



Cheltenham
Communities That Care

Resource Guide for Cheltenham Residents

Updated January 2023

RESOURCE CATEGORIES

MULTI-FACETED SUPPORT	2
CHILD ABUSE	2
DOMESTIC VIOLENCE	2
DRUG AND ALCOHOL	3
LGBTQ+ SUPPORT	5
MENTAL HEALTH ASSISTANCE	6
NAVIGATIONAL RESOURCE SERVICES	9
PARENTING	9
YOUTH CRISIS SUPPORT	10

*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 compassionate support and trustworthy 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 (7233)

www.thehotline.org

Nicole's Place at Laurel House

2064 County Line Road
Huntingdon Valley, PA 19006
267-699-0200

HOTLINE: 1-800-642-3150 (24/7) or Text “Hope” to 85511

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

Sexual Violence: 610-277-5200

Other Crimes: 610-ASSIST-1

www.victimservicescenter.org

Free evaluation and treatment for victims of violence.

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

Alateen

<https://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

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 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 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 \(padlet\)](#)

MYLIFEMYQUIT

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

TEXT: StartMyQuit to 36072

www.MYLIFEMYQUIT.com

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, we 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)

301-443-1124

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)

TTY: 800-487-4889

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**

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

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

LGBTQ+ SUPPORT

Trevor Project LGBTQ Youth Hotline

866-488-7386

Text: 678-678

Immediate help for anyone contemplating suicide. Available 24/7.

Trans Lifeline

877-565-8860

Hotline staffed by transgender people providing support for transgender people.

LGBT National Hotline

Adult Hotline: 1-888-843-4564

Youth Hotline: 1-800-246-7743

Senior Hotline: 1-888-234-7243

Helps with relationship issues, bullying, coming-out, family concerns, and more to find support, acceptance, and community.

Blackline

1-800-604-5841

Provides a space for those with an LGBTQ+ Black Femme Lens to find peer support, counseling, affirmation of lived experiences, and more.

The Anti-Violence Project

Hotline: 212-714-1141

Free, bilingual (English/Spanish), 24/7

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.

MENTAL HEALTH ASSISTANCE

988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline)

Call: 988

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

Spanish: 1-888-628-9454

Text: 988

www.988lifeline.org

The 988 Lifeline provides 24/7, free and confidential support for people in distress, 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

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.

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.

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

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.

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 \(padlet\)](#)

NAMI

100 W. Main Street, Suite 204

Lansdale, PA 19446-2030

215-361-7784

Help Line: 800-950-6264 (Monday–Friday, 9 am–3 pm)

Text Help Line to 62640

www.namimontcopa.org

office@namimontcopa.org

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.

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

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 live experiences, and challenging stigma.

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

Family Services of Montgomery County (Positive Parenting Program)

3125 Ridge Pike

Eagleville, PA 19403

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: 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.

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.

YOUTH CRISIS SUPPORT

988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline)

Call: 988

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

Spanish: 1-888-628-9454

Text: 988

www.988lifeline.org

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.

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

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

215-703-8411 (text)

Assistance available Monday–Sunday, 1 pm–9 pm

www.accessservices.org/services/peer-teen-line/teentalkline@accessservices.org

Teens helping teens. No judging. No Pressure.

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CTC Community Mobilizer, at wrosenfeld@fsmontco.org.*