



Montgomery County
Department of
Health and Human Services

Office of Public Health

Parent and Infant Resource Guide

A reference guide of services to help families
and agencies in Montgomery County

Montgomery County Office Community Connections

Community Connection Navigates are skilled human service professionals who are knowledgeable about local, county, and state resources. They can provide quick information for simple questions. They can also work with residents on complex issues. Residents can work with the same Navicate during their interaction with Community Connections allowing the Navicate to serve as both a navigator of the system and as an advocate for the individual throughout the process. This service is FREE of charge to ANY MONTGOMERY COUNTY RESIDENT.

Language line services are readily available.
Servicios de línea de idiomas están disponibles.

www.montcopa.org/ContactANavigate

610-278-3522

EMERGENCY SERVICES

General Emergency (Ambulance, Fire, Police) **911**
Poison Control Center **800-222-1222**
Montgomery County Mobile Crisis Support
855-634-4673
Childline 24-hour Child Abuse Hotline
800-932-0313

Need Resources...Do not know who to call?

Dial 2-1-1



Abuse

Child Abuse Reporting

Childline 24-hour Child Abuse Hotline 800-932-0313
www.keepkidssafe.pa.gov
Montgomery County Office of Children & Youth Services
Weekdays 8:00am-4:30pm 610-278-5800
After 4:30pm, Weekends, and Holidays 610-275-1222

Child Abuse Resources

Children's Crisis Treatment Center
Philadelphia 215-496-0707
Montgomery County 610-275-2020
Mission Kids Child Advocacy Center 484-687-2990
Montgomery Child Advocacy Project 610-279-1219

Domestic Violence

Abington Jefferson Health 215-481-2576
Creative Health Services S.A.F.E Project
Prevention and Intervention for Children 610-326-9250
Laurel House
24-hour Helpline 800-642-3150
Domestic Abuse Response Team (DART) 215-852-9826
MENERGY Counseling for Perpetrators 215-242-2235
Montgomery Co. Aging/Adult Elder Abuse 800-734-2020
National Domestic Violence Hotline 800-799-7233
TTY: 800-787-3224
National Teen Dating Abuse Hotline 866-331-9474
TTY: 866-331-8453
Or TEXT: "loveis" to 22522
The Network/La Red LGBTQ+ 800-832-1901
The Open Link Support and Counseling 215-679-4112
Victim Services Center of Montgomery County 610-277-0932
24-Hour Crisis Helpline 888-521-0983
Women Against Abuse Philadelphia Domestic Abuse Hotline
English and Spanish 866-723-3014
TTY: 215-456-1529
Women's Center of Montgomery County
24/7 Hotline 800-773-2424
Bryn Mawr Office 610-525-1427
Colmar Office 215-996-0721
Elkins Park Office 215-635-7344
Norristown Office 610-279-1548
Pottstown Office 610-970-7363
Abington-Lansdale Hospital 215-853-8060
Holy Redeemer Hospital 215-938-3711
Women Organized Against Rape (WOAR) Hotline 215-985-3333

Coronavirus/COVID-19 Resources:

Please visit the Montgomery County COVID-19 website:
www.montcopa.org/COVID-19

You can Call **610-631-3000** (8am-8pm) for
Montgomery County COVID-19 Information or you can
Email COVID19@montcopa.org

For more information, please visit the CDC website:
www.cdc.gov/coronavirus/2019-ncov

Adoption

Adoptions from the Heart 800-355-5500
Bethany Christian Services 215-376-6200
Catholic Social Services 215-587-3590
Haven Adoptions 866-345-6527
National Adoption Center 215-735-9988
Open Arms Adoption Network 888-673-6276
PA Statewide Adoption and Permanency Network 800-585-7926

Advocacy/Legal Services

AIDS Law Project of PA 215-587-9377
Better Business Bureau 202-393-8000
CLARIFI Consumer Credit Counseling 215-563-5665
Disability Rights PA 800-692-7443
TDD: 877-375-7139
Philadelphia Office 215-238-8070
Education Law Center 215-238-6970
Fair Housing Rights Center in Southeastern PA 866-576-1968
Philadelphia Office 215-625-0700
Housing Equality Center of PA 866-540-3247
Or 267-419-8918
Laurel House 610-277-1860
24-Hour Hotline 800-642-3150
Legal Aid of Southeastern PA
Helpline (9:00am-1:00pm Monday-Friday) 877-429-5994
Norristown Office 610-275-5400
Pottstown Office 610-326-8280
Legal Clinic for the Disabled 215-587-3158
Montgomery Child Advocacy Project 610-279-1219
Montgomery County Bar Association
Lawyer Referral Service – option 3: 610-279-9660
Montgomery County Office of Domestic Relations 610-278-3646
PA Office of Vocational Rehabilitation Services 800-221-1042
TTY: 888-616-0470
PA Office of the Attorney General
Consumer Protection Bureau 800-441-2555
Philadelphia Regional Office 215-560-2414
Pennsylvania Health Law Project 800-274-3258
Pennsylvania Human Relations Commission 215-560-2496
TTY: 215-560-3599
Pennsylvania Utility Law Project 800-322-7572
Glenside Office 215-572-7300
Senior LAW Center 215-988-1244
Helpline (10:00am-12:00pm Monday-Thursday) 877-727-7529
Victim Services Center 610-277-0932
24/7 Crisis Line 888-521-0983
Villanova University School of Law
Civil Justice Clinic 610-519-5894
Spanish 866-655-4419
Women's Center of Montgomery County 610-279-1548

Do you need a smoke detector?
Call the Norristown Fire Department's
FREE Smoke Detector Hotline:
610-270-2870

Basic Needs

Pregnancy/Baby

A Baby's Breath

www.ababysbreath.org

	Collegeville	610-489-0083
	Jeffersonville	610-630-9630
	Phoenixville	610-933-5182
	Warminster	215-442-0442
	Wayne	484-580-6436
Birthright International	24/7 Hotline	800-550-4900
	Pottstown	610-327-2626
	Philadelphia	215-728-0385
Catholic Social Services	Norristown	610-279-7372
Cradle of Hope		215-572-5937
Genesis Pregnancy Care Center	Pottstown	610-970-8089
Mitzvah Circle Foundation		215-828-6647
	EMAIL: info@mitzvahcircle.org	
North Care Women's Center	Lansdale	215-855-2424
	Or TEXT: 215-720-1579	

