



Resource Guide for Cheltenham Residents

Updated February 2025

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*For updates to this Resource Guide, please contact Wendy Rosenfeld,
CTC Community Mobilizer, at wrosenfeld@fsmontco.org.*

Updated 2/13/2025

MULTI-FACETED SUPPORT

Family Services of Montgomery County

3125 Ridge Pike
Eagleville, 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.

CHILD ABUSE

ChildLine (Child Abuse Report Line)

1-800-932-0313

www.keepkidssafe.pa.gov

Montgomery County Office of Children & Youth

610-278-5800 (Monday – Friday, 8 am – 4:30 pm)
610-275-1222 (After hours, weekends, and holidays)

www.montcopa.org/149/Children-Youth

Victim Services Center of Montgomery County

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

610-277-0932 (office)

www.victimservicescenter.org

DOMESTIC VIOLENCE

Abington Safe Center

1200 Old York Road

Abington, PA 19001

215-481-8079

forensicteam@jefferson.edu

<https://www.jeffersonhealth.org/locations/abington-hospital/departments/safe-center>

If you or someone you know is a victim of an assault, it is important to get medical help and support as soon as possible. Their forensic nurse examiners can guide you 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

National Sexual Assault Hotline

800-656-4673 (HOPE)

www.rainn.org

Committed to supporting survivors of sexual violence, cultivating communities of anti-sexual violence activism, and promoting policies that deliver justice and hold perpetrators accountable. Confidential and anonymous, providing 24/7 support.

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, 8am – 10pm)

Laurel House: 610-277-1860

www.laurel-house.org

A satellite office of Laurel House which provides support to individuals and families of Eastern Montgomery County who have been impacted by domestic violence by providing crisis intervention, safe haven (including both emergency and transitional housing), supportive services, and resources, including education and prevention efforts.

Victims Services Center of Montgomery County

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

Office: 610-277-0932

www.vscmontcopa.org

325 Swede Street, 2nd Floor

Norristown, PA 19401

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 and a strong commitment to empowering women. Events offer a diverse range of opportunities to learn, engage, 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.

Aldersgate

49 Easton Road, Suite 203

Willow Grove, PA 19090

215-657-4545

www.aldersgateservices.org

info@aldersgateservices.org

A private, non-profit social services agency dedicated to promoting healthy relationships and the well-being of children, adults, and families through diversified programs in counseling, substance abuse prevention and intervention, and community outreach.

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. The site includes information about various drugs, including facts and fiction about drugs, the consequences of drug use, as well as topics about addiction, impaired driving, and true stories about teens that have had drug problems.
- 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, 8am – 4pm)

www.montgomerycountypa.gov/1339/Drug-Alcohol

This county office provides a wide range of drug and alcohol services to county residents. These services fit into three main categories: prevention, intervention, and treatment. Prevention and intervention services are provided to the community regardless of personal income.

- [Montgomery County Drug & Alcohol and Mental Health Resources for Schools and Community Partners \(padlet\)](#)

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 ducts so that you are not in the dark. If you decide to quit, they have the tools you need to be successful.

Nar-Anon

www.nar-anon.org

A 12-step program for friends and family members affected by someone else's addiction.

National Institute on Drug Abuse (NIDA)

301-443-6441

www.nida.nih.gov

NIDA's mission is to lead the nation in bringing the power of science to bear on drug abuse and addiction. Explore topics in substance use and addiction science. Find 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

Serves as a drug prevention information center and a supportive community for parents to interact and learn from each other.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Rockville, MD 20847-2345

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

1-800-662-HELP (4357) (Free, confidential 24/7/365 treatment, referral, and information service)

988 Suicide & Crisis Lifeline (call or text)

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 several 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, 24/7)

Office: 212-714-1184

www.avp.org

Offers support to LGBTQ+ & HIV-affected survivors of any type of violence, as well as to those who love and support survivors, including those who 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, 2pm – 11pm & Saturday, Noon – 5pm

www.lgbthotline.org

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

Trans Lifeline

877-565-8860

www.translifeline.org

A peer support and crisis hotline staffed by transgender people providing support. Trans Lifeline 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 contemplating suicide. Available 24/7/365. Call, text, or chat anytime you need support. If you are contemplating suicide or feel lonely, they're here to listen. In addition, resources are readily available. Get the tools you need to help yourself or someone else.

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: 988lifeline.org/chat

Text: 988 (24/7)

Disaster Distress Hotline: 1-800-985-5990

www.988lifeline.org

The 988 Lifeline provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources for you or your 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 with special needs to live rich and full lives by providing assistance in the following areas: Emergency Services, Intellectual Disabilities and Autism, Behavioral Health, Child and Family Services, Transition Age Services, and Foster Care/Host Family

Aldersgate

49 Easton Road, Suite 203

Willow Grove, PA 19090

215-657-4545

www.aldersgateservices.org

info@aldersgateservices.org

A non-profit human services agency addressing life issues for children, teens, families, men, women, and organizations by offering individual, marital, family, and group counseling; substance abuse prevention and education; school-based support; home-based support; and community outreach

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, and transitional services.

