

## Counseling Resources and Links

### Local Community Mental Health Providers:

#### **Abington Psychiatry**

*Abington Jefferson Health*

1200 Old York Road

Abington, PA 19001

215-481-2525

<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/>

#### **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/>

#### **The Sage Healing Institute at PsyCare Solutions**

8302 Old York Rd

Elkins Park, PA 19027

215-885-9700

<https://www.sagehealinginstitute.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](http://www.adultchildren.org)

Alcoholics Anonymous: [www.aa.org](http://www.aa.org)

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

National Association of Anorexia Nervosa and Associated Disorders

[www.anad.org](http://www.anad.org)

## On-line Resources:

Love is Louder:

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

Mental Help Net:

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

Self-Help Therapy Worksheets:

<http://therapyworksheets.blogspot.com/>

Self-Help Stress and Relaxation Interactive Program:

<https://www.scu.edu/cowell/caps/getting-help-with-depression/stress-and-relaxation-interactive-program/>

**Web Tribes:**

<http://www.therapytribe.com>

**Online Apps:**

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