

Counseling Resources and Links

Local Community Mental Health Providers:

Abington Psychiatry

Jefferson Health Abington

1200 Old York Road

Abington, PA 19001

215-481-5555

<https://www.abingtonhealth.org/services-specialties/psychiatry/>

Ivyland Counseling Center

1210 Old York Road

Suite 202

Warminster, PA 18974

215-444-9204

<https://ivyland.cc/>

Jenkintown Psychological Associates

601 Summit Avenue

Jenkintown, PA 19046

215-885-1252

<http://www.jpahhealth.com/>

Light House Therapy Associates

123 S Broad Street

#2540

Philadelphia, PA 19109

215-372-8132

<https://www.lighthousetherapyassociates.com/>

Rehab After Work (For Mental Health and Substance Abuse Issues) Noble Plaza
801 Old York Road, Suite 310
Jenkintown, PA 19046
610-644-6464
<https://rehabafterwork.pyramidhealthcarepa.com/>

Local Psychiatrists:

Behavioral Health Choices
1432 Easton Road
Warrington, PA 18976
484-685-0965
<https://www.behavioral-health-choices.com/>

Growth Opportunity Center 928 Jaymor Road
B-150
Southampton, PA 18966
215-947-8654
<http://gocenter.net/>

Additional Resources:

Adult Children of Alcoholics: www.adultchildren.org

Alcoholics Anonymous: www.aa.org

Mental Health Association of Southeastern, PA:
215-751-1800

National Association of Anorexia Nervosa and Associated Disorders www.anad.org

Online Resources:

Better Help

www.betterhelp.com

Love is Louder:

<http://www.loveislouder.com/>

Mental Help Net:

<http://www.mentalhelp.net/>

Web Tribes:

<http://www.therapytribe.com>

Online Apps:

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>