

## Delaware County Resource Guide

### Abuse

Children and Youth Services (CYS), [www.co.delaware.pa.us/humanservices/childyouth.html](http://www.co.delaware.pa.us/humanservices/childyouth.html) , CYS investigates all allegations of child abuse and neglect, as mandated by state law. Provides a wide range of services to abused and neglected children from birth to age 18, and their families as well as services to adolescents who are at severe risk due to their behavior or that of their parent.

- 20 S. 69th Street, Upper Darby, PA, 610-713-2000
- 531 Penn Street, Chester, PA, 610-447-1000
- 100 W. 6th Street, Media, PA, 610-891-5258

Domestic Abuse Project, [www.dapdc.org](http://www.dapdc.org), Provides immediate crisis intervention, information, support, referrals, emergency, advocacy and support in filing for temporary Protection From Abuse (PFA) orders and representation for clients at permanent PFA hearings. Offers accompaniment and advocacy for victims involved in criminal proceedings against their abusers. Provides shelter to adults and their dependent children at imminent risk of physical abuse. Transitional housing program offers longer-term subsidized housing and intensive case management. Short and long-term supportive/educational counseling.

- 24 hour hotline: 610-565-4590
- 14 West 2nd Street, Media, PA, 610-565-6272
- 2600 W. 9th Street, Chester, PA , 610-497-6737

Elder Abuse, [www.delcosa.org](http://www.delcosa.org), Coordinated through COSA (County Offices of Services to the Aging) If you believe someone is in need of Adult Protective Services, please call:

- 610-490-1300
- After business hours 610-622-9284

Family Support Line, [www.familysupportline.org](http://www.familysupportline.org) . Provides free therapy groups for children and adolescent victims of sexual abuse. Also provides parents therapy group and access to a therapy network.

- 100 West 6th Street, Media, PA, 610-891-5237

Life Beyond Abuse, [www.lifebeyondabuse.org](http://www.lifebeyondabuse.org), Offers support and treatment to all members of the cycle of abuse. Programs include individual counseling, moderated support groups and assistance to victims involved in custody and visitation issues.

- 610-565-3399

### Runaway

- 1-800-621-4000

Senior Victim Services, free service that assists senior (55 years of age and older) victims of crime through home visits; accompaniment to judicial proceedings and related medical appointments; assistance filing compensation claims; and public education programs.

- 20 S. Olive St., Suite 303, Media, PA, 610-627-2292

WAR (Women Against Rape), WAR provides accompaniment services to the hospital, police station, court proceedings, or counseling services.

- 610-566-4342

### **Advocacy**

Delaware County Office of Behavioral Health, Provides mental health court/delegate services, community advocate, Community Support Program (CSP), and Contingency Fund.

- 610-713-2387

Mental Health Association of Southeastern PA, [www.mhasp.org](http://www.mhasp.org), A nonprofit citizen's organization serving adults, children and family members through programs and advocacy efforts

- 1-800-688-4226, ext. 228

PRO-ACT, Pennsylvania Recovery Organization-Achieving Community Together, [www.proact.org](http://www.proact.org). A support group of volunteers advocating for the recovery community, their families, and for those still suffering from the disease of addiction. Call to enroll in the family program, which is offered in convenient locations through Delaware County.

- 1-800-221-6333

SPAN, Suicide Prevention Awareness Network, [www.spanusa.org](http://www.spanusa.org). Dedicated to preventing suicide through public education, awareness, community action, federal, state and local advocacy.

### **Child/Day Care**

Child Care Information Systems (CCIS), Provides child care subsidies and serves children from birth to 13 years whose parents are employed and meet eligibility guidelines. Also, funding is available for teen parents to complete their high school education. Fees are based on family size and income. Complete an online application at: <https://www.humanservices.state.pa.us/COMPASS/PGM/ASP/SC001.asp>

- 20 S. 69th Street, Upper Darby, PA, 1-800-831-3117

Head Start, Delaware County Intermediate Unit, Provides preschool children of low-income families with a comprehensive program to meet their emotional, social, health, nutritional and psychological needs. Call for information on enrollment. [www.dciu.org/92244215122318/site/default.asp](http://www.dciu.org/92244215122318/site/default.asp)

- 200 Yale Ave, Morton, PA, 610-938-9000, ext. 2208

Office of Early Intervention, Offers services to children from birth to 3 years who experience developmental delays.

- 20 S. 69th Street, Upper Darby, PA , 610-713-2406

Widener University Child Development Center, Provides supplemental foods and nutrition education to pregnant, postpartum and breastfeeding women, infants, and young children up to age 5.

- 610-499-1097

Women, Infants & Children program (WIC)

- Springfield Office Phone: 610-328-7930
- Chester Office Phone: 610-497-7660
- Upper Darby Office Phone: 610-352-7925

### **Mental Health Counseling/Psychiatry**

American Day Treatment Center, <http://www.mainlinehealth.org/behavioral> , Mental health assessments, partial day hospitalization and intensive outpatient treatment programs. Call for an appointment.

- 401 Pilgrim Lane, Suite 100, Drexel Hill, PA, 1-888-CARE-898

Catholic Social Services, [www.css-phl.org/index.html](http://www.css-phl.org/index.html), Provides family, marital, and individual counseling on a sliding fee scale.

- 240 N. Springfield Road, Springfield, PA, 610-626-6550/6559
- 130 E. 7th Street, Chester, PA, 610-876-9183

Center for a Healthy World, Free mental health counseling in exchange for community service.