SAFE TO SLEEP

Help reduce the risk of SIDS (Sudden Infant Death Syndrome):

- Place baby on his/her back in an empty crib with a firm mattress and fitted sheets
- Do not over bundle clothing
- Keep your home smoke-free
- Practice room-sharing without bed-sharing

Clothing

Colonial Neighborhood Council		610-828-6595
Goodwill		www.goodwill.org/locator
	Montgomeryville	267-645-4180
	Phoenixville	610-917-0095
	Exton	610-594-6949
	Warminster	215-441-9185
Liberty Ministries Thrift	Collegeville	610-831-9856
	Montgomeryville	215-699-1203
	Pottstown	610-970-6306
	Sanatoga	484-940-3344
	Quakertown	215-529-1400
Little Liberties (Children & Maternity)		610-831-2170
Mitzvah Circle Foundation		215-828-6647
	EMAIL: info@mitzvahcircle.org	

Financial

CADCOM		610-277-6363
COMPASS		
	Hotline (8:30am-4:45pm Monday-Friday)	800-692-7462
	TTY/TTD:	800-451-5886
Department of Human Services		877-395-8930
Internal Revenue Service (IRS)		www.irs.gov
IRS Local Office	King of Prussia	610-992-5130
	Horsham	215-887-6134
Low Income Home Energy Assistance Program		866-674-6327
Manna on Main Street	Lansdale	215-855-5454
PA Department of Revenue		www.revenue.pa.gov
	Customer Service Center	www.revenue-pa.custhelp.com
	Regional Office	Norristown 610-270-1780
PECO Matching Energy Assistance Fund		800-774-7040
Project Outreach	Royersford	610-948-5111
Social Security	Norristown Office	800-772-1213
	TTY:	800-325-0778
The Open Link	Pennsburg	215-679-4112
	East Greenville	215-679-6550
Women's Bridge Resource Center		610-761-1707
Women's Center of Montgomery County		610-279-1548

Food

Find food near you:

www.philabundance.org/find-food/food-map

Advocates Against Hunger		610-628-2000
Boyetown Area Multi-Service, Inc.		610-367-6957
CADCOM		610-277-6363
Catholic Social Services	Norristown	610-279-7372
Colonial Neighborhood Council		610-828-6595
Coventry Food Pantry	Pottstown	610-326-5659
Inter-faith Food Cupboard		267-318-0607
Keystone Opportunity Center		215-723-5430
Mattie N. Dixon Community Cupboard		215-628-3002
Manna on Main Street	Lansdale	215-855-5454
Meals on Wheels		www.mealsonwheelsamerica.org/find-meals
	King of Prussia	610-265-7051
	Flourtown	215-233-5555
	Philadelphia	215-482-0249
	Glenside	215-619-8863
	Devon	610-688-8170
	Abington	215-886-2206
	Pottstown	610-326-1610
New Life Church Food Cupboard		215-576-0892
Norristown Hospitality Center		610-277-1321
Patrician Society		610-272-6316
Pottstown Cluster		610-970-5995
The Open Link	Pennsburg	215-679-4112
	East Greenville	215-679-6550
The Salvation Army	Norristown	610-275-4183
	Philadelphia	215-482-5911
	Pottstown	610-326-1621
	Boyetown	610-367-4089
The Share Food Program		215-223-2220
Women's Bridge Resource Center	Eagleville	610-761-1707
Women, Infants and Children (WIC)		800-942-9267
	Lansdale	215-368-9826
	Norristown	610-272-4042
	Pottstown	610-323-8160

If you are homeless or in imminent risk of becoming homeless, please contact the
Your Way Home Call Center.

Visit www.211SEPA.org
Dial 2-1-1 or Call 866-964-7925

Housing

Coordinated Homeless Outreach Center		610-292-9244
Genesis Housing Corporation	Pottstown	610-275-4357
Inter-faith Housing Alliance		215-628-2334
Interfaith Hospitality Network of the Main Line		610-277-0977
Montgomery County Housing Authority		610-275-5720
	PA Voice Relay:	800-654-5988
Montgomery County Partners for Homeownership		610-275-4357
The Salvation Army	Norristown	610-275-4183
	Philadelphia	215-482-5911
	Pottstown	610-326-1621
	Boyetown	610-367-4089
U.S. Department of Housing & Urban Development (HUD)		
	Philadelphia Office	888-799-2085
	TTY:	215-656-3450
Public Housing Information & Resource Center		800-955-2232

The Pennsylvania Supreme Court has ensured that tenants have the right to a decent place to live. This guarantee to decent rental housing is called the **Implied Warranty of Habitability.**

Unsafe Living Conditions

Contact Your Municipality's Building & Code Enforcement Dept.

Norristown Building & Code Enforcement Department	610-270-0441
Pottstown Licensing & Inspections Department	610-970-6520
Lansdale Code Enforcement Department	215-368-1691
Housing Equality Center of PA	866-540-3247
	Or 267-419-8918
Montgomery County Office of Public Health	
Norristown	610-278-5117
Pottstown	610-970-5040
Willow Grove	215-784-5415
U.S. Department of Housing & Urban Development (HUD)	
Philadelphia Office	888-799-2085
TTY:	215-656-3450
Public Housing Information & Resource Center	800-955-2232

Lead poisoning is 100% preventable.

Talk to your child's doctor about getting a blood lead test. Pediatricians recommend that children get a blood lead test around the age of one and again around the age of two. Children should be tested at their doctor's office or a laboratory. Medicaid, CHIP and private insurance covers blood lead testing for children.

You can do a lot to reduce your child's risk of being lead poisoned:

- Keep children away from peeling paint.
- "Wet wipe" hard surfaces like floors and windowsills at least once a week.
- Foods high in Calcium, Iron, and Vitamin C can help keep your child healthy and lead free.
- Use caution when using children's toys and jewelry made in other countries. These items may contain lead.

Parents, guardians, and health care professionals can contact the Montgomery County Office of Public Health for more information:

Norristown area (610) 278-5145
Pottstown area (610) 970-5040
Willow Grove area (215) 784-5415

Attention Lansdale and Pottstown Landlords!

You may be eligible to participate in Montgomery County Office of Public Health's HUD Grant for Lead Home Clean-Ups.

