



Resource Guide for Cheltenham Community Members

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*For updates to this Resource Guide, please contact Wendy Rosenfeld,
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CHILD ABUSE

ChildLine (Child Abuse Report Line)

1-800-932-0313

[Pa.gov/agencies/dhs/resources/keep-kids-safe/contact-keep-kids-safe](https://pa.gov/agencies/dhs/resources/keep-kids-safe/contact-keep-kids-safe)

Report suspected child abuse or neglect

Montgomery County Office of Children & Youth

610-278-5800 (Monday – Friday, 8 am – 4:30 pm)

610-635-4300 (After hours, weekends, and holidays)

www.montgomerycountypa.gov/departments/health-human-services/office-children-youth

Investigates reports of child abuse and neglect; works directly with families to improve safety and well-being; and provides support such as adolescent services, truancy, intervention, foster care, and adoption resources.

Victim Services Center of Montgomery County

1-888-521-0983 (24/7 Crisis Hotline)

610-277-0932 (office)

www.victimservicescenter.org

Provides free, confidential help for both victims of crime and their loved ones.

DOMESTIC VIOLENCE

Abington Safe Center

1200 Old York Road

Abington, PA 19001

215-481-8079

forensicteam@jefferson.edu

www.jeffersonhealth.org/locations/abington-hospital/departments-directory/safe-center

Forensic nurse examiners can provide guidance through treatment, healing, and recovery, with resources for counseling and follow-up care.

National Domestic Violence Hotline

1-800-799-SAFE (7233)

Text START to 88788

www.thehotline.org

Provides confidential support 24/7/365

Nicole's Place at Laurel House

570 Welsh Road

Huntingdon Valley, PA 19006

267-699-0200

HOTLINE: 1-800-642-3150 (24/7) or Text "Hope" to 85511 (Monday – Friday, 8 am – 10 pm)

Laurel House: 610-277-1860

www.laurel-house.org/about/our-programs/nicoles-place

A satellite office of Laurel House that provides support to individuals and families of Eastern Montgomery County who have been impacted by domestic violence. Provides crisis intervention, counseling, supportive services, and both prevention and education resources.

Rainn National Sexual Assault Hotline

800-656-4673 (HOPE)

www.rainn.org

Trained support specialists providing confidential and anonymous 24/7 support and resources for both survivors of sexual violence and their loved ones.

Victims Services Center of Montgomery County, Inc.

325 Swede Street, 2nd Floor

Norristown, PA 19401

Hotline: 888-521-0983 (24/7)

Office: 610-277-0932

www.vscmontcopa.org

Free and confidential support for victims of crime and their loved ones

Women's Center of Montgomery County

24-Hour Domestic Violence Hotline: 1-800-773-2424

www.wcmontco.org

A volunteer, community organization with a primary focus on freedom from domestic violence and other forms of abuse, as well as a strong commitment to empowering women to transform their lives and thrive.

DRUG AND ALCOHOL**Al-Anon**

www.al-anon.org

Help and hope for friends and families of alcoholics.

Alateen

al-anon.org/newcomers/teen-corner-alateen/

For teens 13-18 who have been affected by someone else's drinking. A place to share experience, strength, and hope with other teens.

Alcoholics Anonymous of Southeastern PA

24-hour Helpline: 215-923-7900

Spanish 24-hour Helpline: 215-398-2540

www.aasepia.org

Providing non-professional, self-supporting, multiracial, and apolitical assistance, as well as sharing experience, strength, and hope to anyone seeking help with a drinking problem.

United States Drug Enforcement Administration (DEA)

www.dea.gov

Provides essential information about the harmful effects of illicit drug use through educational materials and two websites:

- www.justthinktwice.gov
This website for teens provides credible information about the harmful effects of drug use. Included is information about various drugs, facts and fiction about drugs, the consequences of drug use, as well as topics about addiction, impaired driving, and true stories about drug-related experiences of teens.
- www.getsmartaboutdrugs.gov
This website is designed for parents, caregivers, and educators to gain knowledge of valuable drug education information to further help identify drug use, drug paraphernalia, warning signs of drug use, and the harmful side effects of the most commonly abused drugs.

Montgomery County Office of Drug and Alcohol

1430 DeKalb Street

Norristown, PA 19401

610-278-3642 (Monday – Friday, 8 am – 4 pm)

www.montgomerycountypa.gov/1339/Drug-Alcohol

This county office provides a wide range of drug and alcohol services to county residents, including prevention, intervention, and treatment. Prevention and intervention services are provided to county residents regardless of personal income.

MYLIFEMYQUIT

1-800-QUITNOW (1-800-784-8669)

TEXT: StartMyQuit to 36072

www.pa.mylifemyquit.org

Free, confidential, and non-judgmental support for teens. Get the truth about vaping, marijuana, smoking, and other tobacco products. There are also resources for those ready to quit.

