA 19139
  Phone: (215) 747–6480
- 493 N. 5 th Street, Suite D
  Philadelphia, PA 19123
  Phone: (215) 408–4944
- 3133 Ridge Avenue
  Philadelphia, PA 19132
Northwestern Human Services
Provides inpatient, outpatient, partial hospitalization, information and referral and community organization and outreach, and serves individuals throughout Pennsylvania, New Jersey, Delaware, New York, Virginia, Maryland and Louisiana.
- Website: www.nhsonline.org
- 237 West School House Lane
  Philadelphia, PA 19144
  Phone: (267) 285–0085
- 122 West Erie Avenue; Philadelphia, PA 19140 – Phone: (215) 425–6264

Pathway Counseling Center of Chester County
Provides individual, group, couples and family therapy for anger management, drug and alcohol issues (DUI counseling), ARD and IPP evaluations.
- Website: www.pathwaycounselingserv.com
- 811 West Chester Pike
  West Chester, PA 19382
  Phone: (610) 269–8396

Philadelphia Society of Clinical Psychologists
Seeks to inform the public of community-based mental health programs, referral sources and prevention programs. Has an on-line directory of psychologists, and a Human Services Center.
- Website: www.philadelphiapsychology.org/HumanServicesCenter
- 601 Summit Avenue, 3rd Floor
  Jenkintown, PA 19046
  Phone: (215)–885– 2562

Second Baptist Church Christian Counseling Center
- 400 East State Street; Media, PA 19063
  Phone: (610)–565–0660
  or (302)–762– 4943
- Email: wdmays@aol.com

Springfield Psychological Services
Provides a full range of programs and services which include psychotherapy, assessment and testing, and mediation.
- Phone: (610) 544–2110
- Email: info@springpsych.com
- 1489 Baltimore Pike
  Springfield, PA 19064
- 920 W Chester Pike
  Havertown PA 19083
- 491 Allendale Rd
  King of Prussia, PA 19406
- 709 E Gay St
  West Chester, PA 19380

The Light Program
A mental health outpatient program that treats individuals in crisis or are struggling to function on a regular basis. Check website for additional locations.
- Website: www.mylightprogram.com
- 175 King of Prussia Rd.
  Radnor, PA 19087
  Phone: (610)–644– 6464
- 1420 Walnut Street, Suite 500
  Philadelphia, PA 19102
  Phone: (888)–686– 7511
- 491 John Young Way– Suite 300
  Exton, PA 19342
  Phone: (610) 644–6464
- 107 Chelsey Drive, Unit 5
  Media, PA 19063
  Phone: (610) 644–6464
- 1107 East Main Street
  Lansdale, PA 19446
  Phone: (215) 361–7120
- New Jersey Locations: 888–686–7511

ULifeLine – The Online Resource for College Mental Health
Need help now?
- 24/7 Hotline: 1–800–273–TALK (8255)
- Website: www.ulifeline.org

United Health Care – First Student (Harcum College Health Program)
Student Assistance Plan – Talk with a master level licensed Behavior Specialist any time, day or night. A caring professional will be there to listen carefully to assess you needs. To talk to a Nurse or Behavior Health Specialist, please call toll-free number below. (cont)
The Wedge Recovery Center
Provides outpatient therapy, psychiatric rehabilitation, and outpatient substance abuse services.

- Website: www.wedgepc.com
- 6701 North Broad Street
  Philadelphia, PA 19126
  Phone: (215) 276-3922
- 3609 North Broad Street
  Philadelphia, PA 19140
  Phone: (215) 223–1100

Pacific Rim Resource Center
Provides health and social services to Asian Americans in Philadelphia.

- 913 North Broad Street
  Philadelphia, PA 19141
  Phone: (215) 329–3200

William D. Morgan, Psy.D. and Associates
Specializing in Cognitive Behavior Therapy, in addition to providing Psychotherapy, Testing and Assessment, Psychological Evaluation, Consulting and Life Coaching. Call Dr. Bill Morgan to inquire about our counseling services.

- Phone: (610) 200–8431
- 63 Chestnut Road, Suite Nine
  Paoli, PA 19301

WWW.GOODTHERAPY.ORG
Assists you in finding therapists, psychologists and counselors in any area.

- Website: www.goodtherapy.org

Women’s Resource Center
Provides low cost counseling for family, marriage, parenting, career and legal issues.

- Website: www.resourcecenter.net
- 113 West Wayne Avenue; Wayne, PA 19087 – Phone: (610) 687–6391

WWW.HELPGUIDE.ORG
A non-profit guide to mental health and well-being.

FAMILY, MARRIAGE, COUPLES THERAPY & RELATIONSHIP ISSUES

A Center for Marriage Counseling
Website: acenterformarriagecounseling.com

- 1906 Chestnut Circle
  Ardmore, PA 19003
  Phone: (610) 896–3735
  or (888) 242–1720

Albergatge, Scott P. D.Min., MFT
Marriage and Family Therapist specializing in work with young adults and families.

- Website: confidentialpartnercounseling.com
- Wynnewood House
  300 E. Lancaster Ave, Suite 306B
  Wynnewood, PA 19096
  Phone: (610) 649–2583

Council for Relationships
Couples, marriage, family and sex therapy. Additional locations available and can be found on the website below.

- Website: www.councilforrelationships.org
- 625 Montgomery Avenue
  Bryn Mawr, PA 19010
  Phone: (610) 642–2648
- 300 E. Lancaster Avenue
  Wynnewood, PA 19096
  Phone: (610) 642–2648

Hershman, Linda LMFT, MS

- Email: lhershmanlmft@gmail.com
- 1034 Beaumont Road
  Berwyn, PA 19312
  Phone: (610) 889–2089

McGinley, Kate LMFT (Licensed Marriage and Family Therapist)

- 420 East Lancaster Ave.
  St. David’s, PA 19087
  Phone: (610) 525–4344
**PSYCHIATRISTS**

- **Canino, Michael J. M.D.**
  - 255 S 17th St, #2701
  - Philadelphia, PA 19103
  - Phone: (215) 893-0138

- **Curran, Marilyn R. M.D.**
  - 1124 Indian Creek Road
  - Wynnewood, PA 19096
  - Phone: (610) 642-3255
  - 147 West Lancaster Ave.
  - Paoli, PA 19301
  - Phone: (610) 644-6263

- **McPherson, Sara PhD**
  - 136 Garrett Avenue
  - Rosemont, PA 19010
  - Phone: (610) 526-1960

**PSYCHOLOGISTS**

- **Alfred, Amy R. PhD.**
  - 822 Montgomery Avenue
  - Narberth, PA 19072
  - Phone: (610) 667-6160

- **Anderer, Susan Psy.d**
  - 950 Haverford Road, Suite 300
  - Bryn Mawr, PA 19010
  - Phone: (610) 581-7301

- **Berk, Stephen N. PhD**
  - 950 West Valley Road
  - Wayne, PA 19080
  - Phone: (610) 687-3970

- **Bonnie, Frank Carter, PhD**
  - 39 Radnor Road
  - Wayne, PA 19087-2701
  - Phone: (610) 688-9060

- **Casaccio, Eileen Psy.D.**
  - 100 Chetwynd Drive, #102
  - Rosemont, PA 19020
  - Phone: (610) 405-5220
  - Website: www.dreileencasaccio.com

- **Cummings & Tannenbaum Psychological Associates**
  - 915 Montgomery Avenue
  - Narberth, PA
  - Phone: (610) 667-9830

- **Duci, Jacqueline F. Psy.D**
  - 133 Coulter Avenue
  - Ardmore, PA 19010
  - Phone: (610) 642-4909

- **Durlofsky, Paula PhD**
  - 14 Elliott Avenue, Suite 10
  - Bryn Mawr, Pennsylvania 19010
  - Phone: (610) 527-1107
  - Email: drpauladurlofsky@gmail.com

