

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](#)

More Relationships Resources:

[LGBTQ Relationships](#)

[Love is Respect](#)

[The Trevor Project](#)

Mental Health and Covid-19:

[Coping with Stress and Covid-19](#)

[COVID-19 | Mental Health America](#)

[Coronavirus Corner | Helpful Expert Tips and Resources to Manage Anxiety](#)

[Mental Health and Coping during the Coronavirus \(COVID-19\) Pandemic](#)

Drug and Alcohol Addiction Support:

[Adult Children of Alcoholics](#)

[Alcoholics Anonymous](#)

[American Addiction Centers and MentalHelp](#)

[FindTreatment.gov](#)

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](#)

Self-Care Ideas:

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

[Get Enough Sleep | MyHealthfinder](#)

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

Support for Disordered Eating:

[NEDA Helpline](#)

[The Renfrew Center](#)

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

[Overeaters Anonymous](#)

Additional Resources:

[Mental Health Association of Southeastern, PA](#)

[Philly National Alliance on Mental Health Warmline](#)

Philadelphia's chapter of the National Alliance on Mental Illness

[Center for Growth](#)

In Person Therapy & Virtual Counseling: Philadelphia, PA

Finding Local Treatment:

Behavioral Health Treatment Services Locator:

<https://findtreatment.samhsa.gov/>

Find a Psychiatrist:

[https://finder.psychiatry.org/?
_ga=2.58936749.168586961.1645481493-1616049758.1643123375](https://finder.psychiatry.org/?_ga=2.58936749.168586961.1645481493-1616049758.1643123375)

Low-Cost (And Free) Mental Health Services In Philadelphia:

<https://thephiladelphiacitizen.org/mental-health-services-philly/>

Psychology Today:

<https://www.psychologytoday.com/us/therapists/pa/philadelphia>

Find a Therapist Therapy Tribe:

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

Local Psychiatrists and Community Mental Health Providers:

Behavioral Health Choices

1432 Easton Road
Warrington, PA 18976
484-685-0965

Jenkintown Psychological Associates

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

Growth Opportunity Center

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

Lighthouse Therapy Associates

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

Abington Psychiatry

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

Rehab After Work

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

Ivyland Counseling Center

1210 Old York Road Suite 202
Warminster, PA 18974
215-444-9204

The Renfrew Center

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

Online Resources:

Community Behavioral Health Philly: Community Behavioral Health

Philly:

Healthy Minds Philly: <https://healthymindsphilly.org/>

Love is Louder: <https://www.loveislouder.org/calm/>

Online Apps:

[Calm](#) for Sleep, Meditation and Relaxation

[Headspace](#) for Sleep Meditation and Relaxation

[Mindful](#) a List of 5 Free Mindfulness Apps

[MindShift CBT](#) for Anxiety

[MoodMission](#) for Coping Skills

More Information for Caring for Your Mental Health:

[10 Steps You Can Use To Overcome Impostor Syndrome](#)

[Managing Stress](#)

[How to Overcome Perfectionism](#)

[The Comparison Trap | Psychology Today](#)