Nar-Anon

www.nar-anon.org

Support for friends and family members affected by someone else's addiction.

National Institute on Drug Abuse (NIDA)

301-443-6441

www.nida.nih.gov

Explore topics in substance use and addiction science with the latest science-based information about drug use, health, and the developing brain. Designed for young people and those who influence them – parents, caregivers, and educators.

Parents. The Anti-Drug.

1-800-662-HELP

www.theanti-drug.com

A drug prevention information center and a supportive community for parents to interact and learn from each other, as well as educate youth about the dangers of substance abuse.

Partnership to End Addiction

Helpline (free and confidential): 855-378-4373

Text CONNECT to 55753

www.drugfree.org

Providing families, professionals, and communities with support, resources, and guidance to help prevent and address substance use among teens and young adults.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Rockville, MD 20847-2345

1-877-SAMHSA (1-877-726-4727) (Monday – Friday, 8:30 am – 5 pm)

Suicide & Crisis Lifeline: Call or Text 988

TTY: 800-487-4889 or text your zip code to 435748 (HELP4U)

www.samhsa.gov

SAMHSAInfo@samhsa.hhs.gov

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities by making information, services, and research more accessible.

- **SAMHSA's National Helpline**

1-800-662-HELP (4357)

The National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish. For information on finding help and treatment options, visit www.samhsa.gov/find-treatment

Truth On Weed

www.truthonweed.com

Know the Science. Know the Truth.

- **The Science:** Evidence from mainstream health organizations about the significant health risks and harms with the use of today's marijuana (and source links): TruthOnWeed.com/science
- **Truth-checker** (Ask Mary Jane): A fact-check on claims made by pro-pot politicians: TruthOnWeed.com/ask

LGBTQ+ SUPPORT

The Anti-Violence Project

116 Nassau Street, 3rd Floor

New York, NY 10038

Hotline: 212-714-1141 (Free, English/Spanish, Mon.-Thurs. 10 am-6 pm, Fri. 10 am-2 pm)

Office: 212-714-1184

www.avp.org

Offers support to LGBTQ+ & HIV-affected survivors of any violence, as well as those who love and support survivors and/or have lost a loved one to violence.

Blackline

1-800-604-5841

www.callblackline.com

A 24-hour hotline that prioritizes BIPOC (Black, Indigenous, and People of Color), but no one will be turned away. Provides a space for those with an LGBTQ+ Black Femme Lens to find peer support, counseling, affirmation of lived experiences, and more.

LGBT National Hotline

LGBT Hotline: 1-888-843-4564

Youth Talkline: 1-800-246-7743

Senior Hotline: 1-888-234-7243

LGBT Coming Out Support Hotline: 888-688-5428

Monday – Friday, 2 pm – 11 pm & Saturday, Noon – 5 pm

www.lgbthotline.org

Helps all members of the LGBTQIA+ community with free and confidential relationship issues, bullying, coming-out, family concerns, and more to find support, information, resources, acceptance, and community.

Trans Lifeline

877-565-8860

www.translifeline.org

A peer support and crisis hotline staffed by transgender people providing support. Connects trans people to community support and resources needed to survive and thrive.

Trevor Project LGBTQ Youth Hotline

Hotline: 1-866-488-7386

Main Line: 212-695-8650

Text: 678-678

www.thetrevorproject.org

Immediate help for anyone feeling lonely or contemplating suicide. Available 24/7/365. Call, text, or chat anytime support is needed. If you are contemplating suicide or feel lonely, they're here to listen. Helpful resources for self and/or others are readily available.

The Welcome Project

350 S. York Road

Hatboro, PA 19040

215-675-8808

www.welcomeprojectpa.org

Offers support groups, mental health services, education, training, family-friendly community events, and more.

MENTAL HEALTH ASSISTANCE

988 Suicide and Crisis Lifeline

Call: 988

Call: 1-800-273-TALK (8255)

Spanish: 1-888-628-9454

Lifeline Chat: chat.988lifeline.org

Text: 988

Disaster Distress Hotline: 1-800-985-5990

www.988lifeline.org

The 988 Lifeline provides 24/7/365 free, confidential support for people in distress, as well as prevention and crisis resources for self and loved ones.