- **Eichen, Ann PhD**
  - 300 East Lancaster, #311
  - Ardmore, PA 19003
  - Phone: (610) 642-4252

- **Ganley, Richard M. PhD**
  - 191 Presidential Blvd.
  - Bala Cynwyd, PA 19004
  - Phone: (610) 644-5730

- **Gillihan, Seth J. PhD**
  - 355 Lancaster Avenue, Bld. E2
  - Haverford, PA 19041
  - Phone: (610) 649-3265
  - Email: mail@sethgillihan.com
Goetz, Mary Ellen Psy.D
   • 146 Montgomery Avenue
     Bala Cynwyd, PA 19004
     Phone: (610) 667–6420

Kay, Stephen PhD
   • 408 Gary Lane
     Bala Cynwyd, PA 19004
     Phone: (610) 668–9922

Klebler, Elizabeth PhD
   • 349 West Lancaster Avenue, #208
     Havertford, PA 19041
     Phone: (610) 642–2056

Land, Betsy PhD
   • 620 Malvern Road
     Havertford, PA 19041
     Phone: (610) 649–6020

Luyster, Gail Buchanan PhD
   • 660 Exton Commons
     Exton, PA 19341
     Phone: (610) 524–7522
   • 1 Bala Avenue, Suite 110
     Bala Cynwyd, PA 19004
     Phone: (610) 667–8176

Malmut, Barbara L. PhD
   • 950 East Havertford Avenue, #306
     Bryn Mawr, PA 19010
     Phone: (610) 527–5151

Master, Stephen PhD
   • 620 East Lancaster Avenue, Suite 1B
     Berwyn, PA 19312
     Phone: (610) 648–0555

Philadelphia Society of Clinical Psychologists
   Seek to inform the public of community-based mental health programs, referral sources and prevention programs. Has an on-line directory of psychologists, and a Human Services Center.
   • Website: www.philadelphiapsychology.org/humanservicescenter

Rappoport, Paul S. PhD
   • 950 West Valley Road, Suite 2704
     Wayne, PA 19087
     Phone: (610) 687–3940

Ratner, Kathryn MSW
   • 14 Bryn Mawr Avenue
     Ardmore, PA 19003
     Phone: (610) 520–0804

Riley, Hope B. PhD
   • 987 Old Eagle School Road
     Wayne, PA 19080
     Phone: (610) 971–0117

Scher, Karyn L. Ph.D.
   • 191 Presidential Blvd, Suite 113
     Bala Cynwyd, PA 19004
     Phone: (610) 668–4089
   • Website: www.drkarynscher.com

Schwart, Robert Psy.D.
   • 233 Lancaster Ave
     Ardmore, PA 19003
     Phone: (610) 642–0884
   • Website: www.doctor-bob.net

Spiegel, Eric B. Ph.D.
   • 14 S. Bryn Mawr Avenue, Suite 203
     Bryn Mawr, PA 19010
     Phone: (215) 564–9900
   • 132 S. 175 th Street; 3rd Floor,
     Philadelphia, PA 19103
     Phone: (215) 564–9900
   • Website: wwwericspiegelphd.com
   • Email: ericspiegelphd@gmail.com

Sukol, Sherry Ph.D.
   • 14 Elliott Avenue, Suite 3
     Bryn Mawr, PA 19010
     Phone: (610) 526–2226

Weber, Phillip L. Psy.D
   • 234 S. Bryn Mawr Avenue, 3202
     Bryn Mawr, PA 19010
     Phone: (610) 525–0390
Weinstock, Beth, Ph.D (The Resilience Group)
• 1 Wynnewood Court
  Narberth, PA 19072
  Phone: (610) 664–2996
• Email: bweinstock@comcast.net

Wilson, Melanie A. Psy.D
• 900 West Montgomery Avenue
  Bryn Mawr, PA 19010
  Phone: (610)-526–9111
• Website: www.drmelaniewilson.com

Yalof, Jed Psy.d
• 626 Haverford Road
  Haverford, PA 19041
  Phone: (610) 664–2562

Zimmerman–Slovak, Barbara PhD
• 349 West Lancaster Avenue, #104
  Haverford, PA 19041
  Phone: (610) 896–7228

PSYCHOTHERAPISTS

Amber Counseling Associates
• Heather Road
  Bala Cynwyd, PA 19004
  Phone: (610) 644–1773

Bressi Nath, Sara Ph.D., LSW
Specializing in psychodynamic psychotherapy with adolescents, adults and older adults.
• Email: sara.bressi.nath@gmail.com
• 1062 Lancaster Avenue, Suite 5-A
  Rosemont, PA 19010
  Phone: (215) 995–3005

Evans, Tricia MS , NCC, LPC
• 1084 East Lancaster Ave., Suite 301
  Bryn Mawr, Pennsylvania 19010
  Phone: (267) 297–1918

GoldStein, Lisa MD
• 1062 East Lancaster Avenue, #11
  Rosemont, PA 19010
  Phone: (610) 527–8444

Johnson, Marilyn ACSW
• 1 Bala Avenue
  Bala Cynwyd, PA 19004
  Phone: (610) 667–9960

Kramer, Meredith L. MSW, LCSW
• 1062 Lancaster Avenue
  Radnor, PA 19010
  Phone: (484) 592–0337

Mainline Psychotherapy
• 11 Bala Avenue
  Bala Cynwyd, PA 19004
  Phone: (610) 668–7977

Myers, Wesley M. PSY.D, LPC
• 14 Eliott Avenue, Suite 5
  Bryn Mawr, PA 19010
  Phone: (610) 275–1401
  Email: mwesmyers@aol.com

SOCIAL WORKERS & COUNSELORS

APR Counseling, LLC – Andrea Roundtree, MSW, LCSW
• 41 Paoli Plaza, Suite E
  Paoli, PA 19301
  Phone: (484) 323–6286
  Email: arrcounseling@gmail.com

Brenner, Roberta MSS, LSW
• 10 Presidential Blvd., Suite 116
  Bala Cynwyd, PA 19004
  Phone: (610) 667–3183
Gentile, Annarita ACSW
- 349 W. Lancaster Avenue, #200
  Haverford, PA 19041
  Phone: (610) 645-5442

Hurster, Thomas K. MSS, LSW, CGP
- 26 Summit Grove Avenue, #213
  Bryn Mawr, PA 19010
  Phone: (484) 696-1433

Lipshutz, Anna G. MSS, LSW
- 600 Haverford Road, Suite G104
  Haverford, PA 19041
  Phone: (610) 915-8672 Ext. 1

Mazda, Mary Pat RN, MSS, LCSW
- Website: www.marypatmazda.org
  Wayne, PA 19080
  Phone: (610) 344–7750
- 1206 Joshua Drive
  West Chester, PA 19380
  Phone: (610) 344–7750

McCormick, Mary LCSW
- Website: www.mccormicktherapy.com
- 1 Bala Avenue, Suite 216
  Bala Cynwyd, PA 19010
  Phone: (610) 664–8751

Meehan, Ken LCSW
- Website: www.kenmeehanlcsw.webs.com
- Email: ken.meehan@verizon.net
- 114 Forrest Ave., Suite 101
  Narberth, PA 19072
  Phone: (610) 291–8648

Pollak, Joan F. LCSW
- 300 East Lancaster Avenue
  Wynnewood, PA 19096
  Phone: (610) 896–4448

Silk, Lisa, MSW, LSW
- 119 Coulter Avenue, #211
  Ardmore, PA 19003
  Phone: (610) 649–3331

Smolen, Ann G. MSS, LSW
- 119 Sibley Avenue, Suite 2
  Ardmore, PA 19003
  Phone: (610) 649–7502

Toborowsky, Joan MSS
- 1062 Lancaster Avenue
  Bryn Mawr, PA 19010
  Phone: (610) 526–9002