- 610-664-7793

Child Guidance Resource Centers, [www.cgrc.org](http://www.cgrc.org), Provides behavioral healthcare services for children, adolescents and families with mental health, developmental disabilities, and residential needs.

- 2000 Old West Chester Pike, Havertown, PA , 484-454-8700

Crozer Chester Medical Center Psychiatry, Offers behavioral health services for children and adults that include psychiatric evaluation, medication management, individual, family, and group therapy, case management.

- 610-874-5257

Crozier Chester Community Hospital

- Phone: 610-497-7687 (Adults), 610-497-7584 (Children)

Daemion House Community Counseling Center, offers fee-based counseling on a sliding fee scale to uninsured/ underinsured members of the community.

- 92 Howellville Road, Berwyn, PA , 610-647-1431

Elwyn, [www.elwyn.org](http://www.elwyn.org), has provided services to people with special needs for over 150 years. Elwyn provides services to children and adults with mental illness as well as individuals with developmental delays. Also provides services for adults with developmental disabilities and children and adolescents with social, emotional, and behavioral challenges.

- 111 Elwyn Road, Elwyn, PA , 610-891-2000

Empower Youth, LLC, A counseling facility for youth, ages 11-24, dealing with substance and mental health issues (co-occurring disorders). Provides education on risky behaviors, substance abuse, healthy boundaries, emotional awareness, and impulse control, through supportive group and individual therapy settings.

- 210 W. Front Street, Media, PA 19063, 610-565-4360

Family & Community Service, [www.fcsdc.org](http://www.fcsdc.org), Provides individual and family counseling, participates in the Second Time Around Parents (STAP) and Parents as Leaders (PAL) programs. Accepts medical assistance, most insurance, and has a sliding scale fee.

- 600 N. Olive Street, Media, PA , 610-566-7540
- 37 N. Glenwood Ave., Clifton Heights, PA, 610-626-5800

Fitzgerald Mercy Outpatient Psychiatry

- Phone: 610-237-4122

Holcomb Behavioral Health Systems, Provides behavioral health assessments, treatment, referrals, case management services, and mobile therapy.

- 225 S. 69th Street, Upper Darby, PA, 610-352-8943
- 126 E. Baltimore Pike, Media, PA 484-444-0412

NHS, Formerly Northwestern Human Services

- Phone: 610-534-3636

Social Work Consultation Services (SWCS), [www.swcs.cef.org](http://www.swcs.cef.org), Provides free services to residents of Chester and surrounding areas in the home or in their offices located at Community Hospital. They offer family programs, counseling, and information and referral services.

- 610-859-6047

Widener University Community Counseling Center, Provides wide range of psychological and counseling services including educational assessment, psychological testing, individual therapy for children and adults, couples and family therapy, substance abuse counseling, and sports psychology. Fees for services are based on a sliding scale. Call for information or an appointment. Closed mid-June through early August.

- 610-499-1261

### **Crisis-MH/Substance Abuse**

#### Mental Health Psychiatric Crisis Centers and Crisis Services

- Project Reach - A free crisis management service for Delaware County residents. Staff is trained to assist in mental health emergencies, family and school-based emergencies. Phone consultations and on-site assessments provided. 610-352-4703; Emergency beeper: 610-515-6726
- Crozier Chester Medical Center Crisis Services, One Medical Center Blvd., Upland, PA, 610-447-7600, Provides 24 hour, walk-in crisis services.
- Mercy Fitzgerald Hospital Crisis Services, Lansdowne Ave. and Bailey Rd., Darby, PA , 610-237-4210, Provides 24-hour, walk-in crisis services.
- Crozier Chester Community Hospital Division, (Base Service Unit & Anchor Provider), 2600 W.9th Street, Chester, PA , 610-497-7700. For substance abuse assessments, call 610-497-7223. 7 a.m. - 3:30 p.m. walk in open admission. Accepts Medical Assistance.
- Keystone Center (Anchor Provider), 2100 Providence Ave., Chester, PA, 610-876-9000

### **Substance abuse assessments, referral, and treatment.**

Mirmont Treatment Center, 24 hour walk in substance abuse assessment; treatment and referral services.

- 100 Yearsley Mill Road, Media, PA, 610-744-1400

Northwestern Human Services, NHS, (Base Service Unit & Anchor Provider), Mental health and substance abuse assessment, treatment and referral services. Accepts Medical Assistance.

- 800 Chester Pike, Sharon Hill, PA, 610-534-3636

### **Cultural**

Cultural Connections Collaborative Program, A resource guide for immigrant families living in Delaware County.

- Phone: 610-447-6003

## **Developmental Disabilities**

Office of Mental Retardation, Provides support coordination services including needs assessment and service planning, coordination and monitoring.

- 610-713-2400

Center for Addictive Disease (CAD), [www.mainlinehealth.org](http://www.mainlinehealth.org), behavioral Substance abuse assessments, intensive outpatient, and outpatient treatment for adults and adolescents. Provides detoxification, inpatient, and outpatient rehabilitation services for adults, and outpatient rehabilitation services for adolescents. Call for appointment. Accepts medical assistance & other insurances. 401 Pilgrim Lane, Suite 103, Drexel Hill, PA,

- 1-888-CARE-898

NHS, Northwestern Human Services, New Directions in Delaware County, 800 Chester Pike, Sharon Hill, PA

- 610-534-3636

Child Guidance Resource Center, Detox/substance abuse referrals/treatment, 20 S. 69th Street, Upper Darby, PA

- 610-713-9580

## **Eating Disorders**

Anorexia-Bulimia Association Hotline, [www.anad.org](http://www.anad.org) , Offers free hotline counseling, a national network of support groups, referrals to healthcare professionals, education and prevention programs.

