

# Mental Health Resources

## Local Organizations

### 2-1-1

<http://211sepa.org/>

Provides an easy-to-remember telephone number and web resource for finding health and human services—for everyday needs and in crisis situations.

### Central Behavioral Health

<https://www.centralbh.org/>

A non-profit community behavioral health center.

### Community Connections Navicate Program

<https://www.montcopa.org/1585/Community-Connections>

Skilled human service professionals who are knowledgeable about charitable organizations, county, and state resources.

### Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE)

<https://www.magellanofpa.com/providers/community/my-life/>

MY LIFE is helping to improve the lives of youth between the ages of 13 and 23 who are dealing with issues related to mental health, substance use, foster care and juvenile justice.

### Roadmap to Recovery

Adult Mental Health Services Guide

<https://bit.ly/2FtieER>

## National Organizations

### Mental Health America

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

The nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness.

### MentalHealth.gov

<https://www.mentalhealth.gov/>

MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information.

### National Alliance on Mental Illness (NAMI)

<https://www.nami.org/>

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

### National Institute of Mental Health

<https://www.nimh.nih.gov>

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.

### The Trevor Project

<https://www.thetrevorproject.org>

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.



In partnership with the Economic and Community Development Committee

If there is an additional organization that you'd like to see added to this list, please email:  
[uppermeriontownshiplibrary@gmail.com](mailto:uppermeriontownshiplibrary@gmail.com)

# Community Behavioral Health Centers

Community Behavioral Health Centers (CBHCs) are local community agencies that provide mental/behavioral health supports.

## ABINGTON REGION

Central Behavioral Health (adults)  
2500 Maryland Rd, Willow Grove, PA 19090  
(267) 818-2220

Child & Family Focus (children)  
2935 Byberry Rd, Ste 108, Hatboro, PA 19040  
(215) 957-9771

## FRANCONIA/SALFORD REGION

Penn Foundation  
807 Lawn Ave, Sellersville, PA 18960  
(215) 257-6551

## LANSDALE REGION

NHS Human Services  
400 N. Broad St, Lansdale, PA 19446  
(215) 368-2022

## LOWER MERION REGION

Lower Merion Counseling Services  
7 E. Lancaster Ave, Ardmore, PA 19010  
(610) 520-1510

## NORRISTOWN REGION

Central Behavioral Health  
1100 Powell St, Norristown, PA 19401  
(610) 277-4600

## WESTERN REGION

Creative Health Services  
11 Robinson St, Pottstown, PA 19464  
(610) 326-2767

# Suicide Resources

Montgomery County Suicide Prevention Task Force [www.motcopa.org/suicideprevention](http://www.motcopa.org/suicideprevention)

Dial 9-1-1

## Mobile Crisis Support

available 24/7 at 1-855-634-4673

## Peer Support Talk Line

available Monday - Sunday,  
3:00pm to 8:00pm at 1-855-715-8255

## Teen Talk Line

Call: 1-866-825-5856, Text: 215-703-8411, Email:  
[teentalkline@accessservices.org](mailto:teentalkline@accessservices.org)

## National Suicide Prevention Lifeline

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
1-800-273-TALK (8255)  
In Spanish - 1-888-628-9454  
Veterans - 1-800-273-8255, Press 1

# Kids & Teen Booklist

*Michael Rosen's Sad Book* by Michael Rosen (picture book)

*The Princess and the Fog* by Lloyd Jones (picture book)

*Finding Perfect* by Elly Schwartz (middle grade)

*Joey Pigza Swallowed the Key* by Jack Gantos (middle grade)

*The Science of Breakable Things* by Tae Keller (middle grade)

*Some Kind of Happiness* by Claire Legrand (middle grade)

*Challenger Deep* by Neal Shusterman (young adult)

*Turtles All the Way Down* by John Green (young adult)

*When We Collided* by Emery Lord (young adult)

There are a number of other titles for kids of all ages about mental health experiences, ask a librarian for assistance.