Weinstock, Sally MSS, LSW
- 191 Presidential Blvd.
  Bala Cynwyd, PA 19004
  Phone: (610) 668–8033

**SUICIDE/CRISIS MANAGEMENT**

**Delaware County Crisis Services**
- Mercy Fitzgerald Hospital
  Lansdowne Ave. and Bailey Rd. Darby, PA
  Phone: (610) 237–4210
- Crozer Chester Mental Health Crisis Center
  1 Medical Center Building, 19013
  Phone: (610) 447–7600
- County-wide 24/7 Mobile Crisis Service
  Project REACH
  Holcomb Behavioral Health Systems
  Phone: (610)–352–8880
  Fax: (610)–352–4703

**Delaware County Crisis Connections Team (DCCCT)**
Team (DCCCT) consists of services available to Delaware County residents who may be at risk for emotional crisis. DCCCT Mobile Crisis is available 24 hours a day, every day of the week.
- 24/7 Hotline: (855) 889–7827

**Delaware State Crisis Intervention Services**
Crisis Intervention Services (CIS) staff are available 24 hours a day to assist people (cont)
18 years and older, with severe personal, family or marital problems. These problems may include depression, major life changes such as unemployment or loss of an important relationship, anxiety, feelings of hopelessness, thoughts of suicide, delusions, paranoia and substance abuse.

- 14 Central Ave, New Castle, DE 19720  
  Phone: (302) 577–2484

If you are having a psychiatric or substance abuse crisis and need assistance:

- In Northern Delaware: (800) 652–2929  
- In Southern Delaware: (800) 345–6785

**The JED Foundation**
Promotes suicide awareness and prevention, and emotional health among college students.

- Need Help Now? Text START to 741–741 or call 1(800) 273–TALK (8255)  
- Website: www.jedfoundation.org

**Montgomery County Emergency Service, Inc**
Serves individuals experiencing psychiatric emergencies. Crisis Workers provide 24 hour telephone support, referral information and assessment.

- 50 Beech Drive; West Norriton, PA 19403  
- 24/7 Hotline: (610) 279–6100

**Montgomery County Mobile Crisis Support**
Adult mobile crisis support. Available 24 hours a day, 7 days a week.

- Phone: 1–855– 634–4673

**National Suicide Prevention Lifeline**
A 24–hour, toll–free suicide prevention service available to anyone in suicidal crisis. Call for yourself, or someone you care about. Your call is free and confidential.

- Phone: 1 (800) 273–TALK (8255) Veterans Press 1

**New Jersey Crisis Intervention Services**

- Atlantic City Medical Center  
  Psychiatric Intervention Program

- 24/7 Hotline: (609) 344–1118
- College Students Counseling Centers & Crisis Line – UlifeLine.org
- Cumberland County Guidance Center  
  24/7 Hotline: (856) 455–5555
- Burlington County – Crisis Hotline  
  24/7 Hotline: (856) 234–8888  
  (856) 234–3451  
  (609) 267–8500  
  (609) 871–4700
- Morris County and all others  
  24/7 Hotline: (973) 540–0100
- Newark – Emergency Psychiatric Services  
  24/7 Hotline: (973) 623–2323
- Sussex County  
  24/7 Hotline: (973) 383–0973

**New Jersey (Southwestern) Mental Health Crisis Services**

- Crisis Intervention Center  
  Phone: (856) 428–HELP
- Steininger Crisis Center  
  Phone: (856) 541–2222

**Philadelphia County Crisis Response Centers (CRC)**
Open to ALL Philadelphians regardless of residence.

- Serving North, Lower Northeast, and Northwest Philadelphia:  
  Einstein Crisis Response Center  
  Germantown Community Health Services  
  1 Penn Boulevard, Center Tower–3rd Fl.  
  Philadelphia, PA 19144  
  Phone: (215) 951–8300
- Serving Northeast Philadelphia:  
  Friends Hospital Crisis Response Center  
  4641 Roosevelt Boulevard  
  Philadelphia, PA 19124  
  Phone: (215) 831–2600
- Serving West and Southwest Philadelphia:  
  Mercy Hospital of Philadelphia  
  501 South 54th Street  
  Philadelphia, PA 19143  
  Phone: (215) 748–9525
- Serving South Philadelphia and Center City:  
  Pennsylvania Hospital (cont)
8th and Locust Street  
Philadelphia, PA 19107  
Phone: (215) 829–5433

- Serving North Philadelphia and Center City:  
  Temple/Episcopal Hospital  
  100 E. Lehigh Avenue  
  Philadelphia, PA 19125  
  Phone: (215) 707–2577

**The Suicide and Crisis Intervention Line**  
For those who live in the Philadelphia region but not in Chester County  
- Phone: (215) 686–4420

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**SUBSTANCE ABUSE/USE**

**Valley Creek Crisis Center/Chester County Crisis Services**  
Support in a Mental Health Emergency for Chester County Residents. Telephone Crisis Counseling and Mobile Outreach Services – Available 24/7.  
- Valley Creek Crisis Recovery Center  
  469 Creamery Way  
  Exton, PA 19341  
  Phone: (610) 918–2100  
  or 610–280–3270  
  Toll Free #: (877) 918–2100

**About Recovery – Foundations Addiction Treatment Centers**  
Inpatient and outpatient services; free assessments; dual diagnosis programs. Treatment for alcohol, drug, gambling and sexual addictions.  
- Nationwide 24/7 Hotline:  
  1(800) 240–7931 or 1(877) 345–3350  
- Website: www.aboutrecovery.com

**Adolescent Advocates – Certified Addictions Counseling**  
Outpatient counseling based on Therapeutic Coaching; Individual, group & family therapy

- 1062 East Lancaster Ave.; Suite 15  
  Rosemont, PA 19010  
  Phone: (610) 520–7775  
  Email: adolescentadvocates@msn.com

**Adult Children of Alcoholics**  
Assistance in locating support groups meetings in your area of choice nationwide  
- Website: www.adultchildren.org/meetings

**Alcoholics Anonymous – AA**  
Support groups; online groups available.  
- Website: www.aa.org

**South Eastern Pennsylvania Intergroup of Alcoholics Anonymous Association**  
- 444 N. 3rd Street – Suite 3  
  Philadelphia, PA 19123  
  Phone: (215) 923–7900  
  Website: www.sepennaa.org

**Al-Anon/Alateen/ Family Group**  
Provides support for those who are in a relationship with someone who abuses alcohol  
- National Website: www.al-anon.alateen.org  
- PA Website: www.pa-al-anon.org

**Belmont Behavioral Health**  
Inpatient and outpatient services.  
- Website: www.belmontbehavioral.com  
- 4200 Monument Road  
  Philadelphia, PA 19131  
  Phone: (215) 877–2000  
  Toll Free: 1(800) 220–HELP (4357)

**Caron Treatment Centers**  
Offers gender–separate, gender–specific treatment programs; services include assessments, extended residential treatment programs for adolescents, young adults and adults, as well as programs for families affected by the disease of addiction.  
- Website: www.caron.org  
- 243 North Galen Hall Road  
  Wernersville, PA 19565  
  Phone: (800) 854–6023
**Center for Addictive Diseases**
Provides drug and alcohol treatment services for persons 14 years and above with substance abuse problems, and family members or significant others affected by this illness.
- Website: www.mainlinehealth.org/addiction
- 401 Pilgrim Lane, Suite 100
  Drexel Hill, PA 19026
  Phone: (610) 645–6543
- 600 Abbott Drive
  Broomall, PA 19008
  Phone: (484) 476–1800
- Oaklands Corporate Center
  479 Thomas Jones Way, # 800
  Exton, PA 19341
  Phone: (484) 565–8200

**Fairmont Behavioral Health**
Chemical dependency treatment and rehabilitation; free assessments.
- 561 Fairthorne Avenue
  Philadelphia, PA 19128
  Phone: (215) 487– 4100
- Toll Free: 1 (800)-235- 0200
- Website: www.fairmountbhs.com