Access Services

500 W. Office Center Drive, #100

Ft. Washington, PA 19034

215-540-2150

Toll Free: 1-800-793-2150

www.accessservices.org

Helps individuals to live rich and full lives by assisting in the following areas: Emergency Services, Intellectual Disabilities and Autism, Behavioral Health, Child and Family Services, Transition Age Services, and Foster Care/Host Family

Central Behavioral Health

2500 Maryland Road

Dixon Building, Suite 130

Willow Grove, PA 19090

267-818-2220

www.centralbh.org

A non-profit behavioral health center serving children, teens, adults, families, and seniors in Montgomery County, providing therapy, counseling, wellness education, substance use recovery, and transitional services.

Child and Family Focus

304 Easton Road

Willow Grove, PA 19090

267-818-6190

2935 Byberry Road, Suite 108

Hatboro, PA 19040

215-957-9771

www.childandfamilyfocus.org

A non-profit, faith-based agency dedicated to building communities and strengthening families by offering family-based services, respite care, therapeutic foster care services, prevention education, behavioral health services, and community-based mental health support services to youth and families.

HopeWorx, Inc.

484-672-1446

www.hopeworxinc.org

Helps individuals and their families navigate the public child-serving systems involving behavioral health, juvenile justice, child welfare, and education through peer support, family support, and advocacy.

Montgomery County Mobile Crisis

1-855-634-4673 (HOPE)

www.accessservices.org/services/mobile-crisis/

Montgomery County residents, whether for self, a family member, or a friend, are experiencing a crisis situation or are in need of emotional support and/or intervention are encouraged to call **1-855-634-4673** (available 24 hours a day/7 days a week).

Montgomery County Office of Behavioral Health/Developmental Disabilities/Early Intervention

610-278-3642

www.montgomerycountypa.gov/departments/health-human-services/office-mental-health-developmental-disabilities-early-intervention

Connects residents with supportive services that include mental health resources, developmental disability supports, and early intervention services for children from birth to age three.

Montgomery County Office of Mental Health

www.montgomerycountypa.gov/departments/health-human-services/office-mental-health-developmental-disabilities-early-intervention/mental-health

Provides information on mental health supports and services.

Montgomery County Peer Support (Adults):

Peer Support: 855-715-8255

Text: 267-255-7785

Certified peer specialists provide free, anonymous help and confidential emotional support, help, and connections to local resources. Available 7 days/week from 1 pm – 9 pm.

NAMI

100 W. Main Street, Suite 204

Lansdale, PA 19446-2030

215-361-7784 (Monday-Friday, 9 am – 3 pm)

Help Line: 800-950-6264 (NAMI) (Monday – Friday, 10 am – 10 pm)

Text Help Line to 62640 (Monday – Friday, 10 am – 10 pm)

Chat: nami.org/help (Monday – Friday, 10 am – 10 pm)

www.namimontcopa.org

office@namimontcopa.org

helpline@nami.org

Improves the lives of individuals and families through tools, support, education, skills, advocacy, and awareness in order to promote positive mental health. Support groups are provided for those with mental illness as well as for caregivers, so that no one feels alone in their mental health journey.

City of Philadelphia Department of Behavioral Health and Intellectual disAbility Services

215-685-5900 (Monday-Friday, 9 am – 5 pm)

Mental Health Delegate Hotline: 215-685-6440 (24/7)

Non-Emergency Services Hotline: 888-545-2600 (24/7)

TTY: 888-436-7482

www.dbhids.org

Educates, strengthens, and serves individuals and communities in the areas of mental health, addiction services, intellectual disAbility services, and children's services.

MULTI-FACETED SUPPORT

Family Services of Montgomery County

3125 Ridge Pike

Norristown, PA 19403

610-630-2111

www.fsmontco.org

info@fsmontco.org

Provides compassionate support and trustworthy guidance to Montgomery County individuals and families in need in the areas of Family Support; Health & Wellness; Housing; Older Adults; Reentry & Restorative Justice; and Substance Abuse Prevention.

NAVIGATIONAL RESOURCE SERVICES

Cheltenham Township

8230 Old York Road

Elkins Park, PA 19027

215-887-1000

www.cheltenhamtownship.org

Provides information to help residents find needed programs and services as well as general information about Cheltenham Township.

Montgomery County Community Connections Navicate Program

Eastern Court House Annex

102 North York Road

Willow Grove, PA 19090

610-278-3522

www.montgomerycountypa.gov/departments/health-human-services/community-connections

Trained and experienced professionals will connect you to resources and services (mental health, addiction services, housing, transportation, childcare, taxes, affordable healthcare, legal services, and more) in Montgomery County.

PARENTING

Because I Love You Parent Support Group

818-884-8242

www.bily.org

Provides parents with opportunities to talk about their personal issues involving challenging youth (of any age) with other parents who listen, not judge. Support group meetings are free.

