COUNSELING RESOURCES AND LINKS

Support for Depression:

SAMHSA's National Helpline

Talk To Someone Now

Depression and Bipolar Support Alliance

AFSP Greater Philadelphia

DREXEL UNIVERSITY Counseling Center

Support for Anxiety:

Helpful Links - Anxiety Resource Center

Anxiety Support & Resources | Text CONNECT to 741741

Anxiety and Depression Association of America

Support for Intimate Partner Violence:

National Domestic Violence Hotline

Home | Women Against Abuse

Philadelphia Office of Domestic Violence Strategies

More Relationships Resources:

LGBTQ Relationships

Healthy relationships for young adults | love is respect

The Trevor Project - Suicide Prevention for LGBTQ+ Young People

Mental Health and Covid-19

COVID-19 Mental Health | Foundations Health & Wholeness

Coronavirus Corner | Helpful Expert Tips and Resources to Manage Anxiety Mental Health and Coping during the Coronavirus (COVID-19) Pandemic

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:

Disability Resources

Studying Skills for Grad School and Beyond | Rowan University

Drug and Alcohol Addiction Support:

Adult Children of Alcoholics & Dysfunctional Families |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:

Welcome to the Department of Behavioral Health and Intellectual disAbility Services

TurningLeaf Therapy LLC

Trauma and PTSD Therapists in Philadelphia

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:

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

Jenkintown Psychological Associates
601 Summit Avenue
Jenkintown, PA 19046
215-885-1252

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
1-800-736-373

Additional Resources:

Mental Health Partnerships

Philly National Alliance on Mental Health

Center for Growth