**Gaudenzia Addiction Treatment and Recovery**
Provides outpatient drug rehabilitation, alcoholism and drug treatment
- 701 N 63rd Street
  Philadelphia, PA 19151
  Phone: (215) 477–0063
- 55 E Marshall Street
  Norristown, PA 19401
  Phone: (610) 279–4262
- Website: www.gaudenzia.org

**Horsham Clinic**
Services are offered to individuals of all ages with behavioral health and/or chemical dependency problems; inpatient and outpatient treatment; satellite programs in the area.
- Toll Free: 1(800) 237–4447
- Website: www.horshamclinic.com
- 722 East Butler Pike
  Ambler, PA 19002
  Phone: (215) 643–7800

**Keystone Center**
Provides detoxification, sexual and gambling addiction services, dual diagnosis treatment; outpatient services.
- Website: www.keystonecenter.net
- 2001 Providence Ave.
  Chester, PA 19013
  Phone: (610) 876–9000 or 1(800) 876–9000
- 722 E. Butler Pike
  Ambler, PA 19002
  Phone: (215) 542–4825

**Lighthouse at Mays Landing**
Drug and alcohol treatment center; inpatient and outpatient services.
- Website: www.lhrecovery.com
- **Inpatient and Outpatient**
  5034 Atlantic Avenue
  Mays Landing, NJ 08330
  Phone: (609) 625–4900
  Toll Free: 1(800) 852–8851
- **Outpatient Only:**
  Cedar Bridge Plaza, 400 North Main Street
  Building 1, Street 2
  Manahawkin, NJ 08050
  Phone: (609) 489–0787
  Toll Free: (888) 743–5748
- **Outpatient Only:**
  Ventnor Professional Campus, 6601 Ventnor Avenue, T #12
  Ventnor City, NJ 08406
  Phone: (609) 822–1600
  Toll Free: (877) 449–1555

**Livengrin – The Foundation for Addiction Recovery**
A chemical–dependency rehabilitation facility which provides residential and outpatient treatment for adolescents, adults and families, including detoxification.
- Website: www.livengrin.org
- 4833 Hulmeville Rd.
  Bensalem, PA 19020
  Phone: (215) 638–5200
  Toll Free: (800) 245–4746
- 1500 Walnut Street, #507
  Philadelphia, Pa 19102
  Phone: (215) 546–2626 (cont)
• 9140 Academy Road
  Philadelphia, PA 19114
  Phone: (215) 335–3419
• 550 Pinetown Rd.
  Pinetown Office Center #150
  Ft. Washington, PA 19034
  Phone: (215) 540–8301
• 350 S. Main St., Penn’s Court #101
  Doylestown, PA 18901
  Phone: (215) 340–1765
• 1609 Woodbourne Rd.– Woodbourne Office Campus #403
  Levittown, PA 19057
  Phone: (215) 547–1440
• 195 Bristol–Oxford Valley Road
  Langhorne, PA 19047
  Phone: (215) 946–4029
• 961 Marcon Blvd.
  Allentown, PA 18109
  Phone: (610) 264–5521

Lower Merion Counseling Services
Provides community-based outpatient mental health treatment center includes psychiatrists and therapists providing comprehensive therapeutic mental health and drug and alcohol services to individuals, families, and groups.
• 850 Lancaster Ave # 2
  Bryn Mawr, PA 19010
  Phone: (610) 520–1510

Malvern Institute
• Website: www.malverninstitute.com
• **Inpatient Treatment Centers:**
  940 King Road
  Malvern, PA 19355
  Phone: (610) 647–0330 (Intake #)
• 240 Fitzwatertown Road
  Willow Grove, PA 19090

Outpatient Counseling Centers:
• 1161 Lancaster Avenue
  Berwyn, PA 19312
• 1566 Medical Drive, Suite 112
  Pottstown, PA
• 4612 East Street Road
  Trevose, PA 19053
• 3300 Henry Avenue
  Philadelphia, PA 19129
• 881 Marcon Blvd., Suite 3900
  Allentown, PA 18109

**Mirmont Treatment Center**
Alcohol and drug treatment for adults 18 and older, offering detoxification, rehabilitation, inpatient and outpatient services provided.
• Website: www.mainlinehealth.orgmirmont
• 100 Yearnsly Mill Road
  Lima, PA 19037
  Phone (610) 744–1400

**Montgomery County Office of Drug and Alcohol**
Provides prevention and education, intervention, inpatient, outpatient, methadone maintenance, case management, information, and advocacy.
• Phone: (610) 278–3642
• Montgomery County Human Services
  1430 DeKalb Street, Norristown
  PA 19401

**Narcotics Anonymous**
Provides support for those suffering specifically from drug (narcotics) addiction.
• Local meeting at Bryn Mawr College
  Bryn Mawr, PA 19010
• Website: [www.na.org](http://www.na.org)

**National Alcohol and Substance Abuse Information Center**
Provides answers to any alcohol and/or drug addiction questions, assists in locating the best treatment and/or rehabilitation programs in the US, and offers DUI drug and alcohol assessments, DUI counseling, detox on site, anger management programs and individual and group therapy.
• Website: [www.addictioncareoptions.com](http://www.addictioncareoptions.com)
• Healthcare Options
  1000 North York Road
  Willow, PA 19090
  Phone: (866) 489–8529
National Clearing House for Alcohol and Drug Information
24-hour hotline that provides referrals to drug and alcohol treatment programs and support groups. Also provides literature on drug and alcohol issues.
- 24/7 Hotline: (800) 662-HELP (4357)
- Website: www.health.org

NorthEast Treatment Centers (NET)
Centers geared toward substance use/abuse treatment and recovery.
- Website: www.netcenters.org
- 3315 Kirkwood Highway; Wilmington, DE 19804 – Phone: (302) 691-0140
- 2205 Bridge Street; Philadelphia, PA 19137 – Phone: (215) 743-6150
- 6 South 3rd Street, Suite 508; Easton, PA 18042 – Phone: (610) 253-6760
- 44 East Broad Street, Suite 20; Bethlehem, PA 18018 – Phone: (610) 868-0435
- 4625 Frankford Avenue, Philadelphia, PA 19124 – Phone: (267) 597-3937

Northwestern Human Services
Offers services for substance abuse treatment and rehabilitation, individuals with co-occurring mental and substance abuse disorders, and DUI/DWI offenders.
- Website: www.nhsonline.org
- 800 Chester Pike
  Sharon Hill, PA 19079
  Phone: (610) 534-3636, Ext. 1547
- 500 Parkside Avenue
  Philadelphia, PA 19131
  Phone: (215) 879-6116, Ext. 281
- 5429 Germantown Avenue
  Philadelphia, PA 19144
  Phone: (215) 754-0240, Ext. 160 or 207
- 4806 Frankford Avenue
  Philadelphia, PA 19124
  Phone: (215) 533-6204, Ext. 200 or 202
- 1182 Knights Road
  Philadelphia, PA 19154
  Phone: (215) 632-9040, Ext. 126
- 400 North Broad Street
  Lansdale, PA 19446
  Phone: (215) 631-7827
- 33 State Avenue
  Carlisle, PA 17013
  Phone: (717) 243-6033

Pocono Mountain Recovery Center
Provides treatment for chemical dependence and co-occurring mental health concerns.
- 3437 Route 715, Henryville PA 18332
- Phone: (866) 201-8677

Programs in Counseling
Outpatient mental health and drug and alcohol programs offering individual, couples, and group therapies to treat various issues ranging from drug and alcohol abuse, relapse, and prevention.
- 20 West Main Street
  Norristown, PA 19401
  Phone: (610) 279-4262