For more information and to see if you qualify please email healthyhomes@montcopa.org

Multiple Types of Resources

ACLAMO	Norristown	610-277-2570
	Pottstown	610-970-2134
Boyertown Area Multi-Service, Inc.		610-367-6957
CADCOM		610-277-6363
Carson Valley Children's Aid	Norristown	610-279-2755
Catholic Social Services	Norristown	610-279-7372
Colonial Neighborhood Council		610-828-6595
Cradles to Crayons		215-836-0958
Family Services	Pottstown	610-326-1610
Keystone Opportunity Center		215-723-5430
Manna on Main Street	Lansdale	215-855-5454
Maternity Care Coalition MOMobile		215-386-3807
Mitzvah Circle Foundation		215-828-6647

EMAIL: info@mitzvahcircle.org

Montgomery County Assistance Office		
	Norristown	877-398-5571
	Pottstown	800-641-3940
Norristown Hospitality Center		610-277-1321
Open Door Ministry	Royersford	610-948-4818
Phoenixville Area Community Services		610-933-1105
Pottstown Cluster		610-970-5995
The Open Link	Pennsburg	215-679-4112
	East Greenville	215-679-6550
The Salvation Army	Norristown	610-275-4183
	Philadelphia	215-482-5911
	Pottstown	610-326-1621
	Boyertown	610-367-4089
Visiting Nurse Association		
	Community Services	215-572-7880
	Personal Navigator	800-591-8234
Women's Bridge Resource Center	Eagleville	610-761-1707
Women's Center of Montgomery County		610-279-1548

Immigration Legal Services

US Citizenship and Immigration Legal Services Website:

www.uscis.gov

African Cultural Alliance of North America		215-729-8225
Catholic Charities	Allentown	610-435-1541
	Philadelphia	215-587-3903
Equal Access Legal Services		267-888-6703
Esperanza Immigration Legal Services		215-324-0726 ext. 308
HIAS Pennsylvania		215-832-0900
Keystone Opportunity Center		215-723-5430
Nationalities Service Center		215-893-8400
Villanova University School of Law		
	CARES Clinic	610-519-5894
	Spanish	866-655-4419

Maternal/Child Health Home Visiting

In Montgomery County, families can benefit from home visiting programs targeted at improving maternal and child health.

Call 888-404-0620 or Email

MontcoHomeVisiting@montcopa.org to be connected to one of the free home visiting services that best matches your needs.

Carson Valley Children's Aid	610-279-2755
Parents as Teachers	
Women's Voices, Healthy Choices	
Einstein Nurse Family Partnership	484-622-3637
Family Services	610-326-1610
Parents as Teachers	
Positive Parenting Program (Triple P)	
Maternal and Child Health Consortium of Chester County	610-344-5370

Maternity Care Coalition	Early Head Start	
	Philadelphia	215-972-0700
	Norristown	610-277-1505
	Pottstown	610-819-6200
Montgomery County Maternal and Child Health Nurse Home Visiting		888-404-0620
PA Healthy Start Program		215-685-5308
Philadelphia Nurse-Family Partnership		215-287-2114
The Foundation for Delaware County Nurse-Family Partnership		610-744-1010
The Maternal Child Health Program of Bucks County		267-580-3534

Pregnancy/Childbirth/Breastfeeding

Pregnancy/Baby Health Providers

A Baby's Breath	Collegeville	610-489-0083
	Jeffersonville	610-630-9630
	Phoenixville	610-933-5182
	Warminster	215-442-0442
	Wayne	484-580-6436
Abington-Jefferson Health		
Find an Obstetrician		215-481-6334
The OB/GYN Center		215-481-6784
Fetal Diagnostic Center		215-481-4944
Prenatal Testing Center		215-481-2108
Physician Referral Service		215-481-6334
Neonatal Follow Up Program		215-481-6650
Maternity Education Classes		215-481-6800
Bethany Christian Services	Philadelphia	215-376-6200
Birthing International	24/7 Hotline	800-550-4900
	Pottstown	610-327-2626
	Philadelphia	215-728-0385
Catholic Social Services	Norristown	610-279-7372
Cradle of Hope		215-572-5937
Genesis Pregnancy Care Center	Pottstown	610-970-8089
Mitzvah Circle Foundation		215-828-6647
	EMAIL: info@mitzvahcircle.org	
North Care Women's Clinic	Lansdale	215-855-2424
	Or TEXT: 215-720-1579	

TEXT "BABY" (for Spanish "BEBE") to 511411 or download the Text4baby app to receive FREE personalized health information throughout pregnancy and up until your child's 1st birthday.

Breastfeeding Support

Abington Jefferson Health		
Breastfeeding Support Services Warmline		215-481-6104
The Breastfeeding Support Service Outpatient Office		215-481-6106
Breastfeeding Resource Center	Abington	215-886-2433
	King of Prussia	484-582-6682
CHOP Breastfeeding and Lactation Program		215-590-4442
Einstein Women's Resource Center		484-362-6133
Grand View Hospital	The Birth & Family Center	215-453-4100
Holy Redeemer	Maternity Care	800-818-4747
La Leche League	Philadelphia	610-666-0359
Lifecycle WomanCare		610-525-6086
Main Line Health		866-225-5654
Maternity Care Coalition	Philadelphia	215-972-0700
	Norristown	610-277-1505
	Pottstown	610-819-6200
National Women's Health Information Center		800-994-9662
Nursing Mothers Alliance	WARMLINE	610-251-9405
PA Department of Health	Healthy Baby Line	800-986-2229
Pottstown Hospital		
Women's & Children's Services		610-327-7147
Visiting Nurses Association		215-572-7880
Women, Infants and Children (WIC)		800-942-9267
	Lansdale	215-368-9826
	Norristown	610-272-4042

WIC	Pottstown	610-323-8160
WIC Breastfeeding Warm Line		855-427-5666

Childbirth Classes

Abington Jefferson Health		
Maternity Education Classes		215-481-6800
Einstein Women's Resource Center		484-362-6133
Grand View Hospital	Healthy Beginnings Plus	215-453-4077
Holy Redeemer	Maternity Care	800-818-4747
Lifecycle WomanCare		610-525-6086
Main Line Health		866-225-5654
Maternity Care Coalition	Philadelphia	215-972-0700
	Norristown	610-277-1505
	Pottstown	610-819-6200
Pottstown Hospital		
Women's & Children's Services		610-327-7145

Caregiver & Family Resources

Carson Valley Children's Aid of Norristown and Family Services of Pottstown strengthen and empower parents and children. All services are free.

