

COUNSELING RESOURCES AND LINKS

Updated 8.2025

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](#)

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

[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

[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
866-929-3943

[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](#).