Rehab After Work
Intensive outpatient treatment program for those suffering from alcohol and/or drug addiction. Additional locations available in PA and New Jersey.
- Phone: (800) 882-2799
- Website: www.rehabafterwork.com
- 25 W. Chester Pike, Suite 205; Havertown, PA 19083 – Phone: (610) 644-6464
- 1420 Walnut Street, Suite 500;
  Philadelphia, PA 19102
  Phone: (610) 644-6464
- 491 John Young Way, Suite 300; Exton, PA 19341 – Phone: (610) 644-6464
- 525 West Chester Pike, Falcon Center, #205; Havertown, PA 19083
  Phone: (610) 644-6464
- 9815 Roosevelt Blvd., Suite B; Philadelphia, PA 19114
  Phone: (215) 342-4400

Riverside Care, Inc.
Provides outpatient, partial hospitalization/day treatment for adolescents and persons with co-occurring mental and substance abuse disorders and DUI/DWI offenders.
- 31 South 10th Avenue (cont)
Coatesville, PA 19320  
Phone: (610) 383–9600, Ext. 24

• 1007-A West Lehigh Avenue  
Philadelphia, PA 19133  
Phone: (215) 226–1666

• 5828 Market Street  
Philadelphia, PA 19139  
Phone: (215) 747–6480, Ext. 12

• 5501 Chestnut Street  
Philadelphia, PA 19139  
Phone: (215) 747–6480

Stop and Surrender, Inc.
A licensed Drug and Alcohol facility.
• Website: www.stopnsurrenderinc.webs.com
• 2522 W. Huntingdon Street  
Philadelphia, Pa 19132  
Phone: (215) 225–4626

Unity Alcohol & Drug Rehab Center
• 945 Haverford Road, #206  
Bryn Mawr, PA 19010  
Phone: (484) 200–8077

Valley Forge Medical Center
An acute and sub-acute care institution dedicated to the treatment of alcoholism, drug addiction, and associated physical and emotional disorders, including HIV/AIDS.
• Website: www.vfmc.net
• 1033 West Germantown Pike  
Norristown, PA 19403  
Phone: (610) 539–8500

White Deer Run
Provides drug treatment and alcohol rehabilitation options to individuals and their families struggling with the diseases of drug addiction and alcoholism. A United Healthcare provider.
• Free Assessment: (877) 907–6237
• Website: www.whitedeerrun.crchealth.com

Outpatient
• 1259 S. Cedar Crest Blvd., Suite 308  
Allentown, PA 18103

Inpatient
• 8284 Leaser Road

Kempton, PA 19529  
• 106 Davies Drive  
York, PA 17402

Inpatient and Outpatient
• 53–55 West End Avenue  
Lancaster, PA 17603
• 3030 Chestnut Street  
Lebanon, PA 17042
• Governor’s Plaza S., 2001 N. Front St.  
Building 1–Suite 212  
Harrisburg, PA 17102

DOMESTIC VIOLENCE & ABUSE

Domestic Abuse Project of Delaware County
Provides services that meet the needs of victims. It supports an empowerment process, which enables victims to move toward self-sufficiency.
• 24-Hour Hotline: (610) 565–4590
• Website: www.dapdc.org
• 14 West Second Street  
Media, PA 19063  
Phone: (610) 565–6272

Domestic Violence Center of Chester County
The Mission of the Domestic Violence Center of Chester County, Inc. is to provide intervention, programs, outreach and advocacy to prevent, reduce and remedy domestic violence in Chester County.
• 24-Hour Hotline: 888–711–6270 or 610–431–1430
• Website: www.dvccc.com
Laurel House
A comprehensive domestic violence agency serving individuals, families and communities throughout Montgomery County, Pennsylvania. Provides shelter for victims.
- Toll Free 24/7 Hotline: 1(800) 642–3150
- Website: www.laurel-house.org
- 605 Swede Street
  Norristown, PA 19401
  Phone: (610) 277–1860

National Domestic Violence Hotline
A crisis intervention and referral phone line for domestic violence. The service also has an email address and access for the deaf. Hotline staff members can speak in English or Spanish and have access to translators for many other languages. Individuals staffing the phones or answering email can advise you on how to protect yourself, refer you to other services and domestic violence shelters, and inform you about local laws and restraining orders.
- Toll Free Hotline: 1(800) 799–7233 or 1 (800) 787–3224
- Website: www.thehotline.org

Pennsylvania Coalition Against Domestic Violence
Provides domestic violence services by county.
- Website: www.pcadv.org
- 3605 Vartan Way #101
  Harrisburg, PA 17110
  Phone: (717) 545–640

Philadelphia Domestic Violence Hotline
Counselors trained in domestic violence provide anonymous and confidential support, including crisis counseling, safety planning, referrals to appropriate community resources, and admission to Women Against Abuse's safe haven.
- 24/7 Hotline: (866) 723–3014

Women Against Abuse
Provides support for abused women, which includes housing, employment, legal services, shelter and counseling.
- 100 South Broad Street, Suite 1341;
  Philadelphia, PA 19110
- Phone: (215) 386–1280
  • 24/7 Hotline: 1(866) 723–3014
  • Website: www.womenagainstabuse.org

Women’s Center of Montgomery County
Provides counseling and resources for women in crisis.
- 24/7 Hotline: 1(800) 773–2424
- Website: www.wcmontco.org
- 107 E Main St
  Norristown, PA 19401
  Phone: (610) 279–1548
- 8080 Old York Road
  Suite 200; Elkins Park, PA 19027
  Phone: (215) 635–7344

Women in Transition
Provides free counseling support to women in the Greater Philadelphia area who are being hurt – physically, sexually, economically or emotionally – by an intimate partner.
- Website: www.helpwomen.org
- 21 South 12 th Street – 6th Floor
  Philadelphia, PA 19107
  Phone (215) 751–1111

WWW.DV-RESOURCES.ORG
Provides information on domestic violence organizations in the Montgomery, Chester and Philadelphia Areas.
- Website: www.dv-resources.org

SEXUAL VIOLENCE/RAPE

Crime Victims Center of Chester County, Inc.
CVS provides services to all victims of crimes and violence including rape, sexual assault, incest and sexual harassment.
- 24/7 Hotline: (610) 692–7273
- Website: www.cvcofcc.org
- 135–137 W. Market Street
  West Chester, PA 19382–2903
  Phone: (610) 692–1926
Delaware County Woman Against Rape
- Phone: (610) 566–5866
  or (610) 566–7954
  or (610) 566–4386
- Hotline: (610) 566–434
  Toll Free: 1 (888) 521–0983
- PO Box 211; Media, PA 19063

Sexual Assault Prevention and Counseling Center
- Hotline: (717) 392–7273
- 110 N. Lime Street
  Lancaster, PA 17602
  Phone: (717) 393–1735

Victim Services Center
Provides free and confidential comprehensive support services to crime victims, their families and significant others.
- Sexual Violence Hotline: (610) 227–5200
  Toll Free: (888) 521–0983
- Website: www.victimservicescenter.org
- 325 Swede Street, 2nd Floor
  Norristown, PA 19401
  Phone: (610) 277–0932

Women Organized Against Rape (WOAR)
Offers support services for women, men and children.
- One Penn Center–Suburban Station
  1617 John F. Kennedy Boulevard, Ste. 1100, Philadelphia, PA 19103
  Phone: (215) 985 3315
  Hotline: (215) 985 3333
  Website: www.woar.org

EATING DISORDERS, ANOREXIA, BULIMIA, OBESITY

American Anorexia and Bulimia Association of Philadelphia
Provides overall information for treatment programs and services.
- Phone: (215) 221–1864
- Website: www.aabaphila.org
- P.O. Box 1287
  Langhorne, PA 19140

Arbor Counseling Center
Provides outpatient care for women, men and teenagers with eating disorders through individual, group and family therapy and nutrition counseling.
- 114 Forrest Ave., #203
  Narberth, PA 19072
  Phone: (610) 664–5858