- Phone: 1-847-831-3438,

Belmont Center, 4200 Monument Road, Philadelphia, [www.einstein.edu/yourhealth/behavioral/eating/index.html](http://www.einstein.edu/yourhealth/behavioral/eating/index.html), PA, Inpatient hospitalization for children, adolescents, and older adults. Partial hospitalization for adolescents and older adults. Intensive outpatient for older adults.

- 215-877-2000

Empower Youth, LLC, 210 W. Front Street, Media, PA 19063, A counseling facility for youth, ages 11-24, dealing with substance and mental health issues (co-occurring disorders). Provides education on risky behaviors, substance abuse, healthy boundaries, emotional awareness, and impulse control, through supportive group and individual therapy settings.

- 610-565-4360

Renfrew Center , 475 Spring Lane, Philadelphia, PA , [www.renfrew.org](http://www.renfrew.org)  
Residential, transitional living and outpatient treatment program for women and adolescents.

- Phone: 1-800-736-3739, 1-877-367-3383

Friends Hospital, [www.friendshospitalonline.org/Eatprogram.htm](http://www.friendshospitalonline.org/Eatprogram.htm), 4641 Roosevelt Blvd., Philadelphia, PA, Inpatient eating disorder program for adolescents and adults

- 1-800-889-0548

### **Emergency Assistance (food, shelter, fuel)**

Community Action Agency, provides employment/life skills training, housing, utility, emergency shelter, and food assistance. [www.caadc.org](http://www.caadc.org)

- Chester Office, 610-874-8451
- Darby Office, 610-583-9133
- Media Office, 610-891-5101

Domestic Abuse Project, [www.dapdc.org](http://www.dapdc.org), provides tenant-based transitional housing for victims of domestic violence

- 610-565-6272
- 24 hour hotline: 610-565-4590

Office of Adult Services, provides and coordinates a variety of services to eligible families and individuals including case management, rent and utility assistance, emergency shelter, transitional housing.

- 610-713-2115

Salvation Army, emergency food and shelter

- 610-874-4266 (Chester location)

### **Family and Parenting**

Associates of Springfield Psychological, provides parenting skills training and family counseling, [www.springfieldpsychological.com](http://www.springfieldpsychological.com)

- 610-544-2110

Bernardine Center, provides no cost parenting workshops for mothers, fathers, and families, [www.bernardinecenter.org](http://www.bernardinecenter.org)

- 610-497-3225

Catholic Social Services provides family, marital, and individual counseling on a sliding fee scale. There is also a program for pregnant and parenting teens.

- 610-626-6559

Center Foundation provides mentoring for teens, women, and job seekers; young parents support network. [www.thecenterfoundation.org](http://www.thecenterfoundation.org)

- 610-565-6171

Delaware County Family Centers, Eastern Delco Site (Mercy Fitzgerald Campus), St. Bernard Hall, 2nd Floor, 1515 Lansdowne Ave., Darby, PA , Each Family Center provides parenting workshops, family literacy programs, information and referrals.

- 610-532-2811,

Chester Upland Site Crozier Community Division, 2600 W. 9th Street, Ground Floor Chester, PA

- 610-494-9280

DRG Counseling, provides fee-based parenting workshops in Chadds Ford.

- 610-357-5627

Empower Youth, LLC, 210 W. Front Street, Media, PA 19063, a counseling facility for youth, ages 11-24, dealing with substance and mental health issues (co-occurring disorders). Provides education on risky behaviors, substance abuse, healthy boundaries, emotional awareness, and impulse control, through supportive group and individual therapy settings.

- 610-565-4360

### **Family and Community Service**

The Second Time Around Parents (STAP) program for grandparents raising their grandchildren.

- Media location, 610-566-7540
- Clifton Heights location, 610-626-5800

Family Life Office, early childhood and parenting of teens (fee based) through the Archdiocese of Philadelphia. Call for locations and schedule

- 610-660-9002

Family Support Line, [www.familysupportline.org](http://www.familysupportline.org), free community groups for childhood victims of sexual abuse and sliding scale fee for parents. Co-parenting program also available through Anthony Goldsmith.

- 610-891-5253

Healthy Communities Initiatives (HCI), Parenting workshops and discussion groups, [www.hci-rtm.org](http://www.hci-rtm.org)

- 484-442-8532

Holcomb Behavioral Health Systems: Prevention/Education Services , [www.holcombprevention.org/indexhome.htm](http://www.holcombprevention.org/indexhome.htm), Offers individual and group programs for parents. Also home of The Corner S.P.O.T. (Supervised Programs Organized for Teens) for youth in grades 6-12. Call for more information and an updated schedule.

- 484-444-0412



Michelle Kindt , Offers fee-based parenting workshops, , [www.michellekindt.com](http://www.michellekindt.com)

- 610-688-1424

Passages Counseling Center, Offers parenting and co-parent assistance. Accepts many insurance plans or fee based services, [www.passagescc.com](http://www.passagescc.com)

- 610-891-9923,

Pathways PA, Residential and community-based services, <http://pathwayspa.org> , including parenting classes, outreach and job training for low income women, children, and families

- 610-543-5022

Parents Involved Network – (PIN), 135 Long Lane, Upper Darby, PA, [www.pinofpa.org](http://www.pinofpa.org), A parent run, self-help/advocacy information and referral resource for families of children and adolescents with emotional or behavioral disorders.

