COUNSELING RESOURCES AND LINKS

Updated 8.2025

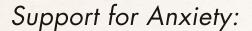
Support for Depression:

SAMHSA's National Helpline

Talk To Someone Now

Depression and Bipolar Support Alliance

AFSP Greater Philadelphia



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

<u>Deep Breathing Exercises & Techniques for Stress Management and Relief</u>



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

<u>FindTreatment.gov</u>

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

<u>TurningLeaf Therapy LLC</u>

Health & Wellness Resources for Students of Color:

<u>Latinx-Specified Resources</u>

Asian American Resources

<u>Indigenous & First Peoples Resources</u>

Black Resources

Finding Local Treatment: Low Cost Treatment Options:

<u>Treatment Services Locator</u> <u>Low-Cost (and free) Mental Health Services in Philadelphia</u>

<u>Find a Psychiatrist</u> <u>Chestnut Hill College</u>

<u>Psychology Today</u> <u>LaSalle University</u>

<u>Find a Therapist</u> <u>West Chester University</u>

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.jpa@gmail.com

<u>Lighthouse Therapy Associates</u>

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.