



Resource Guide for Cheltenham Residents

Updated February 2024

RESOURCE CATEGORIES

MULTI-FACETED SUPPORT	2
CHILD ABUSE	2
DOMESTIC VIOLENCE	2
DRUG AND ALCOHOL	3
LGBTQ+ SUPPORT	6
MENTAL HEALTH ASSISTANCE	7
NAVIGATIONAL RESOURCE SERVICES	10
PARENTING	11
SUBSTANCE INFORMATION AND RESOURCES	12
YOUTH CRISIS & SUPPORT	13

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

Updated 2/23/2024

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 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 (Hotline)

610-277-0932 (office)

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)

Text START to 88788

www.thehotline.org

Provides confidential support 24/7/365

National Sexual Assault Hotline

800-656-4673 (HOPE)

www.rainn.org

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

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

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

215-923-7900

www.aasepia.org

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.

Drug Enforcement Agency (DEA)

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 Drug and Alcohol

1430 DeKalb Street

Norristown, PA 19401

610-278-3642

www.montgomerycountypa.gov/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.pamylifemyquit.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, 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)

301-443-6441

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)

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**

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
- **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

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 geared towards the Black, Brown, Native, and Muslim community, but no one will be turned away from the hotline. 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

Adult Hotline: 1-888-843-4564

Youth Hotline: 1-800-246-7743

Senior Hotline: 1-888-234-7243

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

866-488-7386

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, we'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, and 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

Disaster Distress Hotline: 1-800-985-5990

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

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.

Mental Health Partnerships

1951 New Hope Street
Norristown, PA 19401
267-507-3490
1-800-688-4226

www.mentalhealthpartnerships.org

Certified Peer Support (CPA) Specialists are equipped with valuable lived experiences in recovery, along with evidence-based wellness strategies, to offer essential assistance to individuals facing mental health and addiction challenges. We are dedicated to empowering participants on their journey towards recovery and wellness.

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

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)

Text Help Line to 62640

Chat: nami.org/help

www.namimontcopa.org

office@namimontcopa.org

helpline@nami.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.

City of Philadelphia Department of Behavioral Health and Intellectual disAbility Services

215-685-5400

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

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 live experiences, and challenging stigma.

Because I Love You Parent Support Group

1-888-443-4481

www.bily.org

Provides opportunities to talk with other parents who listen, not judge. Meetings are free.

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

1-800-233-4050

Contact an ADHD Specialist: 1-866-200-8098

www.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: 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

www.conversation.zone

Equips families and communities in Pennsylvania with skills and resources to understand substance use, addiction, and related health issues. Also provides community programs, fosters supportive connections, challenges stigma, and teaches healthy coping skills.

The Council of Southeast Pennsylvania, Inc.

Office: 215-345-6644

Support Line: 1-800-221-6333

www.councilsepa.org

The Council is a private non-profit prevention, education, advocacy, assessment, intervention, and recovery support organization. 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

Text: 988 (24/7)

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 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.