- Phone: 610-713-9401

Social Work Consultation Services, [www.socialworkcounselingservices.org](http://www.socialworkcounselingservices.org), The Center for Social Work and Psychological Services offers Families Together Program and provides free individual and family counseling, and educational testing for school children. Educational and psychological testing for individuals of all ages is also available

- Phone: 610-859-6047

#### **Hair Care Services for the Homebound**

- Hair Care Services for Homebound, 825 Wilde Avenue, Drexel Hill, PA 19026, 610-853-3659
- Bernadette Boylan, 610-659-5039
- Stephanie Saravella, Phone: 484-320-8326

#### **HIV/AIDS**

AIDS Care Group, [www.aidscaingroup.org](http://www.aidscaingroup.org) , Provides community outreach; education and prevention, testing and results counseling, 2304 Edgemont Ave., Chester, PA 19013,

- 610-872-6131

ChesPenn Health Services, [www.chespenn.org](http://www.chespenn.org) , Provides community outreach, education and prevention, testing and results counseling, 125 E. 9th Street, Chester, PA 19013

- 610-876-1600

Mazzoni Center, HIV/AIDS Health Center, [www.mazzonicenter.org](http://www.mazzonicenter.org), Provides free and confidential HIV testing and other STD testing (i.e. Syphilis, Chlamydia, Gonorrhea, herpes, HPV ) on a sliding scale, 1201 Chestnut St, Philadelphia, PA

- 215-563-0652, 215-563-0658
- Times: Monday-Friday, 9am-9pm

Washington West Location, WALK-IN Testing Center, 1201 Locust Street, Philadelphia PA,

- Phone: 215-985-9206, 9am-9pm Monday–Friday, Except Tuesdays 9am-3pm, Saturdays 1pm-5pm

ActionAIDS provides HIV testing, case management, housing support, information and referral.

HIV Test Type: Free and Confidential (Oral Rapid Test) [www.actionaids.org](http://www.actionaids.org), 1026 Arch St., Philadelphia PA, (other locations throughout Philadelphia)

- 267-940-5515
- WALK-IN Hours: Mon. 11am-1pm, Tues. 10am-12pm, Wed. 1pm-4pm, Thurs. 12pm-2pm, Fri. Appointment ONLY

William Way LGBTQ Community Center, 1315 Spruce Street, Philadelphia, PA

- 215-732-2220
- Times: Mondays 2pm-5pm

Public Health Center #1, 1400 Lombard Street (Broad and Lombard Streets), Philadelphia, PA, HIV Test Type: Anonymous and Confidential

- 215-685-6570,
- WALK-IN ONLY- M, T, TH, F: 8-3:45 M, And W, 8-6:30

PHACE, South Philadelphia Office, 2317 S 23rd St., Philadelphia, PA, Testing Type: Rapid HIV Testing; Confidential and free

- 215-468-4673 EXT. 107
- Times: No Appointment Necessary, Tues – Friday, 10am-5:30pm

Delaware County Health Department – Chester, 125 E 9th Street, Chester, PA, Testing Type: Free, Confidential & Anonymous

- 610-872-6131
- Times: No Appointment. Mon, Tues, Thurs, Fri 9-5pm; Wed 10-6pm

The Attic, 255 S 16th Street, Philadelphia, PA, Test Type: Free and Anonymous, Testing for Chlamydia and Syphilis also available.

- 215-545-4331
- Times: No Appointment. Mon-Fri 1-9pm

Media Health Center, 216 W State Street, Media, PA

- Phone: 610-566-2830

### **Home Health Care Agencies**

AccuCare Home Nursing , 1999 Sproul Road, Suite 1, Broomall, PA 19008

- Phone: 610-353-7360

All About Staffing, Inc., 8600 West Chester Pike, Suite 100, Upper Darby, PA 19082

- Phone: 610-352-6007

Bayada Nurses, Inc. ,100 W. 6th Street, Suite301, Media, PA 19063

- Phone: 610-891-9400

Bea Staffing Services, 23 South 4th Street, Colwyn, PA 19023

- Phone: 610-461-1068

Beckett Apothecary and Home Health Care, Inc., 1000-1004 Chester Pike, Sharon Hill, PA 19079

- Phone: 610-586-3100

Care Management Associates, 26 War Admiral Lane, Media, PA 19063

- Phone: 610-566-2273

ComForcare Senior Service111 North Olive St., 2nd Floor, Media, PA 19063

- Phone: 610-566-5102

Comfort Keepers in Chadds Ford, 1204 Baltimore Pike, Suite 301, Chadds Ford, PA 19317

- Phone: 610-358-1640

Comfort Keepers in Springfield, 920 W. Sproul Road, Springfield, PA 19064

- Phone: 610-543-6300

Complete Healthcare Services, Inc., 6415 Market St., Upper Darby, PA 19082

- Phone: 610-713-0441

Criticare/Chadds Ford, 223 Wilmington/West Chester Pike, Suite 104, Chadds Ford, PA 19317

- Phone: 610-675-1111

Elite Helpers Homecare Solution, 415 E. Baltimore Pike, Suite 203, Media, PA 19063