Child and Family Focus

304 Easton Road
Willow Grove, PA 19090
267-818-6190

2935 Byberry Road, Suites 108 & 300
Hatboro, PA 19040
215-957-9771

www.childandfamilyfocus.org

A non-profit, faith-based agency dedicated to building communities and strengthening families. CFF offers family-based services, respite care, therapeutic foster care services, and community-based mental health support services to children and youth with mental and behavioral challenges.

HopeWorx, Inc.

1210 Stanbridge Street, #600
Norristown, PA 19401
610-270-3685

www.hopeworxinc.org

HopeWorx helps individuals and their families learn what mental health resources are available and how to access them, as well as raise awareness of issues that affect the community. Peer-to-peer services include one-on-one advocacy support for people who use mental health services, people who are homeless, and people who have become involved in the criminal justice system because of mental illness.

Montgomery County Mobile Crisis

1-855-634-4673 (HOPE)

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

If you are a Montgomery County resident and you, a family member, or friend are experiencing a crisis situation or are in need of emotional support, call **1-855-634-4673**, 24 hours a day/7 days a week.

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

610-278-3642

www.montcopa.org/150/Mental-HealthDev-DisabilitiesEarly-Inter

This organization strives to enrich the lives of people in a positive way, through a unique partnership with the community that ensures quality services.

Montgomery County Office of Mental Health

<https://montcopa.org/1219/MentalBehavioral-Health>

In order to ensure that an array of community services are available and accessible to Montgomery County residents, the County Office of Mental Health plans, funds, administers, and monitors services that are provided by private community agencies licensed by the Commonwealth of Pennsylvania.

- [Montgomery County Office of Mental Health — Children's Mental Health Support and Services](#)
- [Montgomery County Drug & Alcohol and Mental Health Resources for Schools and Community Partners \(padlet\)](#)

Montgomery County Peer Support (Adults):

Peer Support: 855-715-8255 (7 days/week; 1:00pm-9:00pm)

Text: 267-255-7785

PA Support and Referral:

Helpline: 1-855-284-2494 (Free, 24/7)

TTY: 724-631-5600

NAMI

100 W. Main Street, Suite 204

Lansdale, PA 19446-2030

215-361-7784

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

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

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

www.namimontcopa.org

office@namimontcopa.org

helpline@nami.org (Monday – Friday, 10am – 10pm)

NAMI works to improve 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

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.

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.montcopa.org/1585/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

Be a Part of the Conversation

16 E Lancaster Avenue, Suite 101

Ardmore, PA 19003

267-629-2214

www.conversation.zone

Be a Part of the Conversation, a nonprofit organization, equips families and communities in Pennsylvania with skills and resources to understand substance use, addiction, and related health issues by providing community programs, fostering supportive connections, highlighting lived experiences, and challenging stigma.

Because I Love You Parent Support Group

818-884-8242

www.bily.org

Provides opportunities to talk 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, 9am – 5pm)

www.chadd.org

BuxMont CHADD

Blue Bell, PA

<https://buxmontchadd.com/>

267-326-7760

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.

Family Services of Montgomery County (Positive Parenting Program)

1976 East High Street

Pottstown, PA 19464

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

TripleP@fsmontco.org

Family Services' Positive Parenting Program (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. Virtual and in-person sessions are available.

Operation Parent

www.operationparent.org

Being a kid in today's world is tough. Being a parent...even tougher. Provides advice on 21st Century Technology; Emotional & Mental Health Issues; Alcohol, Nicotine, & Drugs; Risky Behaviors & Activities; Healthy Relationships; and Parenting Basics.

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

Be a Part of the Conversation, a nonprofit organization, equips families and communities in Pennsylvania with skills and resources to understand substance use, addiction, and related health issues by providing community programs, fostering supportive connections, highlighting lived experiences, and challenging stigma.

The Council of Southeast Pennsylvania, Inc.

4459 West Swamp Road

Doylestown, PA 18902

Office: 215-345-6644

Information and Referral Line: 1-800-221-6333

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

A mission to educate 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

Parents Against Vaping E-Cigarettes (PAVe) is a national advocacy and education organization powered by volunteers.

Truth Initiative

www.truthinitiative.org

Vaping and smoking prevention and education which delivers the facts so that young people can make informed decisions.

Youth Now

www.youthnow.me

Youth Now educates, supports, and empowers young people and offers 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 CRISIS & SUPPORT

988 Suicide and Crisis Lifeline

Call: 988

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

Spanish: 1-888-628-9454

Lifeline Chat: 988lifeline.org/chat

Text: 988 (24/7)

Disaster Distress Hotline: 1-800-985-5990

www.988lifeline.org

The 988 Lifeline provides 24/7, 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)

PA Drug and Alcohol Helpline: 1-800-622-4357

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

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