



Resource Guide for Cheltenham Residents

Updated December 2021

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

MULTI-FACETED SUPPORT

Family Services of Montgomery County

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

www.fsmontco.org

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

Montgomery County Office of Children & Youth

610-278-5800

www.montcopa.org/149/Children-Youth

Victim Services Center of Montgomery County

1-888-521-0983

www.victimservicescenter.org

DOMESTIC VIOLENCE

Domestic Violence Support Group at Abington Memorial Hospital

215-481-2576

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

Nicole's Place

2064 County Line Road
Huntingdon Valley, PA 19006

267-699-0200

HOTLINE: 1-800-642-3150

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

Women’s Center of Montgomery County

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

www.wcmontco.org

DRUG AND ALCOHOL

Al-Anon

www.al-anon.org

Help and hope for friends and families of alcoholics

Alcoholics Anonymous of Southeastern PA

215-923-7900

www.aasepia.org

Aldersgate

42 N. York Road

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

Drug Enforcement Agency (DEA)

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

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

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

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.

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

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)

301-443-1124
240-221-4007 (Español)

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

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

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

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

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.

Einstein Health Network

60 Township Line Road
Elkins Park, PA 19027
215-663-6000

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

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

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 Office of Behavioral Health/Developmental Disabilities

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 \(padlet\)](#)

Philadelphia Office of Behavioral Health and Intellectual disAbility Services

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 to 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

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

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

1-800-233-4050

www.chadd.org

MYLIFEMYQUIT

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

TEXT: 855-891-9989

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

Being a kid in today's world is tough. Being a parent...even tougher. Provides advice: 21st 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

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

- **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](https://www.truthonweed.com/ask)

YOUTH CRISIS SUPPORT

Montgomery County Children's Crisis Support Program

888-HELP-414

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

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