- Phone: 610-450-4877

Epicure Home Care, 410 Lancaster Avenue, Haverford, PA 19041

- Phone: 610-642-3200

Frances Nurses Directory, Inc., P.O. Box 207, Clifton Heights, PA 19018

- Phone: 610-623-1930; 215-561-6262

Gentle Care, Inc., 99 Pancoast Ave., Aston, PA 19014

- Phone: 610-497-1901

Griswold Special Care, 113 N. Lansdowne Ave., Lansdowne, PA 19050

- Phone: 610-622-5555

Granny' Helping Hands (formerly Just Great Companions), 111 N. Lansdowne Ave., Suite A-1, Lansdowne, PA 19050

- Phone: 610-284-4244

Heron Companions, 691 Burmont Rd., Drexel Hill, PA 19026

- Phone: 610-259-9701

Home Care Network, 100 Mattsonford Rd., Radnor, PA 19087

- Phone: 610-254-1600

Home Health Specialists, Inc., 349 West State Street, Media, PA 19063

- Phone: 610-566-2700

Home Helpers/Direct Link, 423 Burmont Rd., Drexel Hill, PA 19026

- Phone: 484-461-8887

Home Instead Senior Care, 600 N. Jackson Street, Suite 200, Media, PA 19063

- Phone: 610-565-8901

Home Helpers, P.O. Box 184, Lima, PA 19063

- Phone: 610-358-1110

Home Nurses, 512 West Lancaster Avenue, Suite 2, Wayne, PA 19087

- Phone: 610-975-9600

Homewatch Caregivers, 2933 Oakford Rd., Ardmore, PA 19003

- Phone: 484-562-0330

Jorpat Nursing Services, Inc., 85 N. Lansdowne Avenue, Suite 2, Lansdowne, PA 19050

- Phone: 610-622-0338

Liberty at Home, 102 West Rose Tree Rd., Media, PA 19063

- Phone: 610-566-3791

Life Force Elderly Services, 3544 West Chester Pike, Suite 216, Newtown Square, PA 19073

- Phone: 610-359-0260

Lifeline Home Health, 530 Baltimore Pike, Springfield, PA 19064

- Phone: 610-328-2788

Lisette Home Care Services, 2710 Concord Rd., Aston, PA 19014

- Phone: 484-480-6669

Mercy Home Health Care Services, Inc., 1001 Baltimore Pike, Suite 310, Springfield, PA 19064

- Phone: 610-690-2600

Millennium Home Health Care, Inc., 1101 Sussex Blvd., Broomall, PA 19008

- Phone: 610-543-4126

PA Agency of Nurses, 15 St. Albans Circle, Newtown Square, PA 19073

- Phone: 610-359-1649

Premier Care & Staffing Services, Inc., Upper Darby, PA 19082

- Phone: 610-352-6553

Right At Home, 111 Carlton Place, Media, PA 19063

- 610-566-6650

Senior Helpers, 1489 Baltimore Pike, Suite 224, Springfield, PA 19064

- Phone: 610-604-9850

SENIORS Helping SENIORS, 201 Cooper Drive, Wallingford, PA 19086

- 610-546-4064

Senior Homecare By Angels, Inc., 28 W. Eagle Rd., # 201, Havertown, PA 19083

- 610-924-9663

STARR Associates, 401 E. Chester Pike, Suite 2, Ridley Park, PA 19078

- 610-522-9199

Successful Aging Care Net, 7016 Terminal Square, Suite 5-A, Upper Darby, PA 19082

- Phone: 484-461-6634

Supportive Care, Inc., 1223 West Chester Pike, Havertown, PA 19083

- Phone: 610-449-7790

Total Health Home Care Corp., 2710 Township Line Road, Upper Darby, PA 19082

- Phone: 610-853-1402

Victoria Home Care, LLC, 630 Fairview Road, Suite 212, Swarthmore, PA 19081

- Phone: 610-544-3037

## **Hospice**

Hospice services provide palliative care to individuals with a life expectancy of six months or less. Most hospice care is provided in the home, but may take place in a hospice home or a hospice/palliative care area within a medical facility. Requesting hospice care may be the first time that individuals, or their families, acknowledge that their condition is not treatable. It may be the first time that they have to deal with their death as a reality taking place within a few months. The emotional journey to be able to deal with these issues may take a while, and therefore may delay the time when the person begins to receive hospice care.

The focus of hospice is not on treatment, but on pain and symptom management, comfort measures, acknowledging that the individual will die, supporting the family, and trying to provide the best quality

of life for the time remaining. Hospice functions under the philosophy that although some terminally ill patients may no longer receive treatment, they still require and deserve care.

Aspera Care Hospice, 690 Stockton Drive, #100, Exton, PA 19341, Services: Bucks, Chester, Delaware & Montgomery Counties

- Phone: 610-458-3703

Critical Care Systems, 3901 Columbia Avenue, #200, Linwood, PA 19061

- Phone: 610-485-9900

Delaware County Memorial Homecare & Hospice, 5030 State Road, Ste. 3001, Drexel Hill, PA 19026

- Phone: 610-284-0700

Heartland Hospice Services, 5 Christy Drive, #103, Chadds Ford, PA 19317, Services Chester & Delaware County

- Phone: 484-840-0811

Home Care Network of Jefferson Health System, (including Bryn Mawr, Lankenau and Paoli Memorial Hospitals), Services: Bucks, Chester, Delaware, Montgomery & Philadelphia Counties, 100 Matsonford Road, #400, Radnor, PA 19087

- Phone: 610-254-1600

Neighborhood Health Agencies, Inc., Hospice Services, 400 E. Marshall Street, West Chester, PA 19380, Services: Chester, Western Delaware, Eastern Lancaster & Western Montgomery Counties

