



Resources for Teens

Healthy Relationships/ Domestic Violence

Laurel House

Phone: 610-277-1860
24/7 Hotline: 1-800-642-3150
Text: "HOPE" to 85511
Email: info@laurel-house.org
Web: laurel-house.org

Provides training, workshops, informational material, and guidance to teens, parents, and schools about reducing domestic violence and maintaining healthy relationships.

LGBTQ+ Mental Health and Support

LGBT National Youth Hotline

Phone: 1-800-246-7743
Web: lgbothotline.org

A confidential, safe space for help with relationship issues, bullying, sexual orientation, gender identification, coming-out, family concerns, support, acceptance, and community.

Trevor Project LGBTQ Youth Hotline

Phone: 212-695-8650
24/7 Hotline: 866-488-7386
Text: 678-678
Web: thetrevorproject.org

Immediate prevention and crisis intervention for anyone contemplating suicide. LGBTQ+ young people providing information and support 24/7/365.

Trans Lifeline

Phone: 877-565-8860
Web: translifeline.org

Hotline staffed by transgender people providing direct support and crisis intervention for transgender, non-binary, and questioning individuals.

Mental Health Support

Child and Family Focus

Willow Grove Hatboro
267-818-6190 215-957-9771
Web: childandfamilyfocus.org

Family and community-based mental and behavioral health support services that enhance the well-being of children, adolescents, and young adults.

NAMI

Warm-line: 215-361-7784 (M-F 9am-3pm)
Web: namimontcopa.org

Learn about resources, when to ask for help, and how to talk to friends and family about mental health.

Substance Use (Prevention, Information, Support, Quitting)

Alateen

Web: al-anon.org/newcomers/teen-corner-alateen/
Support for teens 13-18 who have been affected by someone else's drinking.

American Lung Association & N-O-T (Not On Tobacco)

Web: lung.org/quit-smoking/helping-teens-quit
Information on tobacco, e-cigarettes, and vaping, as well as smoking/vaping cessation resources.

The Council of Southeast Pennsylvania

Phone: 215-345-6644
Support Line: 1-800-221-6333 (M-F 8:30am-4:30pm)
Web: councilsepa.org

Education, awareness, prevention, intervention, and recovery/treatment solutions for alcohol, tobacco/nicotine, and other drugs.

Substance Use (Prevention, Information, Support, Quitting)

Just Think Twice

Web: justthinktwice.gov

Facts about drugs, consequences of drug use, addiction issues, and the impact of impaired driving. Read true stories about teens' problems with drugs and living drug free.

MyLifeMyQuit

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

Talk Now: 1-855-891-9989

Text: "Start My Quit" to 36072

Web: pa.mylifemyquit.org

Free, confidential, non-judgmental support for teens about vaping, marijuana, smoking, and other tobacco products, including tools to quit.

Narateen

Web: nar-anon.org/what-is-narateen

A safe space for teens affected by someone else's substance addiction to get support, share experiences, and learn coping skills.

Smokefree Teen

Phone: 877-44U-QUIT (448-7848)

State Quitline: 800-QUIT-NOW (784-8669)

Text: "QUIT" to 47848 (ages 13-17)

App: quitSTART

Web: teensmokefree.gov

Learn about the risks of smoking and vaping, as well as how to quit. English and Spanish available.

Truth Initiative

Text: "EXPROGRAM" to 88709 (for free help quitting)

Web: truthinitiative.org

Free, confidential 24/7 text messaging program designed to prevent nicotine addiction and empower young people (ages 13-24) to quit vaping.

Truth on Weed

Web: truthonweed.com

Evidence and resources about health risks and harms linked to using marijuana.

Youth Crisis Support

988 Suicide and Crisis Lifeline

Lifeline: 988

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

Spanish: 1-888-628-9454

Text: 988

Web: 988lifeline.org

Free, confidential 24/7 support for anyone thinking about suicide, worried about a friend or loved one, or would like emotional support for health struggles, emotional distress, alcohol/drug concerns, or loneliness.

Montgomery County Mobile Crisis Support

Phone: 855-634-HOPE (4673)

Web: montgomerycountypa.gov/2059/Mobile-Crisis

24/7 support for crisis situations and assistance with managing recurring and future crises.

PA Drug and Alcohol Helpline

Phone: 1-800-622-HELP (4357)

Text: 717-216-0905

Individuals seeking treatment or support for themselves or a loved one can get help 24/7/365 by staffed trained professionals.

Teen Talk Line

Phone: 1-866-825-5856

Text: 215-703-8411

Email: teentalkline@accessservices.org

Web: accessservices.org/services/peer-support-and-teen-talk-line/

Help available Monday-Sunday, 1-9pm. Teens helping teens. No judging. No pressure.

Are you a Cheltenham High School or Cedarbrook Middle School student interested in learning how to help peers who might be struggling?

Talk to Charla DeValia-Walker about joining our Youth Board! Email her at cdevalia@fsmontco.org.



Cheltenham
Communities That Care



Visit our website



@CheltenhamCTC



@CheltenhamCTC