

The Montgomery County Office of Mental Health developed this guide for youth to learn about supports, resources, and programs that can aide in managing stress, mental health wellness, and recognize signs of crisis during the pandemic.

Guide for Youth: Mental Health Resources and Supports



Montgomery County
Office of Mental Health

610-278-3642

This guide is for middle and high school-aged adolescents and young adults looking for resources in Montgomery County to help manage stress, significant life events, support mental health wellness, and recognize the signs of crisis during the pandemic. We hope this guide will help you find and connect to resources, or share this information with others. Questions about programming can be directed to the Montgomery County Office of Mental Health (610-278-3642).

Mental Health

Mental Health and Wellness is an important piece of who we are. When we encounter stressful situations, we may begin to have feelings of fear, anxiety, sadness, or anger. The emotional impact of an emergency, including the pandemic, can also affect our day-to-day experiences, social connectedness, and support systems. Here are areas to assess and determine how you or others around you may be impacted. Some people might...

- feel anxious, have nightmares, or panic attacks
- feel more irritable, agitated, or angry
- notice their regular sleeping and eating patterns have changed
- become more isolated and withdrawn
- begin to use substances, like alcohol, tobacco, or other drugs as a way to escape reality

Practice Self-Care

Self-care is a term we might hear often, and describes the attitudes and actions we incorporate in our lives to maintain our mental and personal health wellness. Here are a few suggestions that you might consider as part of your self-care routine:

- Be thoughtful about screen time, including the amount of time spent reading about stressful topics (like the news, about the pandemic, etc.)
- What's an activity you enjoy? Exercise, meditation, spending time outdoors, journaling, listening to music – these are just a few things that might make you feel good. Incorporate what you enjoy in your daily routine.
- Schedules can be helpful – making sure you are prioritizing getting the amount of sleep you need can make a big difference.
- Connection is important! Reach out to your friends and family; take time to connect in a way that feels good to you.

Recognizing a Crisis

A mental health crisis is an emergency situation where a person's thoughts, feelings, and actions could lead them to hurting themselves or others or makes it difficult to function in everyday activities. More specific signs of a crisis include:

- Thoughts of harm to self or suicide or thoughts of hurting someone else
- Inability to care for oneself (completing hygiene tasks, eating, etc.)
- Increased agitation leading to aggression or violence towards others
- Extreme isolation
- Losing touch with reality or extreme paranoia

Mental Health Crises can occur as a result of extreme stressors in the home, environment, school, or work settings. ***It's important to know there's help available when you or anyone you care about might be experiencing a crisis. In Montgomery County, Mobile Crisis is available 24/7 at 1-855-634-HOPE (4672).***

Mental Health and Crisis Resources

CDC's Coping with Stress

<https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html> \

JED Foundation's COVID-19 and Managing Mental Health

<https://www.jedfoundation.org/covid-19-and-managing-mental-health>

NAMI's Navigating a Mental Health Crisis

https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis?utm_source=website&utm_medium=cta&utm_campaign=crisisguide

Local Support, Suicide Prevention, and Crisis Lines



The Peer Support and Teen Talk Lines are warm lines where teens and young adults can speak or text anonymously with a peer about any issues or problems they are facing without fear of judgement. The line is closely tied to the Montgomery County Mobile Crisis Program and is a supplement to that service. This also allows any true crisis calls to be immediately transferred to a crisis worker.

For Young Adults Call: 855-715-8255
Text: 267-225-7785

For Teens Call: 866-825-5856
Text: 215-703-8411
Email: teentalkline@accessservices.org
Hours: Seven days a week from 1:00pm – 9:00pm



Mobile Crisis

Crisis support 24 hours a day, 7 days a week. Competent and caring crisis workers will help you resolve crisis situations like depression or suicidal thoughts through telephone and mobile support when needed. We are here to help you with immediate crisis situations and help you reduce and manage recurring crisis.

1-855-634-HOPE (4673)



The National Alliance on Mental Illness (NAMI)

Individuals and families benefit from the opportunity to connect with community resources, participate in programming, and gain understanding of mental illness through community awareness and advocacy events.