- Phone: 610-696-6511

Taylor Hospice, 300 Johnson Avenue, Ridley Park, PA 19078

- Phone: 610-521-5822

Vitas Innovative Care, Mercy Fitzgerald Hospital, 1500 Lansdowne Avenue, MSB 4, Darby, PA 19023

- Phone: 610-237-5010

## **Hospitals**

Bryn Mawr Hospital, 130 S. Bryn Mawr Ave., Bryn Mawr, PA

- Phone: 610-526-3000

Children's Hospital of Philadelphia, 34th and Civic Center Blvd., Philadelphia, PA, Accepts Medical Assistance

- Phone: 215-590-1000

Crozier Chester Medical Center, One Medical Center Blvd., Upland, PA , Accepts Medical Assistance

- Phone: 610-447-2000

Delaware County Memorial Hospital, 501 N. Lansdowne Ave., Drexel Hill, PA

- Phone: 610-284-8100

Lankenau Hospital, 100 Lancaster Ave., Wynnewood, PA

- Phone: 610-645-2000

Mercy Fitzgerald Hospital, 1500 Lansdowne Ave. and Bailey Rd., Darby, PA, Accepts Medical Assistance

- Phone: 610-237-4000

Riddle Memorial Hospital, 1068 W. Baltimore Pike, Media, PA

- Phone: 610-566-9400

Springfield Hospital, 190 W. Sproul Road, Springfield, PA

- Phone: 610-328-8700

Taylor Hospital, 175 E. Chester Pike, Ridley Park, PA

- Phone: 610-595-6000

### **Medical/ Low Cost Health Care**

ChesPenn Health Services, Adult & Pediatric Services, Chester Community Hospital, 2600 W. Ninth Street, Chester, PA 19013-2098

- Phone: 610-859-2059

ChesPenn Health Services, Eastside Health Center, Adult & Pediatric Medical & Dental Services, 125 East 9th Street, Chester, PA 19013

- Phone: 610-872-6131

ChesPenn Center for Family Health, 1 South State Road, Suite A, Upper Darby, PA 19082

- Phone: 610-352-6585

Mercy Fitzgerald Hospital – Ambulatory Clinic, 1503 Lansdowne Avenue, Second Floor, Darby, PA 19023



- Phone: 610-237-2529, Monday through , Thursday, 12:00 p.m. – 4:30 p.m.

PA Department of Health, Delaware County State Health Center, 151 W. Fifth Street, Chester, PA 19013-3250

- Phone: 610-447-3250

### **Public health clinics, TB, STD and more ...**

Greater Philadelphia Health Action, Inc., Offers comprehensive primary and behavioral healthcare, health services and childcare. [www.gphainc.org](http://www.gphainc.org), 5000 Woodland Avenue, Philadelphia, PA 19143

- Phone: 215-726-9807

### Pennsylvania Health Law Project

- Phone: 1-800-274-3258 [www.phlp.org](http://www.phlp.org)

Delaware County Board of Assistance, Provides advocacy, legal assistance, and referral services for issues of access to health care coverage and Medical Assistance Applications

- Chester Office Phone: 610-447-3015
- Darby Office Phone: 610-461-3800

### **Medical/Special Needs**

#### Elwyn, Inc.

- Phone: 610-891-2000

Elwyn Family Friends, Intergenerational program that offers caring adults the opportunity to make a difference in the lives of children with special needs.

- Phone: 610-891-7377

### **National Organizations**

American Association of Suicidology (AAS), Promotes research, public awareness programs, public education, and training for professionals and volunteers and serves as a national clearinghouse for information on suicide.

American Foundation for the Prevention of Suicide, Dedicated to understanding and preventing suicide through research and education and outreach to individuals with mood disorders and those affected by suicide.

Suicide Awareness/Voices of Education, Mission is to prevent suicide through public awareness and education, eliminate stigma and serve as a resource to those touched by suicide.

Kristin Brooks Hope Center - The National Hopeline Network, Brings the tremendous knowledge, skill and resources of existing crisis centers under the safety net of a single, easy-to-remember, toll-free telephone number. People in crisis generally don't have the energy or ability to take on a long search for help.

- Phone: 1.800.SUICIDE (784.2433)

National Organization of People of Color Against Suicide, Formed to stop the tragic epidemic of suicide in minority communities. The organization is developing innovative strategies to address this urgent national problem including community-based prevention strategies, corporate partnerships to build alliances in inner cities, and assistance to local government, law enforcement, schools and mental health officials to make a larger impact in suicide prevention.

Suicide Prevention Resource Center, Provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention.

National Center of Suicide Prevention Training, Provides educational resources to help public officials, service providers, and community-based coalitions develop effective suicide prevention programs and policies.

National Council for Suicide Prevention, Furthers suicide prevention through collaborative activities and information sharing in order to save lives.

The Jason Foundation, School-based suicide prevention curriculum.

Yellow Ribbon Suicide Prevention Program, A community-based program educating and empowering adults, youth, and professionals.

Organization for Attempters and Survivors of Suicide in Interfaith Services (OASSIS), Offers educational programs regarding interfaith and spiritual approaches to suicide prevention and awareness, as well as organizing systems-wide support, training professional caregivers, and offering consultative services to national organizations, religious communities, health care providers, higher educational institutions, law enforcement, and military personnel.

Screening for Mental Health, Inc., SOS (Signs of Suicide, High School program) - A nationally recognized suicide prevention program for high school students.