Norristown 610-279-2755 • Pottstown 610-326-1610

Birth Certificate:	www.health.pa.gov
Philadelphia Vital Records Office	844-228-3516
Social Security	Norristown Office 800-772-1213
	TTY: 800-325-0778
ACLAMO Family Centers	Norristown 610-277-2570
	Pottstown 610-970-2134
Big Brothers Big Sisters	Philadelphia 215-790-9200
Carson Valley Children's Aid	Norristown 610-279-2755
Family Services	Pottstown 610-326-1610
	Eagleville 610-630-2111
Montgomery County Grandparent Program	610-278-3601
The Parenting Center	484-212-5859

Are you over the age of 55 and caring for a child 18 years or younger?

CALL 610-278-3601 to learn about the Montgomery County Office of Aging & Adult Services' **Grandparent Program**

Child Learning Resources

Early Learning Resource Center Region 17
610-278-3707 or 800-281-1116

Provides a single point-of-contact for Montgomery County families, early learning service providers, and community members looking to gain information and access services that support high-quality childcare and early learning programs. Administers the Child Care Works subsidized childcare program to qualifying families in Montgomery County, assists families in locating and selecting high-quality childcare and manages the Keystone STARS quality rating improvement system for childcare providers in Montgomery County.

For more information visit: www.montcopa.org/elrc
Apply for subsidized childcare online: www.compass.state.pa.us
Search for a childcare provider: www.findchildcare.pa.gov

Pennsylvania Department of Human Services		
HelpLine		800-692-7462
		TDD: 800-451-5886
Regional Office of Child Development		800-346-2929
		Or 215-560-2541
The Pennsylvania Key		800-284-6031
		www.pakeys.org

Early Head Start (birth to age 3)

Bucks County Intermediate Unit	215-348-2940 ext. 8800
Chester County Intermediate Unit	610-383-6800
Delaware County Intermediate Unit	610-938-9000
Maternity Care Coalition Philadelphia	215-972-0700
Norristown	610-277-1505
Pottstown	610-819-6200

Pre-K Counts (ages 3 & 4)

Bucks County Intermediate Unit	215-348-2940 ext. 8800
Delaware County Intermediate Unit	610-938-9000
Montgomery County Intermediate Unit	484-868-9550
Pottstown Early Action for Kindergarten Readiness	610-718-8635

Head Start (ages 3 to 5)

Bucks County Intermediate Unit	215-348-2940 ext. 8800
Chester County Intermediate Unit	610-383-6800
Delaware County Intermediate Unit	610-938-9000
Montgomery County Intermediate Unit	484-868-9800

Child Support, Paternity & Family Court

Bucks County Domestic Relations	215-340-8068
Chester County Domestic Relations	610-344-6215
Delaware County Domestic Relations	610-891-4314
Montgomery County Domestic Relations	610-278-3646
Montgomery County Court Child Care Center	610-292-4956
PA Child Support Program	www.humanservices.state.pa.us
PA Office of Children and Families in the Courts	717-231-3300

Children with Special Needs

Assistive Technology (AT)

Bridging Apps App Search	www.bridgingapps.org
PA Assistive Technology Foundation	888-744-1938
PA's Initiative on AT – Tech Owl	800-204-7428
Temple University Institute on Disabilities	215-204-1356
	TTY: 215-204-1805

Autism Support

Autism Behavior Services Philadelphia	855-581-0100
KenCrest	610-825-9360
Montgomery County Office of Developmental Disabilities and Early Intervention	610-278-5666
PA Bureau of Autism Services	866-539-7689
The Autism Society National Helpline	800-328-8476
Greater Philadelphia Autism Society	610-358-5256
The Center for Autism	215-878-3400

Behavioral Support Services

Access Services	215-540-2150
Aspire and Family Services	267-388-0670
Behavioral Analysis & Therapy Partners	484-802-2296
Bethanna	215-355-6644
Carson Valley Children's Aid	610-279-2755
Central Behavioral Health	610-279-9270
Chester County Intermediate Unit Wayne	610-254-2460
Downingtown	484-237-5000
Child and Family Focus, Inc.	215-957-9771
Child Guidance Resource Center	484-751-9691
Creative Health Services Pottstown	484-941-0500
Spring City	610-948-6490
Devereux-Devereux Community Services	610-688-1205
Elwyn, Inc.	610-892-4500
Epic Development Services	215-322-8860
Explorations	610-635-2400
Foundations Behavioral Health	215-345-0444
Indian Creek Foundation	215-256-1500
Merakey Warminster	215-442-1570
Colmar	215-631-8969
Network for Behavior Change	610-383-1432
OMNI Health Services	215-997-2000
Penn Foundation	215-237-9347

Penn Psychiatric Center	610-489-3333
Vision Behavioral Health Services	610-539-0280

Developmental Disabilities

The Arc of PA	877-337-1970
Delta Community Supports	215-654-1000
Disability Rights PA	www.disabilityrightspa.org
	800-692-7443
	TDD: 877-375-7139
KenCrest	610-825-9360
Montgomery County Office of Developmental Disabilities	610-278-3642
National Down Syndrome Society	800-221-4602
Montgomery County Down Syndrome Interest Group	484-808-2160
Office of Vocational Rehabilitation	800-221-1042
	TTY: 888-616-0470
Suburban Transnet Services	215-542-7433

Early Intervention (EI)

Early Childhood Assessment Services	610-277-7176
Early Intervention of PA	
Statewide CONNECT Helpline	800-692-7288
Montgomery County Intermediate Unit	484-868-9800

Support for Siblings

The Sibling Support Project	www.siblingsupport.org
Sibshop (Ages 6-12) and Sibteen (Ages 13-17)	
Pottstown	610-326-9250
Kulpsville	215-368-7000

Other

Central Behavioral Health	
Preschool Intervention Program	610-272-4110 ext. 326
Children/Adults with Attention Deficit/Hyperactivity Disorder	267-326-7760
CHOP Department of Audiology	800-551-5480
Clarke Schools for Hearing and Speech	267-930-5094
Easterseals of Southeastern PA	215-879-1000
EdBeCo, Inc.	267-465-7515
Exceptional Connections	267-495-8589
Overbrook School for the Blind	215-877-0313
PA Families, Inc. Statewide Families Network	800-947-4941
Parent Education and Advocacy Leadership (PEAL) Philadelphia	866-950-1040
	215-567-6134
	TTY: 412-281-4409
PA Tourette Syndrome Association	800-990-3300
Parents Exchange	610-962-0337
Psychology Today	www.psychologytoday.com
Northeast Community Center for Behavioral Health	215-831-2800
Quinn Development Services	215-654-7577
Special Kids Network, Inc.	
(Monday-Friday 8:30am-4:00pm)	800-986-4550
Speech Success Academy	267-818-4200
The ARC Alliance Children's Service	610-278-6207
Variety – The Children's Charity of the Delaware Valley	610-584-4366