Belmont Center for Comprehensive Treatment for Eating Disorders
Inpatient and outpatient treatment for males and females.
- Website: www.einstein.edu/mental-behavioral-health/eating-disorders
- 4200 Montgomery Avenue
  Philadelphia, PA 19131
  Phone: 1 (800) 346–7834

Brandywine Hospital Eating Disorders Program
Provides outpatient, intensive outpatient, and inpatient treatment. For admission Information please call Janet Graves, Director of the Eating Disorders Unit at (610)383–8369 or one of our Intake Specialists at (610) 383–4980.
- Website: brandywinoatingdisorders.com
- 219 Reeceville Road
  Coatesville, PA 19320
**Children’s Hospital of Philadelphia**
- Website: www.chop.edu/centers/programs/eating-disorder-program
- 34th St and Civic Center Blvd
  Philadelphia, PA 19104
  Phone: 215–590–1000

**Eating Disorders Treatment Centers (EDTC)**
Partial hospitalization and intensive outpatient services for males and females ages 13 and older.
- Website: www.edtconline.com
- Phone: (856) 810–0100
- 1200 Bustleton Pike, Suite 11
  Feasterville, PA 19053
  Phone: (215) 364–7800
- 750 W. Route 73, Suite 104
  Malton, NJ 08053
  Phone: (856) 810–0100

**Friends Hospital – Eating Disorders Program**
Inpatient eating disorder program for adolescents and adults, males and females.
- Website: www.friendshospitalonline.org/Eatprogram.html
- Toll Free Phone: 1 (800) 889–0548
- 4641 Roosevelt Blvd.
  Philadelphia, PA
  Phone: (215) 831–6300

**The Joy Project**
Eating disorder treatment finder.
- Website: www.joyproject.org

**PENNCare Adolescent and Young Adult Associates**
A unique medical practice that focuses solely on the needs of young women and men ages 12 to 30.
- 250 King of Prussia Road
  Radnor, PA 19087
  Phone: (610) 902–2450

**Penn State Milton S Hershey Medical Center Eating Disorders Program**
- Website: pennstatehershey.org/web/eatingdisorders
- 905 W Governor Road, Suite 250
  Hershey, PA 17033
  Phone: (717) 531–2099

**The Renfrew Center**
The Renfrew Center of Philadelphia offers residential treatment for women age 14 and older. The Renfrew Center of Radnor offers day treatment and intensive outpatient treatment as well as nutritional counseling and individual, group, family and couples therapy.
- Website: www.renfrewcenter.com
- Phone: 1(800) RENFREW (736–3739)

Philadelphia Center
- 475 Spring Lane
  Philadelphia, PA 19128

Radnor Center
- 320 King of Prussia Road
  Radnor, PA 19087

**Seeds of Hope**
Offers intensive outpatient treatment for adults and adolescents.
- Website: www.seedsofhopesupport.com
- 1420 Walnut Street, Suite 500
  Philadelphia, PA 19102
  Phone: (484) 821–3292
- 491 John Young Way, Suite 300
  Exton, PA 19341
  Phone: (866) 543–0210
- 9815 Roosevelt Blvd., Suite B
  Philadelphia, PA 19114
  Phone: (484) 821–3292

**Temple University Eating Disorders Program**
A psychological and research training clinic that provides outpatient treatment and psychological assessments.
- Website: www.sites.temple.edu/tedp
- 1701 N. 13 th Street, Weiss Hall – 6th Fl.
Philadelphia, PA  
Phone: (215) 204–2645

University of Pennsylvania School of Medicine
• 3535 Market Street, Suite 3021  
Philadelphia, PA 19104  
Phone: (215) 898–2823

Woodland Forge
An outpatient private practice treatment program for males and females providing family-based therapy.
• Website: www.woodlandforge.com  
• 4053 Tinker Hill Road  
Phoenixville, PA 19460  
Phone: (610) 933–6475

PRIVATE PRACTITIONERS

Dean, Michelle MA, ATR–BC, LP, CGP – Art and Group Psychotherapist, Counselor
• Phone: 610–259–2550  
• Email: michelle@psychearts.org  
• Website: www.michelledean.com  
• The Center for Psyche & the Arts, LLC  
1137 E. Lancaster Ave.  
Berwyn, PA 19312  
• 42 Windermere Ave.  
Lansdowne, PA 19050

Erkert, Irene Marie Ph.D. – Licensed Psychologist
• 90 West Afton Avenue, Suite 202  
Yardley, PA 19067  
Phone: (215) 817–2291

Fuchs–Morton, Rhoda M.A., C.A.C., LPC – Licensed Professional Counselor
• 419 Old York Road  
Jenkintown, PA 19046  
Phone: (267) 303–4189  
• Website: www.fuchsmortonholistic.com

• Email: wjgrey@dca.net  
• The Philadelphia Consultation Center  
313 S. 16th Street  
Philadelphia, PA 19103  
Phone: (215) 300–3850

Herrman, Candance, M.S.S, L.C.S.W. – Licensed Clinical Social Worker
• Regency Towers, Suite 1F  
1600 Lehigh Parkway East  
Allentown, PA 18103  
Phone: (610) 462–3060

Kaplan, Rosalind, M.D.
• 551 W Lancaster Avenue, Suite 302  
Haverford, PA 19041  
Phone: 610–527–2909

MacMoran, Caroline, Ph.D.
• 264 S. Van Pelt Street  
Philadelphia, PA 19103 2500  
Phone: (215) 546–2327  
Website: www.brandywinecenter.com  
• The Brandywine Center  
2500 Grubb Road, Suite 240  
Wilmington, DE 19810  
Phone: (302) 475–1880 (push #3)  
Website: www.brandywinecenter.com

Popell, Amy L.C.S.W. – Licensed Clinical Social Worker
• Phone: (215) 716–3120  
• Website: www.athenacenter.com  
• The Athena Center  
1501 Lower State Road  
NorthWales, PA 19454
Scher, Karyn L., Ph.D.
- 191 Presidential Blvd., Suite 113
  Bala Cynwyd, PA 19004
  Phone: (610) 668-9189

Shar, Cynthia M.Ed. – Licensed Psychologist
- Bala Psychological Resources
  1 Bala Avenue, Suite 110
  Bala Cynwyd, PA 19004
  Phone: (610) 667-5306 or (610) 667-4804
  Website: www.balapsych.com

Silbertrust, Dea Ph.D. – Licensed Psychologist
- Bala Psychological Resources
  1 Bala Avenue, Suite 110
  Bala Cynwyd, PA 19004
  Phone: (610) 667-5328 or (610) 667-19004
  Website: www.deasilbertrust.com

Tuttle, Amy RD, L.C.S.W. – Registered Dietitian and Licensed Clinical Social Worker
Locations in Chestnut Hill, PA – Center City – Main Line
- Phone: (215) 248–9770
- Email: info@valleygreencounseling.com

Vergara, Tacie L, Psy.D
- 903 E Willow Grove Ave
  Wyndmoor, PA 19038
  Phone: (215) 247–9555

Young, Colleen K. R.D.
- 114 Forrest Avenue
  Narberth, PA 19072
  Phone: (610) 664–5858

The Center for Grieving Children
Provides peer grief support groups for preschoolers, elementary school age, middle school age, teens and young adults. Also training workshops and resources for professionals, phone consultations and referrals.
- Website: www.grievingchildren.org

The Center for Loss and Bereavement
Provides grief counseling for individuals and families, support groups for bereaved children, and community education.
- Website: www.bereavementcenter.org
- 3847 Skippack Pike, PO Box 1299
  Skippack, PA 19474
  Phone: (610) 222–4110

Council For Relationships
Grief counseling.
- Website: councilforrelationships.org/therapy/grief.html
- 4025 Chestnut Street
  Philadelphia, PA 19104
  Phone: (215) 382–6680