215-361-7784 or <https://namimc.org/>

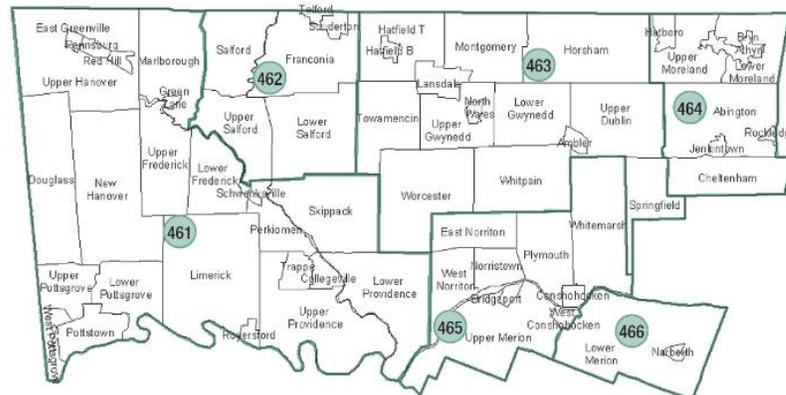
More Local Mental Health Resources

Community Behavioral Health Centers (CBHCs)

If further assistance is needed or if you have questions regarding mental health services, an Administrative Case Manager* at a local Community Behavioral Health Center (CBHC) can help. The six local community behavioral health centers cover different areas of Montgomery County:

**Administrative Case Management: Supports linkages to community resources, services and supports, maximizing the potential for independent community living, improving educational/vocational status, increasing social support networks and reducing psychiatric hospitalizations.*

Western Region (#461)	Creative Health Services	11 Robinson St. Pottstown, PA 19464 (484) 941-0500
Abington Region (#464)	Child and Family Focus	304 Easton Rd. Willow Grove, PA 19090 (267) 818-6190
Lansdale Region (#463)	Merakey	400 N. Broad St. Lansdale, PA 19446 (215) 368-2022
Franconia/Salford Region (#462)	Penn Foundation	807 Lawn Ave. Sellersville, PA 18960 (215) 257-6551
Norristown Region (#465)	Central Behavioral Health	1100 Powell St. Norristown, PA 19401 (610) 272-3042
Lower Merion Region (#466)	Lower Merion Counseling Services	7 E. Lancaster Ave. Ardmore, PA 19010 (610) 520-1510



Laurel House

Confidential, 24-hour hotline to support those experiencing domestic violence in Montgomery County.

1-800-642-3150

<https://laurel-house.org/about/our-programs/hotline-2/>

Student Assistance Program (SAP)

In partnership with Montgomery County providers and school districts, a range of student support is available at no cost for students K-12. Visit these websites to learn more about services and which provider to contact based on your school district.

<https://www.montcopa.org/2895/Student-Assistance-Program>

<https://www.montcopa.org/DocumentCenter/View/27781/Montco-Funded-SAP-Providers-by-District>

Eastern Montgomery County	Aldersgate	(215) 657-4545
Central Montgomery County	Carson Valley Children's Aid	(267) 984 -1248
Northeastern Montgomery County	Merakey	(215) 378-8549
Western Montgomery County	Creative Health Services	(610) 948-6490

Substance Use

Use of alcohol, tobacco, or other drugs is sometimes a way people cope with stress, difficult feelings (I, or situations). If you or someone you know is using substances, here are some supports that could help:

- The Office of Drug and Alcohol offers Intervention Services for youth struggling with substance use related to alcohol, marijuana or vaping at no cost. Information about these programs is available as part of the Student Assistance Program and can be found here:

<https://www.montcopa.org/2876/Drug-and-Alcohol-Prevention-Programs>

- *Be Part of the Conversation – Awareness about substance use, misuse and addiction.*

<https://conversation.zone/about-us/>

- The Office of Drug and Alcohol also funds case management services for interested individuals:

Eastern Montgomery County	Gaudenzia Dresher/Willow Grove	830 Twining Road Suite 1 Dresher, PA 19025 (215) 433-1634
Central Montgomery County	Gaudenzia	166 West Main Street Norristown, PA 1940 (610) 279-4262
Northeastern Montgomery County	Penn Foundation	271 North Bethlehem Pike Suite 201 Colmar, PA 18915 (267) 452-1900
Western Montgomery County	Creative Health Services	11 Robinson Street Pottstown, PA 19464 (610) 327-1503

Other Online or National Resources

Crisis Text Line

Text HOME to 741741 to connect with a Crisis Counselor. Free 24/7 support at your fingertips.

Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE)

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

NAMI's College and Your Mental Health

<https://nami.org/Support-Education/Publications-Reports/Guides/Starting-the-Conversation>

<https://nami.org/Support-Education/Publications-Reports/Guides/Starting-the-Conversation/CollegeGuide>

NAMI Teens and Young Adults

<https://www.nami.org/Your-Journey/Teens-Young-Adults>

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

TeenCentral – Information about a variety of mental health and wellness topics.

<https://teencentral.com/>

Teen Health – Information about health, physical, and mental wellness

<https://teenshealth.org/en/teens/your-mind>

Trans Lifeline – A hotline offering support to trans people in crisis

1-877-565-8860

The Trevor Project – Suicide Prevention and resources for LGBTQ youth

<https://www.thetrevorproject.org/resources>