Talk Support in Non-Emergencies

(7 days a week from 1:00pm-9:00pm)

TEEN Talk Line:

CALL 866-825-5856 or TEXT 215-703-8411 or
EMAIL: teentalkline@accessservices.org

Peer Support Talk Line:

CALL 855-715-8255 or TEXT 267-225-7785

Mental Health Services

Montgomery County Mobile Crisis Hotline:

855-634-4673

Montgomery County Children's Crisis Support

Program: 888-435-7414

Community Behavioral Health Centers

Central Behavioral Health	Norristown	610-277-4600
	Abington	267-818-2220
Child and Family Focus	Willow Grove	267-818-6190
	Hatboro	215-957-9771
Creative Health Services	Pottstown	484-941-0500
Lower Merion Counseling and Mobile Services		610-520-1510
Magellan Healthcare	Montgomery County	877-769-9782
		TTY: PA Relay 7-1-1
Merakey/NHS	Lansdale	215-368-2022
Penn Foundation		215-257-6551

Suicide Crisis and Prevention

ACCESS Services (Mobile Crisis Support)		855-634-4673
Montgomery County Emergency Service		
	Crisis Services	610-279-6100
National Alliance of Mental Illness (NAMI) Helpline		
	Monday-Friday 10:00am-6:00pm	800-950-6264
National Crisis Text Line	TEXT: "HOME" to 741741	
National Suicide Prevention Lifeline		800-273-8255
	Veterans	press 1
	Spanish	888-628-9454
	For the Deaf and Hard of Hearing	800-799-4889
National Trans Lifeline		877-565-8860
Prevent Suicide PA		717-885-9161
Substance Abuse and Mental Health Services Administration		
	National Helpline	800-662-4357
Suicide Prevention Taskforce Training Coordinator		
	Free and Low-Cost suicide prevention trainings	610-278-1238
The Trevor Lifeline	LGBTQIA Youth	866-488-7386
	Or TEXT: "START" to 678678	

Drug and Alcohol Services

Case Management

Preference given to pregnant injection drug users, pregnant substance users, injection drug users, overdose survivors, and veterans.

Creative Health Services	Pottstown	484-941-0500
Gaudenzia	Central Montgomery County	610-279-4262
Gaudenzia	Eastern Montgomery County	215-433-1634
Penn Foundation	Sellersville	215-257-6551

Prevention/ Intervention

Aldersgate Youth Service Bureau	Willow Grove	215-657-4545
Carson Valley Women's Voices, Healthy Choices		610-279-2755
Creative Health Services		610-327-1503
Substance Abuse and Mental Health Services Administration		
	National Helpline	800-662-4357

Outpatient Services

Creative Health Services		610-327-1503
Gaudenzia	Norristown	610-279-4262
	Dresher	215-433-1634
Malvern Institute Outpatient Program	Pottstown	610-625-8376
Penn Foundation		215-257-9999
RHD Rise Above Outpatient Program		
	King of Prussia	484-681-4040

Other

Alcoholics Anonymous Southeastern PA Intergroup		215-923-7900
Al-Anon/Alateen		888-425-2666
Council of Southeast PA Drug and Alcohol		
	Helpline	800-221-6333
	PRO-ACT Program	215-345-6644
Eagleville Hospital		800-255-2019
Harwood House	Male ONLY Halfway House	610-853-3440
Libertae Family House		
	Women and Children Halfway House	215-639-8681
Malvern Institute Inpatient Program	Willow Grove	610-625-8376
Montgomery County Office of Drug and Alcohol		610-278-3642
Narcotics Anonymous	Montgomery County	844-624-3575
Nar-Anon		800-477-6291
Norristown Recovery and Education Center		267-507-3510
PA Division of Drug and Alcohol Program		800-662-4357
PA Free Quitline		800-784-8669
	Spanish	855-335-3569
Penn Foundation		215-257-9999
Pottstown Recovery and Education Center		267-507-3525
Resource for Human Development (RHD)		215-951-0300
Family House NOW (New Options for Women)		215-878-8616
Lower Merion Counseling and Mobile Services		610-520-1510
Womanspace	Philadelphia	215-844-2400
Valley Forge Medical Center		610-539-8500

Education

English as a Second Language (ESL)

Abington Free Library		215-885-5180
ACLAMO Family Center		610-277-2570
Keystone Opportunity Center		215-723-5430
Literacy Council of Norristown		610-292-8515
Montgomery County Community College		215-619-7421
Montgomery County Literacy Network		877-225-4484
Montgomery County OIC		610-279-9700
New Life Church		215-576-0892
Won Community Service Center		215-884-8443
YWCA Tri-County	Pottstown	610-326-7323
	Norristown	610-427-5830

High School Equivalency (GED & HiSET)

Keystone Opportunity Center		215-723-5430
Literacy Council of Norristown		610-292-8515
Montgomery County Community College		215-641-6646
Montgomery County Literacy Network		877-225-4484
Montgomery County OIC		610-279-9700
MontcoWorks NOW		484-416-6800
PA Career Link	Montgomery County	610-270-3429
The Open Link	Pennsburg	215-679-4112
	East Greenville	215-679-6550
YWCA Tri-County	Pottstown	610-326-7323
	Norristown	610-427-5830

Job Training/Career Services

Developmental Enterprises Corporation		610-277-3122
Job Corps		800-733-5627
	TTY	877-889-5627
	Philadelphia	267-386-2888
Keystone Opportunity Center		215-723-5430
Lakeside Mobile Support Program		215-654-9414
Montgomery County Assistance Office		
	Norristown	877-398-5571
	Pottstown	800-641-3940
Montgomery County EARN Center		610-292-5026
Montgomery County OIC		610-279-9700
MontcoWorks NOW		484-416-6800
Norristown Hospitality Center		610-277-1321
PA Career Link	Montgomery County	610-270-3429
Pottstown Public Library		610-970-6551

