



**Cheltenham**

Communities That Care

## **Resource Guide for Cheltenham Residents**

*Updated December 2020*

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*For updates to this Resource Guide, please contact Wendy Rosenfeld,  
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## **MULTI-FACETED SUPPORT**

### **Family Services of Montgomery County**

3125 Ridge Pike  
Eagleville, PA 19403  
610-630-2111

[www.fsmontco.org](http://www.fsmontco.org)  
[info@fsmontco.org](mailto:info@fsmontco.org)

Provides support and guidance to Montgomery County individuals and families in need in the areas of substance abuse, prevention, parent education, family support, reentry services, older adult services, and health and wellness

## **CHILD ABUSE**

### **ChildLine (Child Abuse Report Line)**

1-800-932-0313

[www.keepkidssafe.pa.gov](http://www.keepkidssafe.pa.gov)

### **Montgomery County Office of Children & Youth**

610-278-5800

[www.montcopa.org/149/Children-Youth](http://www.montcopa.org/149/Children-Youth)

### **Victim Services Center of Montgomery County**

1-888-521-0983

[www.victimservicescenter.org](http://www.victimservicescenter.org)

## **DOMESTIC VIOLENCE**

### **Domestic Violence Support Group at Abington Memorial Hospital**

215-481-2576

[www.abingtonhealth.org/classes-events/results/?topicId=334](http://www.abingtonhealth.org/classes-events/results/?topicId=334)

Ongoing; call for dates/times/locations.

### **National Domestic Violence Hotline**

1-800-799-SAFE

[www.thehotline.org](http://www.thehotline.org)

### **Nicole's Place**

2064 County Line Road  
Huntingdon Valley, PA 19006  
267-699-0200  
HOTLINE: 1-800-642-3150

[www.laurel-house.org](http://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.

### **Victims Services Center**

Sexual Violence: 610-277-5200

Free evaluation and treatment for victims of violence.

[www.victimservicescenter.org](http://www.victimservicescenter.org)

### **Women's Center of Montgomery County**

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

[www.wcmontco.org](http://www.wcmontco.org)

## **DRUG AND ALCOHOL RESOURCES**

### **Al-Anon**

[www.al-anon.org](http://www.al-anon.org)

Help and hope for friends and families of alcoholics

### **Alcoholics Anonymous of Southeastern PA**

215-923-7900

[www.aasepia.org](http://www.aasepia.org)

### **Drug Enforcement Agency (DEA)**

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

[www.JustThinkTwice.com](http://www.JustThinkTwice.com)

This DEA's 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.com](http://www.GetSmartAboutDrugs.com)

This DEA's website for parents provides valuable drug education information for parents, educators, and caregivers 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 Drug and Alcohol**

1430 DeKalb Street

Norristown, PA 19401

610-278-3642

[www.montcopa.org/1339/Drug-Alcohol](http://www.montcopa.org/1339/Drug-Alcohol)

The program 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.

### **Nar-Anon**

[www.nar-anon.org](http://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)**

301-443-1124

240-221-4007 (Español)

[www.drugabuse.gov](http://www.drugabuse.gov)

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

### **Parents. The Anti-Drug.**

1-800-662-HELP

[www.theanti-drug.com](http://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)

[www.samhsa.gov](http://www.samhsa.gov)

[SAMHSAInfo@samhsa.hhs.gov](mailto:SAMHSAInfo@samhsa.hhs.gov)

SAMHSA was established in 1992 and directed by Congress to target effectively substance abuse and mental health services to the people most in need and to translate research in these areas more effectively and more rapidly into the general health care system.

## **MENTAL HEALTH ASSISTANCE**

### **Access Services**

500 W. Office Center Drive, #100

Ft. Washington, PA 19034

215-540-2150

[www.accessservices.org](http://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**

42 N. York Road

Willow Grove, PA 19090

215-657-4545

[www.aldersgateservices.org](http://www.aldersgateservices.org)

[info@aldersgateservices.org](mailto: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](http://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.

### **Einstein Health Network**

60 Township Line Road

Elkins Park, PA 19027

215-663-6000

[www.einstein.edu](http://www.einstein.edu)

Providing mental and behavioral health services (therapy and counseling) for couples and families

### **Mental Health Association of Southeastern Pennsylvania (MHASP)**

215-751-1800

[www.mentalhealthpartnerships.org](http://www.mentalhealthpartnerships.org)

Provides support to consumers living in the community (e.g. housing, case management) and family education through their Training and Education Center (x232) which offers a very helpful information packet and workshops about specific mental illnesses and problem-solving strategies.

### **Montgomery County Adult Mobile Crisis**

1-855-634-4673

[www.montcopa.org/2064/Crisis-Services](http://www.montcopa.org/2064/Crisis-Services)

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

### **Montgomery County Behavioral Health/Developmental Disabilities**

610-278-3642

[www.montcopa.org/150/Mental-HealthDev-DisabilitiesEarly-Inter](http://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.

## **Philadelphia Office of Behavioral Health and Intellectual disAbility Services**

[www.Dbhids.org](http://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](http://www.cheltenhamtownship.org)

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

### **Montgomery County Community Connections Navigate Program**

Eastern Court House Annex

102 North York Road

Willow Grove, PA 19090

610-278-3522

[www.montcopa.org/1585/Community-Connections](http://www.montcopa.org/1585/Community-Connections)

Helps navigate the human services field. Will help you find the right place to seek assistance (includes mental health, addiction services, housing, transportation, childcare, taxes, affordable healthcare, legal services, and more).

## **PARENTING**

### **Because I Love You Parent Support Group**

1-888-443-4481

[www.bily.org](http://www.bily.org)

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

1-800-233-4050

[www.chadd.org](http://www.chadd.org)

### **MYLIFEMYQUIT**

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

TEXT: 855-891-9989

[www.MYLIFEMYQUIT.com](http://www.MYLIFEMYQUIT.com)

Free and confidential. Get the truth about vaping, marijuana, smoking, and other tobacco ducts so that you are not in the dark. If you decide to quit, we have the tools you need to be successful.

## **Operation Parent**

[www.operationparent.org](http://www.operationparent.org)

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

## **Parents Involved Network of Pennsylvania (PIN)**

610-279-8511

A project of the Mental Health Association of Southeast PA. Assists parents or caregivers of children and adolescents with emotional and behavioral disorders.

## **Truth On Weed**

[www.truthonweed.com](http://www.truthonweed.com)

A few elements to point out:

- **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](http://TruthOnWeed.com/science)
- **Free eBook** - Use the homepage to access this free printable resource that highlights why marijuana can be a harmful and addictive drug, along with examples of what the commercialization of marijuana looks like in states that experiment with legalization.
- **Truth-checker** (Ask Mary Jane): A fact check on claims made by several pro-pot politicians: [TruthOnWeed.com/ask](http://TruthOnWeed.com/ask)

## **YOUTH CRISIS SUPPORT**

### **Montgomery County Children's Crisis Support Program**

888-HELP-414

[www.montcopa.org/2059/Childrens-Crisis-Support-Program](http://www.montcopa.org/2059/Childrens-Crisis-Support-Program)

Assists parents and youth by providing 24 hours a day/7 days a week crisis support, counseling, and assistance connecting to local community resources

### **Teen Talk Line**

1-866-825-5856

215-703-8411 (text)

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

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