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

301-306-7070

Contact an ADHD Specialist: 1-866-200-8098 (Monday – Friday, 9 am – 5 pm)

www.chadd.org

BuxMont CHADD

Blue Bell, PA

267-326-7760

<https://buxmontchadd.com/>

buxmont@chadd.org

CHADD inspires people affected with ADHD by providing evidence-based information; supporting individuals, families, and professionals who assist them throughout their journey, and advocating for equity, inclusion, and universal rights.

Positive Parenting Program (Triple P)

A program of Family Services of Montgomery County

2199 Buchert Road

Pottstown, PA 19464

www.fsmontco.org/what-we-do/parent-education

TripleP@fsmontco.org

Triple P provides parents and caregivers of children ages 0-18 with useful strategies and simple tips that assist in managing common behavior problems and building strong, healthy relationships. Sessions are available in English and Spanish as well as virtual and in-person.

Operation Parent

www.operationparent.org

Equips parents and trusted adults with the knowledge and confidence to create safe spaces to engage with youth in open and courageous conversations about drugs and alcohol, mental health, risky behaviors, and other life issues.

Talk. They Hear You App

www.samhsa.gov/talk-they-hear-you/mobile-application (free app to download)

“Talk. They Hear You” aims to reduce underage drinking and other substance use among youth (those under age 21) by providing parents and caregivers with information and resources they need to address these issues with their children early and often. Sample conversations are also available.

SUBSTANCE INFORMATION AND RESOURCES

Be a Part of the Conversation

16 E Lancaster Avenue, Suite 101
Ardmore, PA 19003
267-629-2214

www.conversation.zone

Equips families and communities in Pennsylvania with skills and resources to understand substance use, addiction, and related health issues by providing community programs, education, and supportive connections that highlight lived experiences and challenge stigma.

The Council of Southeast Pennsylvania, Inc. (SEPA)

4459 West Swamp Road
Doylestown, PA 18902
Office: 215-345-6644

Information and Referral Line: 1-800-221-6333 (Monday-Friday, 8:30 am – 4:30 pm)

www.councilsepa.org

The Council is a private non-profit prevention, education, advocacy, assessment, intervention, and recovery support organization, servicing both Bucks and Montgomery Counties. It provides a wide range of services to reduce the impact of addiction and improve related health issues for the entire community.

Johnny's Ambassadors

www.johnnysambassadors.org

Educates teens, parents, and communities about the dangers of today's high-THC marijuana on adolescent brain development, mental illness, and suicide. Focuses on youth marijuana awareness, prevention, and education.

Natural High

www.naturalhigh.org

Natural High is dedicated to bringing information, resources, and the power of positive example to young people's lives by delivering stories that help kids find their own natural highs.

Parents Against Vaping E-Cigarettes

www.parentsagainstvaping.org

A national advocacy and education organization powered by passionate parents and volunteers working together to protect youth from the dangers of vaping and other flavored tobacco use.

Truth Initiative

Text EXPROGRAM to 88709 for free help quitting

www.truthinitiative.org

Vaping and smoking prevention and education that delivers the facts so that young people can make informed decisions and embrace a healthy nicotine-free future.

Youth Now

www.youthnow.me

Educates, supports, and empowers youth. Parents, educators, and providers by offering resources, campaigns, research, and other support. Also brings together community members from all walks of life, even those who have seemingly opposite opinions about substances, to connect and support communities, build resilience, and prevent youth substance use.

YOUTH SUPPORT & CRISIS HOTLINES**988 Suicide and Crisis Lifeline**

Call: 988

Spanish: 1-888-628-9454

Lifeline Chat: chat.988lifeline.org

Text: 988

Disaster Distress Hotline: 1-800-985-5990

www.988lifeline.org

The 988 Lifeline provides 24/7/365 free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones.

Montgomery County Mobile Crisis Support

855-634-HOPE (4673)

24/7 support for crisis situations

National Domestic Violence Hotline

800-210-1301

Text START to 88788

www.thehotline.org/

24/7, free and confidential

National Drug Helpline

884-289-0879

A free, confidential 24/7 drug and alcohol hotline.

National Rehab Hotline.Org

866-210-1301

nationalrehabhotline.org/Pennsylvania/

Free 24/7 confidential addiction and substance abuse hotline for immediate addiction help, support, and resources.

PA Drug and Alcohol Helpline

1-800-622-4357 (HELP)

For individuals seeking treatment and/or support for themselves or a loved one.

Teen Talk Line

1-866-825-5856 (7 days/week; 1:00pm-9:00pm)

215-703-8411 (text)

Assistance available Monday–Sunday, 1–9 pm

[www.accessservices.org/services/peer-teen-line/
teentalkline@accessservices.org](http://www.accessservices.org/services/peer-teen-line/teentalkline@accessservices.org)

Teens helping teens. No judging. No pressure. Having people who understand makes all the difference.