Parenting Education

A Baby's Breath	Collegeville	610-489-0083
	Jeffersonville	610-630-9630
	Phoenixville	610-933-5182
	Warminster	215-442-0442
	Wayne	484-580-6436
Carson Valley Children's Aid		610-279-2755
Catholic Social Services		610-279-7372
Center for Parenting Education		215-576-0586
	EMAIL: info@parentingedu.org	
ChoiceOne		800-497-8378
Confident Parenting		610-331-8175
Creative Parenting		215-322-5755
Educating Communities for Parenting		215-496-9780
Family Services	Pottstown	610-326-1610
	Eagleville	610-630-2111
Maternity Care Coalition	Philadelphia	215-972-0700
	Norristown	610-277-1505
	Pottstown	610-819-6200
Maternity Care Coalition MOMobile		215-386-3807

Colleges

Arcadia University		215-572-2900
Bryn Mawr College		610-526-5000
Cabrini University		610-902-8100
Eastern University		610-341-5800
Gwynedd Mercy University		215-646-7300
Harcum College		610-525-4100
Haverford College		610-896-1000
Immaculata University		610-647-4400
Manor College		215-855-2360
Montgomery County Community College		
	Blue Bell	215-641-6300
	Pottstown	610-718-1800
	The Culinary Arts Institute	267-646-5970
Penn State University – Abington		215-881-7300
Rosemont College		610-527-0200
Saint Joseph's University		610-660-1000
Temple University – Ambler		267-468-8000
Ursinus College		610-409-3000
Villanova University		610-519-4500
West Chester University		610-436-1000

Health Services – Insurance and Access

Determining Eligibility

PA Health Law Project	www.phlp.org
Helpline (Monday, Wednesday, Friday 8:00am-8:00pm)	
	800-274-3258
Visiting Nurse Association	800-591-8234

Connecting to Health Insurance

PA Health Access Network	877-570-3642
Visiting Nurse Association	800-591-8234

Enrolling in Benefits

COMPASS	www.compass.state.pa.us
Online application to apply for many health and human service benefits.	
Monday-Friday 8:30am-4:45pm	800-692-7462
	TTY/TTD: 800-451-5886
CHIP	www.chipcoverspakids.com
	800-986-5437
Medicare	800-633-4227
	TTY: 877-486-2048
Medicaid	877-267-2323
	TTY: 866-226-1819
Montgomery County Assistance Office	
	Norristown 877-398-5571
	Pottstown 800-641-3940
	LIHEAP 610-272-1752
Open Enrollment	www.healthcare.gov
	800-318-2596

Social Security

www.ssa.gov

800-772-1213

TTY: 800-325-0778

800-591-8234

Visiting Nurse Association

Prescription Assistance

Partnership for Prescription Assistance	888-477-2669
Visiting Nurse Association	800-591-8234

Health Services – Providers

Montgomery County Office of Public Health Health Centers

All County Health Centers provide the following services: Immunization Clinics, HIV Testing and Counseling, STD Screening and Treatment. For TB Screening and Treatment CALL 610-970-5040.

Norristown Health Center	610-278-5117
Pottstown Health Center	610-970-5040
Willow Grove Health Center	215-784-5415

Child Health Care

Abington Jefferson Health		
	Find a Physician	215-481-6334
	Maternal Child Home Health	215-481-5800
CHOP Newborn Care		
	Doylestown Hospital	215-345-2054
	Grand View Health	215-453-4082
	Holy Redeemer Hospital	215-938-2903
CHOP Primary Care		
	Norristown	610-272-4550
	HighPoint	215-822-7700
	Roxborough	215-483-3444
	Paoli	610-407-9000
	Haverford	610-658-0999
	Chestnut Hill	215-247-1172
	Flourtown	215-836-1700
	Indian Valley	215-723-7177
	Pottstown	610-326-4980
CHOP Specialty/Urgent Care		
	Abington	215-855-2790
	Exton	610-594-9008
	King of Prussia	610-337-3232
	Haverford	610-519-1275
Community Health and Dental Care		484-948-3097
Main Line Health		866-225-5654
Montgomery Family Practice		484-622-7510
Trappe Pediatric Care		484-622-6340
Visiting Nurse Association		
	Children's Health Center	215-572-7880

Dental

Community Health and Dental Care	484-948-3097
Community Medical and Dental	610-489-1313
Norristown Regional Health Center	610-278-7787
Philadelphia FIGHT	Dental Services 215-525-3046

Immunizations

Community Health and Dental Care	484-948-3097
Montgomery County Office of Public Health	
	Norristown 610-278-5145
	Pottstown 610-970-5040
	Willow Grove 215-784-5415
Montgomery Family Practice	484-622-7510
Norristown Regional Health Center	610-278-7787
The Clinic	610-935-1134
Visiting Nurse Association	
	Children's Health Center 215-572-7880

Pregnancy Testing

A Baby's Breath	Collegeville	610-489-0083
	Jeffersonville	610-630-9630
	Phoenixville	610-933-5182
	Warminster	215-442-0442
	Wayne	484-580-6436
Birthright of Pottstown		610-327-2626
Catholic Social Services	Norristown	610-279-7372
ChoiceOne		800-497-8378
Genesis Women's Clinic		610-970-8089
Genuardi Family Maternal Health		484-622-7300
North Care Women's Clinic		215-855-2424
Planned Parenthood	Norristown	610-279-6095
	Warminster	215-957-7980
	Pottstown	610-326-8080

Obstetrics/Gynecological

Abington Memorial	OB/GYBN Center	215-481-6784
Genuardi Family Maternal Health	Norristown	484-622-7300
Lifecycle WomanCare		610-525-6086
Main Line Health		866-225-5654
Planned Parenthood	Norristown	610-279-6095
	Warminster	215-957-7980
	Pottstown	610-326-8080
Pottstown Hospital	Maternity Services	610-327-7142
The Clinic		610-935-1134

