

# COUNSELING RESOURCES AND LINKS

## *Support for Depression:*

[SAMHSA's National Helpline](#)

[Talk To Someone Now](#)

[Depression and Bipolar Support Alliance](#)

[AFSP Greater Philadelphia](#)



## *Support for Anxiety:*

[ACA Anxiety Resources](#)

[Anxiety Crisis Counseling](#)

[Anxiety and Depression Association of America](#)

## *Support for Intimate Partner Violence:*

[National Domestic Violence Hotline](#)

[Philadelphia Domestic Violence Hotline](#)

[Philadelphia Office of Domestic Violence Strategies](#)

## *Health Anxiety Resources:*

[Self Help for Health Anxiety](#)

[Center for Anxiety, OCD, & CBT](#)

## *More Relationships Resources:*

[LGBTQ Relationships](#)

[Love is Respect](#)

[The Trevor Project](#)

## *Self-Care Ideas:*

[10 Self-care Tips for Returning Graduate Students](#)

[Get Enough Sleep | MyHealthfinder](#)

[Deep Breathing Exercises & Techniques for Stress Management and Relief](#)



## *Study Tips at the Graduate Level:*

[Salus Disabilities and Accommodations](#)

[Studying Skills for Grad School and Beyond | Rowan University](#)

[Studying 101 | University of North Carolina at Chapel Hill](#)

## *Drug and Alcohol Addiction Support:*

[Adult Children of Alcoholics](#)

[Alcoholics Anonymous](#)

[American Addiction Centers](#)

[FindTreatment.gov](#)

[For Black Men](#)

[AAPI Help](#)

## *Support for Disordered Eating:*

[NEDA Helpline](#)

[The Renfrew Center](#)

[National Association of Anorexia Nervosa and Associated Disorders](#)

[Overeaters Anonymous](#)

## *Resources for Trauma:*

[Trauma & PTSD Treatment Centers](#)

[TurningLeaf Therapy LLC](#)

## *Health & Wellness Resources for Students of Color:*

[Latinx-Specified Resources](#)

[Asian American Resources](#)

[Indigenous & First Peoples Resources](#)

[Black Resources](#)



## *Finding Local Treatment:*

[Treatment Services Locator](#)

[Find a Psychiatrist](#)

[Psychology Today](#)

[Find a Therapist](#)

## *Low Cost Treatment Options:*

[Low-Cost \(and free\) Mental Health Services in Philadelphia](#)

[Chestnut Hill College](#)

[LaSalle University](#)

[West Chester University](#)

## *Local Psychiatrists and Community Mental Health Providers:*

[LifeStance Health](#)

Multiple Locations  
USA

[Growth Opportunity Center](#)

928 Jaymor Road B-150  
Southampton, PA 18966  
215-947-8654

[Abington Psychiatry](#)

Jefferson Health Abington  
1200 Old York Road  
Abington, PA 19001  
215-481-5555

[Ivyland Counseling Center](#)

1210 Old York Road Suite 202  
Warminster, PA 18974  
215-444-9204  
[intake@ivylandcounselingcenter.com](mailto:intake@ivylandcounselingcenter.com)

[Complete Mind Care](#)

1021 Old York Rd., 4th Fl.,  
Abington, PA 19001  
215-254-6000

[Jenkintown Psychological Associates](#)

601 Summit Avenue  
Jenkintown, PA 19046  
215-885-1252  
[jessicapaist.jp@gmail.com](mailto:jessicapaist.jp@gmail.com)

[Lighthouse Therapy Associates](#)

123 S Broad Street #2540  
Philadelphia, PA 19109  
215-372-8132

[Rehab After Work](#)

*(For Mental Health and Substance Abuse Issues)*  
Noble Plaza  
801 Old York Road, Suite 310  
Jenkintown, PA 19046  
610-644-6464

[The Renfrew Center](#)

1528 Walnut Street Suite 805  
Philadelphia, PA 19102  
1-800-736-3739

## *Additional Resources:*

[Mental Health Partnerships](#)

[Philly National Alliance on Mental Health](#)

[Center for Growth](#)

*For additional online resources, please go to [MySalus](#).*