National Alliance for the Mentally Ill

Suicide Prevention Awareness Network

County Office of Services for the Aging (COSA), Provides community information, in-home, and volunteer services for older adults including the GATEWAY program-(Giving Assessment, Treatment, and Empowerment in the Aging Years), which targets adults 60 and up with behavioral health issues and connects them to appropriate resources. www.delcosa.org, 206 Eddystone Ave., 2nd floor, Eddystone, PA

- Phone: 610-490-1300

Office of Adult Services

- Phone: 610-713-2115

Community Transit of Delaware County, 206 Eddystone Avenue, Eddystone, PA, Transportation provided for health care appointments, shopping and other pre-arranged trips.

- Phone: 610-490-3960

HOME SUPPORT ONLY, Barry Mills Moving & Hauling, (Insured, affordable, clean outs)

- Phone: 267-446-4924

Estate Solutions Group, 1004 MacDade Blvd., Milmont Park, PA 19033

- Phone: 800-260-0316

Everyday Laundry Service, 812 South St. Bernard St., Philadelphia, PA 19143

- Phone: 215-724-5978

MAIDS AND MORE, 17 Smithbridge Road, PO Box 173, Chester Heights, PA 19017

- Phone: 610-558-8138

HELPFUL TRANSITIONS, LLC, (managing your move with skill and comfort), P.O. Box 644, Wynnewood, PA 19096

- Phone: 610-649-4123

PROFESSIONAL CLEAN OUT SERVICES, 154 E. Brookhaven Road, Brookhaven, PA 19015

- Phone: 610-872-5902

Senior Transition Services, 3408 Hillside Dr., Huntingdon Valley, PA 19006

- Phone: 215-947-5490

## **Psychiatric Hospitalization**

Bryn Mawr Hospital, Inpatient psychiatric program for adults and adolescents over the age of 14 requiring mental health treatment. Co-occurring disorders track.

<http://www.mainlinehealth.org/bm/>

- Phone: 888-227-3898 or 610-526-3000

Crozer Chester Medical Center, Adult inpatient services available, <http://www.crozer.org/>

- Phone: 610-447-7700 | 610-874-5257

Mercy Fitzgerald Hospital Adult, inpatient and outpatient services available,

<http://www.mercyhealth.org/fitzgerald/>

- 610-237-4122

## **Support Groups**

### Addiction

- 215-923-7900

Alcoholics Anonymous (AA) Southeast PA Intergroup Association of AA

- [www.sepennaa.org](http://www.sepennaa.org)

Clubhouse, Upper Darby, PA

- 610-352-9897

Al-Anon/Alateen, A program based on the 12 steps of Alcoholic Anonymous for family and friends affected by someone else's drinking, [www.pa-al-anon.org/](http://www.pa-al-anon.org/)

- 1-888-425-2666

Debtors Anonymous, A 12 step recovery program from compulsive debt. [www.debtorsanonymous.org/](http://www.debtorsanonymous.org/)  
New Jersey and Eastern Pennsylvania Hotline, [www.njpada.org/](http://www.njpada.org/)

- Phone: 1-877-717-DEBT

Gambler's Anonymous, A 12 step program for compulsive gamblers, [www.gamblersanonymous.org/](http://www.gamblersanonymous.org/)

- Phone: 215-468-1991 or 1-888-442-7085

Nar-Anon Family Group, A program based on the 12 steps of Narcotics Anonymous for people who know someone who is addicted.

- Pennsylvania Hotline: 1-800-678-4989

Narcotics Anonymous (NA), [www.na.org](http://www.na.org)

- Phone: 610-534-9510

Overeater's Anonymous, A 12 step recovery program for compulsive overeaters

- [www.oa.org](http://www.oa.org)

A Time To Heal, Support Group for Children and Teens who are experiencing a suicide loss

- Phone: 484-571-8010

### **Mental Health**

ASCEND Group/Asperger's Syndrome Alliance of PA Support Group

- Phone: 610-449-6776

Support Group for Children and Teens who are experiencing a suicide loss.CHADD – Children & Adults with Attention Deficit Disorder, [www.chadd.org](http://www.chadd.org)

- Phone: 610-429-4060
- Chester and Main Line Counties (West Chester)

NAMI – National Alliance for the Mentally Ill, Support and free family education program for family and friends of individuals with serious mental illness, [www.nami.org](http://www.nami.org)

- Phone: 610-623-0071

Depression/Bipolar Support Alliance, Springfield High School, 49 West Leamy Ave., Springfield, PA, [www.DBSEAlliance.org](http://www.DBSEAlliance.org)

- Phone: 1-877-687-9552

Recovery, Inc. , A self-help program to help manage problems such as anger, anxiety, fears, depression, compulsions, obsessions and phobias. Meetings in Delaware County. [www.recovery-inc.com](http://www.recovery-inc.com)

- Phone: 215-332-0722

### **Suicide**

Delaware County Suicide Prevention Awareness Task Force, The Delaware County Suicide Prevention Awareness Task Force offers information and education about, and assistance and support to, efforts to lessen the incidence of suicide and the stigma associated with suicide and suicide loss. [www.delcosuicideprevention.org](http://www.delcosuicideprevention.org)

Feeling Blue, A community-based organization dedicated to decreasing the rising incidence of suicide, reducing the stigma, and supporting people affected by depression or loss of loved one to suicide by education, training, and linking people to resources. [www.feelingblue.org](http://www.feelingblue.org)

- Phone: 610-715-0076

Contact Greater Philadelphia, A nonprofit organization that provides free and confidential telephone-based crisis and suicide intervention services to those in need in the Greater Philadelphia region. Contact's services are provided on a 24-hour-a-day, 365-day-a-year basis. All services offered by the organization are provided by volunteers who are recruited and trained by Contact. Clients call Contact's crisis hotlines for assistance in dealing with loneliness, depression, anxiety, drug and alcohol dependence, difficulties with marital or other interpersonal relationships, job loss and financial problems. [www.contactgreaterphiladelphia.org](http://www.contactgreaterphiladelphia.org)

- Phone: (215) 355-6000, (610) 649-5250 or (888) 855-5525.

