

## **Community and Mental Health Resources**

### **Safe2SayPA.org**

This is an **anonymous** site for you to submit a tip to your school or local police if you have a concern about the safety and well-being of someone you know. You do not need to share your name, phone number, or anything about you if you don't want to.

**Berks County Children and Youth:** 610-478-6700: Please call if you know of a student or child you feel is at risk of harm or neglect. You can also call **Childline** at 1-800-932-0313

**Safe Berks:** Chestnut Street, Reading, PA 610-373-1206

Provides crisis and ongoing support for victims of domestic violence and sexual assault. Support can include housing.

### **Pennsylvania 211:**

If you need to connect with community resources but don't know where to look, Pennsylvania 211 is a great place to start. **211** may provide help with utility bills, housing assistance, after-school programs for kids, and more, you can **dial 211** or **text your zip code to #898-211** to talk with a resource specialist for free. Specialists will listen to your needs, and give you information on programs in your community that might be able to help.

### **Mental Health Crisis Hotlines:**

- **Holcomb Crisis Intervention of Berks County:** 19 N 6<sup>th</sup> Street, Reading, PA 19601 1-888-219-3910
- **(RUOK)** 484-816-7865 Also text to RUOK
- **National Suicide Prevention Lifeline**-1-800-273-8255 (TALK)
- **Crisis Text Line**-Text HOME to 741741
- **Teen line**-Text Teen to 839863
- **Trevor Project (LGBTQ)**-1-866-488-7386, or text START to 678678

### **Online Counseling Resources** *\*Most have a cost but are reduced due to the coronavirus situation\**

- **Talkspace**- [www.talkspace.com](http://www.talkspace.com)
- **Betterhelp**- [www.betterhelp.com](http://www.betterhelp.com)
- **Online therapy**- [www.onlinetherapy.com](http://www.onlinetherapy.com)

### **Other Community Resources:**

**Helping Harvest Food Bank of Greater Berks County:** Can provide a list of food banks near you  
610-926-5802

<https://helpingharvest.org>

**Salvation Army**-Can provide financial, clothing, and food assistance

Offices in Reading and Boyertown

610-373-5208 or 610-367-4089

**Berks Community Action Program:** Can provide financial resources, case management services, and referrals  
645 Penn Street, 3rd Floor, Reading PA 19601

610-376-6571

610-373-1206

**Berks County Assistance Office:** Can apply for food stamps, cash assistance, and medical assistance

625 Cherry Street, Reading PA 19602  
866-215-3912

**Local Counseling Agencies with Psychiatrists on staff:**

**Accepts commercial insurance and Medical Assistance:**

- **The Center for Mental Health:** Tower Health Hospital Campus and Van Reed Road, Wyomissing: 610-988- 8070
- **Berkshire Psychiatric:** Park Road, Wyomissing and N. 12<sup>th</sup> Street, Reading, PA (also has a satellite office in the High School and Middle School) [www.Berkshirepsychiatric.com](http://www.Berkshirepsychiatric.com)
- **Family Guidance Center:** Penn Ave, Wyomissing 610-898-0072 [www.Familyguidancecenter.com](http://www.Familyguidancecenter.com)
- **Malvern Behavioral Health:** Reading, PA 610-375-7454 (also has an in-school satellite program in each Conrad Weiser Building – only accepts MA) Now offering teleconference counseling

**Counseling Agencies that accept commercial insurance:**

- **Clear Water Wellness:** Park Plaza, Wyomissing 610-750-9096 [CWWellness.com](http://CWWellness.com)
- **DGR Management:** Ridgewood Road, Wyomissing 610-378-9601 (Psychiatrist on staff)
- **Furnace Creek Counseling:** Penn Ave. Robesonia 610-750-9135 [www.FurnaceCreekCounseling.com](http://www.FurnaceCreekCounseling.com)
- **Springfield Psychological:** Windmill Road, Sinking Spring 610-678-3730 [www.SpringPsych.com](http://www.SpringPsych.com)

**Acute Partial Day Hospitalization programs: (for children needing more intense services than outpatient)**

- **Kidspace:** Temple 610-929-4670
  - Ask for Jill Hoffmaster at the intake
- **Wellspan Philhaven:** Mt. Gretna and Lancaster 800-932-0359
  - Ask for the Access Center for Behavioral Health

**Drug and Alcohol Treatment:**

- **Caron Counseling:** North Park Road, Wyomissing PA 610-678-2332
- **TASC Treatment Access and Services:** N. 6<sup>th</sup> Street Reading 610-988-0679
- **ARCpoint Labs:** For confidential and private drug testing: West Lawn, PA 484-926-2505

**\*If at any point you feel your child is at risk for suicide, to hurt themselves or someone else, many of the places above may have an extensive waiting list. It is critical to take your child to the emergency room to get immediate help and to also fast-track the process of getting help. If your child is unwilling to leave the house, you can call Holcomb Crisis Intervention of Berks County: 19 N 6<sup>th</sup> Street, Reading, PA 19601 1-888-219-3910. They will likely send a mental health professional to the house to assess your child and guide you to get help. If your child becomes violent, please call your local police for assistance.**