HIV/AIDS & STD Services

Find a STD/HIV Testing Site: www.gettested.cdc.gov

Access Matters	Hotline	215-985-3300
Action Wellness	Philadelphia	267-940-5515
CDC National AIDs Hotline		800-243-7889
CDC National STD Hotline		800-232-4636
	TTY:	800-243-7889
Choice One		800-497-8378
Family Services	Project HOPE	610-630-2111
Mazzoni Center	option 3	855-462-9966
Montgomery County Office of Public Health		
	Norristown Health Center	610-278-5117
	Pottstown Health Center	610-970-5040
	Willow Grove Health Center	215-784-5415
Montgomery County HIV/STD Program		215-278-5145
National Perinatal HIV Hotline		888-448-8765
Norristown Regional Health Center		610-278-7787
North Care Women's Clinic	Lansdale	215-855-2424
PA AIDS Factline		800-662-6080
Philadelphia FIGHT	Jonathan Lax Center	215-790-1788
Philly AIDS Thrift		215-922-3186
Planned Parenthood	Norristown	610-279-6095
	Warminster	215-957-7980
	Pottstown	610-326-8080

Teen Pregnancy

Birthright of Pottstown	24/7 Helpline	800-550-4900
		610-327-2626
Carson Valley Children's Aid		610-279-2755
Child, Home and Community (CHC)		215-348-9770
Einstein Nurse Family Partnership		484-622-3637
Family Services	Pottstown	610-326-1610
	Eagleville	610-630-2111
Maternity Care Coalition	Philadelphia	215-972-0700
	Norristown	610-277-1505
	Pottstown	610-819-6200
Montgomery County Teen Parent Task Force	Facebook Group	
Montgomery County Maternal and Child Health Nurse Home Visiting		888-404-0620
Morningstar Ministries	Pregnant Teen Housing	215-723-8103
North Care Women's Clinic		215-855-2424
	TEXT:	215-720-1579
SafeTeens	www.safeteens.org	
	TEXT: "SAFE" to 57890	
Women, Infants, and Children (WIC)		800-942-9467
	Lansdale	215-368-9826
	Norristown	610-272-4042

WIC Pottstown 610-323-8160

Hospitals

Abington Hospital		215-481-2000
Abington-Lansdale Hospital		215-368-2100
Bryn Mawr Hospital		484-337-3000
Chestnut Hill Hospital		215-248-8200
Children's Hospital of Philadelphia		215-590-1000
Einstein Medical Center Elkins Park		215-663-6000
Einstein Medical Center Montgomery		484-622-1000
Grand View Hospital	Sellersville	215-453-4000
Holy Redeemer Hospital	Meadowbrook	800-818-4747
Lankenau Medical Center	Wynnewood	484-476-2000
Norristown State Hospital (Psychiatric)		610-313-1000
Paoli Hospital		484-565-1000
Phoenixville Hospital		610-983-1000
Pottstown Hospital		610-327-7000
Roxborough Memorial Hospital		215-483-9900
Shriner's Hospital for Children	Philadelphia	215-430-4000
St. Christopher's Children's Hospital	Philadelphia	215-427-5000
Suburban Community Hospital	East Norriton	610-278-2000

Support Groups

Crisis

National Crisis Text Line TEXT: "HOME" to 741741

Domestic Violence

Laurel House	24-Hour Hotline	800-642-3150
		610-277-1860
Victim Services Center of Montgomery County	24/7 Hotline	888-521-0983
		610-277-0932
Women's Center of Montgomery County	24-Hour Hotline	800-773-2424
	Elkins Park	215-635-7344
	Norristown	610-279-1548
	Pottstown	610-970-7363
	Bryn Mawr	610-525-1427
	Colmar	215-996-0721
	Abington Lansdale Hospital	215-853-8060
	Holy Redeemer Hospital	215-938-3711

Drug & Alcohol

Alcoholics Anonymous	Philadelphia	215-923-7900
	Sellersville	215-721-3656
	Pottstown	610-323-3450
Al-Anon	Delaware Valley	215-222-5244
Narcotics Anonymous	Montgomery County	844-624-3575
Substance Abuse and Mental Health Services Administration (SAMHSA)	National Helpline	800-662-4357

Father Friendly

Better Dads		www.betterdads.com
CADCOM		610-277-6363 ext. 167
Carson Valley Children's Aid		610-279-2755
Child, Home and Community (CHC)		215-348-9770
I CAN DADS Coaching		www.icandads.com
Maternity Care Coalition	Philadelphia	215-972-0700
	Norristown	610-277-1505
	Pottstown	610-819-6200
National Fatherhood Initiative		301-948-0599
		www.fatherhood.org
National Responsible Fatherhood Clearinghouse		877-432-3411
		www.fatherhood.gov

Grief Support

Abington Jefferson Health		
	Bereavement Support Groups	215-441-6842
	Perinatal Loss Support Group	215-481-4814
	Safe Harbor	215-481-5983
CHOP Support Group	Sibling Bereavement Group	215-590-3273

Cribs for Kids
 Healing Hearts Infant Bereavement Resources 412-322-5680 ext. 4
 Grief Recovery After a Substance Passing (GRASP)
 Ambler 215-884-3916
 The Center for Loss and Bereavement 610-222-4110
 The Compassionate Friends Loss of a Child
 King of Prussia 484-919-0820
 Phoenixville 610-933-9375
 Jenkintown 267-265-6744
 Unite Inc. Grief Support After Miscarriage, Stillbirth and Infant Death
 484-758-0002

LGBTQ+

Mazzoni Center 215-563-0652
 William Way LGBT Community Center 215-732-8255

Mental Health

Abington Jefferson Health New Directions 215-659-2366
 Creating Increased Connections 484-681-9432
 Mental Health Association
 Trail Guides Peer Support Services 267-507-3496
 Mental Health Partnerships
 Family Mentor and Advocacy Network 267-850-5677
 National Alliance of Mental Health (NAMI)
 24/7 Helpline 800-950-6264
 TEXT: "NAMI" to 741741
 Main Line 267-251-6240
 Lansdale 215-361-7784
 Philadelphia 267-687-4381
 Substance Abuse and Mental Health Services Administration (SAMHSA)
 National Helpline 800-662-4357

Parenting

Carson Valley Children's Aid 610-279-2755
 Catholic Social Services Norristown 610-279-7372
 Child, Home and Community (CHC) 215-348-9770
 Family Services Pottstown 610-326-1610
 Eagleville 610-630-2111
 Maternity Care Coalition Philadelphia 215-972-0700
 Norristown 610-277-1505
 Pottstown 610-819-6200
 Norristown Hospitality Center 610-277-1321
 The Center for Parenting Education EMAIL: info@parentingedu.org
 Young Life Philadelphia 267-978-6904
 Saint David's 484-580-9050
 Phoenixville 484-798-7372
 Fort Washington 215-277-7817