GRIEFNET.ORG
An internet community of persons dealing with grief, death, and major loss.
- Website: www.griefnet.org

Pathways Center for Grief and Loss
A Program of Hospice of Lancaster County that offer support for adults, teens, and children coping with serious illness or loss of a loved one.
- Email: pathways@hospicecommunity.org
- 4075 Old Harrisburg Pike
  Mount Joy, PA 17552
  Phone: (717) 391–2413
- En español: (717) 391–2440
- Toll Free: (800) 924–7610
Pennsylvania Pet Loss Resources

- PetFriends hotline: (800) 404-PETS
- Paws to Heaven Pet Crematory: www.pawstoheaven.com/petfriends
- University of Pennsylvania School of Veterinary Medicine: (215) 898–4525

Pennsylvania Pet Loss Support Groups

- Linda Peterson, LCSW, Center for Pet Loss Counseling and Education
  P.O. Box 357
  Chadds Ford, PA 19317
  Phone: (610) 399–3168
- University of Pennsylvania School of Veterinary Medicine
  Philadelphia, PA
  Phone: (215) 898–4529
- Lorraine Smith, MS, NCC
  Luzerne County SPCA
  Fox Hill Rd.
  Wilkes-Barre, PA
  Phone: (570) 822–9023
  Email: lpsmith@epix.net

Peter’s Place
A supportive environment for grieving children, teens, young adults and caregivers.

- Website: www.petersplaceonline.org
- 150 Radnor Chester Rd., Suite F130
  Radnor, PA 19087
  Phone: (610) 687–5150

SOS – Survivor of Suicide Support Group

- Website: www.sosphilly.org
- Last Saturday of the month at 1:00 PM
- 404 Davisville Road
  Willow Grove, PA 19090

LGBTQIA+

The Attic Youth Center
Provides individual, couples and family therapy, life skills and support groups for individuals up the age 23, and their families/caregivers.

- Website: www.atticyouthcenter.org
- 255 South 16th Street
  Philadelphia, PA 19102
  Phone: (215) 545–4331

GLBT National Help Center
Serving gay, lesbian, bisexual, transgender and questioning people, by providing free and confidential peer support.

- Website: www.glbthotline.org
- GLBT National Hotline: 1 (888) 843–4564

Jewish Family and Children’s Service of Center of Greater Philadelphia
Provides counseling and support groups to individuals and families in the LGBTQ community.

- Website: www.jfcsphilly.org
- 2100 Arch Street–5th Floor
  Philadelphia, PA 19103
  Phone: (866) 532–7669

Mazzoni Center
Provides quality comprehensive health and wellness services in an LGBTQ–focused environment, while preserving the dignity and improving the quality of life of the individuals we serve. Offers therapy, addiction and recovery services and support groups.

- Website: www.mazzonicenter.org
- 21 South 12th Street–Floor 8
  Philadelphia, PA 19107
  Phone: (215) 563–0652

William Way Lesbian, Gay, Bisexual and Transgender Community Center
Encourages, supports, and advocates for the well–being and acceptance of sexual and gender minorities in the Greater Philadelphia (cont)
region through service, recreational, educational, and cultural programming.

- Website: www.waygay.org
- 1315 Spruce Street
  Philadelphia, PA 19107–5601
  Phone: (215) 732–2220

PREGNANCY RESOURCES/CENTERS

NOTE: The centers and clinics listed do not all offer access to the same services. Some may discourage termination of pregnancy and/or decline to offer abortion services and referrals.

AAAA Adoption Associates LLC
- 527 Elm Street
  Reading, PA
  Phone: (888) 323–6788

AAAA Adoption ARC
Free and confidential services including counseling; open and closed adoptions.
- Toll Free Phone: 1 (800) 884–4004
- Website: www.adoptionarc.com

A Baby’s Breath
Crisis pregnancy center, free pregnancy tests, free confidential counseling, and provides alternatives to abortion.
- Website: www.ababysbreath.org
- 21 N. Wayne Ave., Suite 102
  Wayne, PA 19087
  Phone: (484) 580–6436
- 2118 W Main Street
  Jeffersonville, PA 19403
  Phone: (610) 630–9630
- 78 Second Avenue
  Collegeville, PA 19426
  Phone: (610) 489–0083
- 152 Church Street
  Phoenixville, PA 19460
  Phone: (610) 608–0203
  24–Hour Phone Line: (484) 571.5540
  Email: help@ababysbreath.org

Abortion as an Alternative
- Website: www.abortionasanalternativ.com
- 5188 Neshaminy Blvd
  Bensalem, PA 19020
  Phone: (215) 757–1881
- 6043 Germantown Ave.
  Philadelphia, PA 19144
  Phone: (215) 843–4141

Adoption ARC Adoption Resource Center
Provides adoption, child welfare, and foster care services in PA, NJ, and DE.
- 4701 Pine Street, #J–7
  Philadelphia, PA 19143
  Phone: (855) 979–8842

Adoptions From the Heart
Free services for pregnant women; Assistance with living expenses.
- www.afth.org/pregnant
- 31 Hampstead Circle
  Wynnewood, PA
  Phone: (610) 642–7938
  (610) 642–3728
  (610) 642–7200
  (610) 642–7065
  Toll Free Phone: 1 (800) 355–5500

Adoption Services, Inc.
Free housing, medical and legal services; open and closed adoptions.
- Website: www.adoptionservices.org
- 28 Central Blvd.
  Camp Hill, PA 17011
  Phone: 1(800) 943–0400

American Women’s Health Services
Provides abortions, gynecological services in PA, NJ, MD, and VA.
- Website: americanwomensservices.com
- 24–Hour Call Center: 800–501–9162
- 24–Hour Abortion Care: 1 (888) ABORTION
Amnion Crisis Pregnancy Centers
Free pregnancy testing, life counseling, free baby resources, post abortion counseling.
- Websites: www.amnion.org or www.amnionpregnancycenter.com
- 2251 Garrett Road
  Drexel Hill, PA 19026
  Phone: (610) 622-9957
- 944 Haverford Road
  Bryn Mawr, PA 19010
  Phone: (610) 525-1557
- 645 East Baltimore Pike
  Kennett Square, PA 19348
  Phone: (610) 444-7172
- To speak to a counselor after-hours, call 1 (800) 395-HELP

Bethany Christian Services
Free confidential adoption planning and assistance; many locations available.
- Website: www.bethany.org
- 7827 Old York Road
  Elkins Park, PA 19027
  Phone: (215) 376-6200
- 107 E. Chestnut Street
  West Chester, PA 19380-2631
  Phone: (610) 344-7490
- Toll Free #: 1(800) 215-0702
- Nationwide 24/7: 1(800) 238-4268

Birthright
Free pregnancy testing; confidential services.
- Website: www.birthright.org
- 210 Bala Avenue
  Bala Cynwyd, PA 19004
  Phone: (610) 660-0344
- 112 S. High Street
  West Chester, PA 19328
  Phone: (610) 436-0773
- 7986 Oxford Ave
  Philadelphia, PA 19111
  Phone: (215) 728-0385
- Toll Free Helpline: 1(800) 550-4900

Cherry Hill Women’s Center
Provides free pregnancy testing, ultrasound exams, STI testing and treatment, counseling/education, abortions and follow-up care.
- Website: www.cherryhillwomenscenter.com
- 502 North Kings Highway
  Cherry Hill, NJ 08034
  Phone: (856) 667-5910
- Toll Free Phone: (800) 877-6331

Chester County Women’s Services
Free and confidential services.
- Website: www.ccwsmedical.org or www.ccwmhealth.org
- 1028 East Lincoln Hwy
  Coatesville, PA 19320
  Phone: (610) 383-0930
- 27 South Church Street
  West Chester, PA 19380
  Phone: (610) 918-7088
- Email: helpforyou@ccwsmedical.org