Suicide Anonymous, Designed to help people with suicidal preoccupation and behavior based on the 12 steps of Alcoholics Anonymous

- Phone: 610-715-0076

Survivors of Suicide (SOS), Provides support to those who have lost a family member, loved one, or friend to suicide, <http://phillysos.tripod.com>

- Phone: 215-545-2242

### **Grief and Loss**

Compassionate Friends, Support for parents, siblings and grandparents, [www.compassionatefriends.org](http://www.compassionatefriends.org)

- Phone: 610-544-6645; 610-337-9726

Peter's Place, 150 N. Radnor-Chester Rd., Suite F-130, Radnor, PA 19087, Peter's Place offers a safe, private setting for grieving children and families to get help with the healing process. Children, teens, and parents meet every other week in free peer support groups, which are led by experienced professionals and trained volunteers. [www.petersplace10.com](http://www.petersplace10.com)

- Phone: 610-687-5150

Taylor Hospice, Bereavement support groups, [www.taylorhospice.org](http://www.taylorhospice.org)

- Phone: 610-521-5822

### **Youth**

Teen Helpline, Free telephone support for teens after school hours

- 610-351-TEEN

Empower Youth, LLC, 210 W. Front Street, Media, PA 19063, A counseling facility for youth, ages 11-24, dealing with substance and mental health issues (co-occurring disorders). Provides education on risky behaviors, substance abuse, healthy boundaries, emotional awareness, and impulse control, through supportive group and individual therapy settings.

- Phone: 610-565-4360

### **GLBTQTA**

The Attic, [www.atticyouthcenter.org](http://www.atticyouthcenter.org), Provides social, educational, youth leadership, and support, as well as counseling, HIV support and prevention case management. Services are free of charge to youth and their families.

- Phone: 215-545-4331

Main Line Youth Alliance, [www.myaonline.org](http://www.myaonline.org), Friday night support group in Wayne.

- Phone: 610-688-1861

PRYSM Youth Group, [www.PRYSM.vpweb.com](http://www.PRYSM.vpweb.com), 126. E Baltimore Pike Media PA 19063, The mission of Prysm Youth Center of Delaware County is to provide Lesbian, Gay, Bisexual, Transgender and Questioning youth and their Straight Allies (LGBTQA) with a safe, supportive, non-judgmental environment where they can meet regularly and be themselves. The center will facilitate social, educational and supportive activities as well as opportunities to participate in outreach, activism, and leadership development. The center is open to youth ages 14-20. 24 Hour Hotlines

- 484-444-0412

### Childline

- 1-800-932-0313, Child abuse reporting.

### Domestic Abuse Project

- 610-565-4590
- Poison Control,
- 1-800-222-1222, Information about poisoning

### Project Reach

- 610-352-4703, Beeper: 215-515-6726, Mobile crisis intervention
- Runaway Hotline, 1-800-621-4000
- National Suicide Prevention Lifeline, Phone: 1-800-273-TALK (24/7) or 1-800-273-8255

## **Women's Issues**

### Pregnancy

Amnion Crisis Center, Services include self-testing, counseling, education, and referrals. Offered free of charge.

- 944 Haverford Ave., Bryn Mawr, PA, 610-525-1557
- 2251 Garrett Road, Upper Darby, PA , 610-622-9957

Delaware County Pregnancy Center, Services include limited medical services, counseling, abortion information, referrals, post abortion support, on-going pregnancy support, adoption information, parenting education program, 2508 Edgmont Avenue, Chester, PA ,

- 610-872-2229

Maternity Care Coalition, [www.momobile.org/programs.html](http://www.momobile.org/programs.html) , 224 Long Lane, Upper Darby, PA, Programs to support maternal and child health through community and professional education, research and advocacy.

- Phone: 610-713-0570

Safe Haven of Pennsylvania, Also known as the Newborn Protection Act, it states that a parent of a newborn (less than 28 days old) may leave the child in the care of a hospital without being criminally liable providing that the following criteria are met: the parent expresses orally or through conduct that they intend for the hospital to accept the child, and the newborn is not a victim of child abuse or criminal conduct.

- Phone: 1-866-921-SAFE

### **Postpartum Depression**

Catholic Social Services Center for Postpartum Depression, 8405 Germantown Ave., Philadelphia, PA,

- Phone: 215-247-2114

The Postpartum Stress Center, [www.postpartumstress.com](http://www.postpartumstress.com), 1062 Lancaster Ave., Suite 8, Rosemont, PA 19010

- Phone: 610-525-7527

Pathways PA Women's Resource Center, [www.womensresourcecenter.net/index\\_m.html](http://www.womensresourcecenter.net/index_m.html) , Provides support to women who are in crisis or in transition through counseling, legal, and educational services, 113 W. Wayne Ave., Wayne, PA

- 610-687-6391



Planned Parenthood, Provides abortion referral, birth control services, emergency contraception's, HIV testing, LGBT services, pregnancy testing, options & services, STD testing and treatment, 1216 West State Street, Media, PA

- 610-566-2830