Families United Network
Pre and post adoption services.
- Website: www.families4kids.org
- 276 Ashler Manor Drive
  Muncy, PA 17756
  Phone: (570) 546-6777

Golden Cradle Adoption Services
Provides Medicare, housing and transportation; open and closed adoptions.
- Website: www.goldencradle.org
- 95 West Gate Drive
  Cherry Hill, NJ 08034
  Phone: (856) 428-1180
- Toll Free Pregnancy Hotline: 1(800) 327-2229
- Email: info@goldencradle.com

Open Arms Adoption Network
Lifetime counseling available; individualized adoption plans.
- Website: www.openarmsadoption.net
- 10125 Verree Road
  Philadelphia, PA 19116
- Toll Free #: (888) 673-6276
Philadelphia Women’s Center
Provides free pregnancy testing, ultrasound exams, STI testing and treatment, (cont) counseling/education, abortions and follow-up care.
• Website: philadelphiawomenscenter.com
• 771 Appletree Street, 7th Floor
  Philadelphia, PA 19106
  Phone: (215) 574–3590
• Toll Free: (800) 869–2330

Planned Parenthood of Southeastern PA
Provides affordable and confidential pregnancy testing and abortion services.
• Website: www.plannedparenthood.org
• 1144 Locust Street
  Philadelphia, PA 19107
  Phone: (215) 351–5550
• 1220 Powell St
  Philadelphia, PA 19103
  Phone: (215) 279–6095
• 8210 Castor Avenue
  Philadelphia, PA 19152
  Phone: (215) 745–5966
• 1001 East Lincoln Hwy
  Coatesville, PA 19320
  Phone: (610) 383–5911

Postpartum Stress Center
• Website: www.postpartumstress.com
• 1062 Lancaster Avenue; Rosemont Plaza
  Apts. #2; Rosemont, PA 19010
  Phone: (610) 525–7527

Real Alternatives – LifeAide
Free and confidential alternative-to-abortion, pregnancy and parenting support.
• Toll Free #: 1(888) 543–3243

Reproductive Health Center and Counseling Center
Services offered include free pregnancy testing; first and mid-trimester abortions; counseling services; contraceptive care; and routine gynecological care.
• Website: reproductivecounseling.com

• 15 Street and Upland Ave
  Chester, PA 19013
  Phone: (610) 874–4361
• 1 Medical Center Blvd, CCMC Annex
  Silberman Center, Chester, PA 19013
  Phone: (888) 875–0168

Transitions Adoption Agency, Inc.
• Website: www.transitionsadoption.com
• 355 West Lancaster Avenue
  Havertford, PA
  Phone: (610) 642–4155

SUPPORT GROUPS & NETWORKS

Alcoholics Anonymous – AA
Support groups; online groups available.
• Website: www.aa.org
• 562 W. Lancaster Ave.
  Ardmore, PA 19033
  Phone: (610) 527–9711
• 7109 W Chester Pike
  Upper Darby, PA 19082
  Phone: (610) 352–9897
• 444 N. 3rd Street – Suite 3
  Philadelphia, PA 19123
  Phone: (215) 923–7900
• 34 S. Macdade Blvd
  Glenolden, PA 19036
  Phone: (484) 494–8433
• 10 Liberty Blvd
  Malvern, PA 19355
  Phone: (610) 644–9675
• 4318 Frankford Ave
  Philadelphia, PA 19124
  Phone: (215) 535–9609

Adult Children of Alcoholics
Assistance in locating support meetings in your area of choice nationwide.
• Website: www.adultchildren.org/meetings
Al-Anon/Alateen/Family Group
Provides support for those who are in a relationship with someone who abuses alcohol.
- Website: www.al-anon.alateen.org
- Lancaster – Al-Anon Intergroup
  PO Box 186, Lancaster, PA 17608
  Phone: 1(800) 671–5994
- Philadelphia – Al-Anon Info Serv. of Delaware Valley
  4021 Walnut St.; Phila., PA 19104
  Phone: (215) 222–5244

BiUnity
Philadelphia based social/support network for bisexual people, their families and friends.
- P.O. Box 41905
  Philadelphia, PA 19101
  Phone: (215) 732–2220

Bucks County Lesbian Alliance
Lesbian support group.
- Email: BCLA@BucksCountyLesbianAlliance.org

Cocaine Anonymous – CA
Offering support groups for those suffering from specifically cocaine addiction. Online groups are also offered. Contact www.ca.org to locate a meeting in an area of your choice or contact www.caonline.org to join a group online.

GLBT National Help Center
Serving gay, lesbian, bisexual, transgender and questioning people, by providing free and confidential peer support.
- Website: www.glbthotline.org
- GLBT National Hotline: 1 (888) 843–4564
- Grief and Loss Support Group information can be found at this link: www.google.com/alpha/Top/Health/Mental_Health/Grief,_Loss_and_Bereavement/Support_Groups

Narcotics Anonymous
Provides support for those suffering specifically from drug (narcotics) addiction.
Local meeting at Bryn Mawr College, Bryn Mawr, PA 19010.
- Website: www.na.org

Parents, Families & Friends of Lesbians and Gays (PFLAG)
An all-volunteer, grassroots support group for families of gay, lesbian, transgender and bisexual people. One of 500 chapters in a 30-year-old nationwide organization.
- Website: www.community.pflag.org
- Bucks County c/o BuxMont UU Fellowship
  2040 Street Road
  Warrington, PA 18976
  Phone: (215) 598–8005
  • Email: BucksCountyPFLAG@yahoo.com
- Lancaster
  • 1947 New Holland Pike
    Lancaster, PA 17601
    Phone: (717) 397–1012
- Philadelphia
  • P.O. Box 15711
    Philadelphia, PA 19103
    Phone: (215) 572–1833
  • Email: PFLAGphila@yahoo.com
- West Chester/Chester County
  • Post Office Box 2527
    West Chester, PA 19380
    Phone: (484) 354–2448
  • Email: lynda895@comcast.net
- Wilkes-Barre/ Northeastern PA
  • 107 Butler Street
    Forty Fort, PA 18704
    Phone: (570) 287–8504
  • Email: pflagnepa@aol.com

Pennsylvania Diversity Network
Bradbury – Sullivan LGBT Community Center
- Website: padiversity.org
  www.bradburysullivancenter.org
- Infoline: (610) 432–5449

STRENGTHOFUS.ORG
A user driven online community launched by the National Alliance of Mental Illness (NAMI) where young adults, ages 18–25 can provide mutual support in navigating the challenges and opportunities presented before, during and after the college years.
William Way Lesbian, Gay, Bisexual, and Transgender Community Center
Encourages, supports, and advocates for the well-being and acceptance of sexual and gender minorities in the Greater Philadelphia region through service, recreational, educational, and cultural programming.
• Website: www.waygay.org
• 1315 Spruce Street
  Philadelphia, PA 19107–5601
  Phone: (215) 732–2220

U.S. Department of Veteran Affairs
Provides information about mental health and support services specifically for veterans.
• Website: www.mentalhealth.va.gov

Veterans Crisis Line
Confidential help for veterans and their families.
• 24/7 Hotline: 1(800) 273–8255 (Press 1)
• Website: www.veteranscrisisline.net

MILITARY RESOURCES:
ACTIVE DUTY & VETERANS

Military One Source
Free service provided by the Department of Defense to service members and their families to help with a broad range of concerns, including possible mental health problems.
• 24/7 Hotline: 1 (800) 342–9647
• Website: militaryonesource.mil

National Resource Directory
Connects wounded warriors, service members, veterans, and their families with national, state, and local support programs.
Website: www.nrd.gov

Steven A. Cohen Military Family Clinic at the University of Pennsylvania
Provides no cost, high-quality, integrated behavioral health care for veterans and/or their family members in an independent, private setting.
• Website: www.med.upenn.edu/mfc
• 3535 Market St #670
  Philadelphia, PA 19104
  Phone: (844) 573–3146