Pregnancy/Childbirth

A Baby's Breath Collegeville 610-489-0083
 Jeffersonville 610-630-9630
 Phoenixville 610-933-5182
 Warminster 215-442-0442
 Wayne 484-580-6436
 Birthright of Pottstown 24/7 Helpline 800-550-4900
 610-327-2626
 Carson Valley Children's Aid 610-279-2755
 Catholic Social Services Norristown 610-279-7372
 Family Services Pottstown 610-326-1610
 Eagleville 610-630-2111
 Genuardi Family Maternal Health 484-622-7300
 Nursing Mothers Alliance 610-251-9405
 The Center for Postpartum Depression 215-247-2114
 The Postpartum Stress Center 610-525-7527

Veterans

Montgomery County Community College
 Veterans Resource Center 215-619-7307
 Montgomery County Office of Veteran Affairs 610-278-3285
 Norristown Vet Center 215-823-5245

Victims of Crime

The Lincoln Center
 Victims of Crime Act Program 610-277-3715 ext. 243

Other

American Diabetes Association 800-342-2383
 Autism Society National Helpline 800-328-8476
 CDC Children and Adults with Attention-Deficit/Hyperactivity Disorder
 866-200-8098
 CHOP Support Groups
 Duchenne Muscular Dystrophy Parents' Group 215-590-6875
 Hemophilia Parent Group 215-590-3514
 Kinship Caregiver Group 215-590-2956
 Seizure Disorder Group 215-590-1719
 Sickle Cell Parents Club 215-590-2957
 Spina Bifida Support Group 215-590-2957
 Oncology Parent Support Group 267-426-8135
 Camphill Foundation 610-935-0300
 Center for Humanistic Change 610-443-1595
 Cystic Fibrosis Foundation 800-344-4823
 Epilepsy Foundation of Eastern PA 800-887-7165
 Health Federation of Philadelphia 215-567-8001
 March of Dimes 610-945-6050
 National Multiple Sclerosis Society
 Monday-Friday 9:00am-7:00pm 800-344-4867
 PA Mentor 267-263-2246
 Parent to Parent 888-727-2706
 Peer Support Groups 215-481-5983
 Special Kids Network Helpline
 Monday-Friday 8:30am-4:00pm 800-986-4550

Taxes

Internal Revenue Service (IRS) www.irs.gov
 IRS Local Office King of Prussia 610-992-5130
 Horsham 215-887-6134
 PA Department of Revenue www.revenue.pa.gov
 Customer Service Center www.revenue-pa.custhelp.com
 Regional Office Norristown 610-270-1780
 Personal Income Tax 717-787-8201
 Property Tax/Rent Rebate Program 888-222-9190
 Taxpayer's Rights Advocate 717-772-9347
 Services for Taxpayers with Special Hearing
 and/or Special Needs 800-447-3020
 USA Tax Help www.usa.gov/help-with-taxes

Transportation

Boyertown Area Multi-Service Medical Transport 610-367-6957
 PennDOT 717-787-2838
 Pottstown Area Rapid Transit (PART) 610-326-5413
 SEPTA CCT Connect 215-580-7145
 The Open Link Transportation Assistance Program (TAP)
 Pottstown Area – Medical Transport 215-679-4112
 Transnet Suburban
 Persons with Disabilities, Medical Assistance Transportation,
 School/Camp Services, Shared Ride, Shuttle Services
 215-542-7433

Register to Vote:

Visit www.pavoterservices.pa.gov for PA
 voter registration information and links.

Follow this link for NEW Voter Registration:
[NEW PA Voter Registration](http://www.pavoterservices.pa.gov)

CALL 877-868-3772 with questions



LOCATIONS

Norristown
1430 DeKalb Street
Norristown, PA 19404
610-278-5145

Pottstown
364 King Street
Pottstown, PA 19464
610-970-5040

Willow Grove
Eastern Courthouse Annex
102 York Road, Suite 401
215-784-5415

CHILDREN AND ADULT HEALTH

Vaccinations for children and adults, including flu, for those with no insurance covering vaccinations and for Vaccines for Children (VFC) eligible clients. Tuberculosis Testing and Treatment – Sexually Transmitted Disease Screening and Treatment - HIV/AIDS Testing and Counseling – Healthy Homes Program.

FAMILY SUPPORT HOME VISITING PROGRAM

The Maternal-Child Health Home Visiting Program is free for pregnant women, new mothers, new fathers, and their babies. A public health nurse will visit the family in the home, help with health care needs and discuss how mom, dad and baby are doing. The public health nurse can assist parents and children with a variety of needs including, but not limited to infant care, parenting tips, breastfeeding tips, home safety tips, smoking cessation, family planning, immunizations, education, and more.

HEALTH PROMOTION AND EDUCATION

Montgomery County Office of Public Health offers a variety of programs that are FREE for worksites, schools, senior centers and Montgomery County residents. Staff can host a display table at your community's health fair to distribute literature and answer questions. Program topics include:
Chronic Disease • Communicable Disease • Environmental Health • Healthy Lifestyles • Immunizations • Injury Prevention • Nutrition • Opiate Epidemic • Physical Activity

To request a health educator program, call (610) 278-5117 ext. 6771 or fill out the on-line request form at: <https://www.montcopa.org/EducationalPrograms>

Toll-Free Helplines for Pennsylvania Families

1-800-422-4453	<u>Childhelp</u> : 24-Hour National Crisis Intervention Hotline to offer support, information and referrals for preventing child abuse
1-800-986-2229	<u>Healthy Baby Line</u> : Information on finding a doctor, getting health care coverage, immunizations, tests for your baby, and breastfeeding
1-855-427-2736	<u>National Parent Helpline</u> : 24-Hour Helpline for emotional support
1-866-243-2229	<u>Shaken Baby Task Force</u> : 24-Hour Crying Baby Helpline
1-866-626-6847 <i>or</i> TEXT 855-999-3525	<u>MotherToBaby</u> : Ask experts questions on medications and more during pregnancy and breastfeeding
1-800-986-4550	<u>Special Kids Network</u> : Helpline for providers and parents of children and youth with special healthcare needs access local services and supports
1-800-692-7288	<u>PA Department of Education Early Intervention</u> : The CONNECT Helpline assists families in locating resources and providing information regarding child development for children ages birth to five
1-800-753-8827	<u>PA Department of Aging</u> : Link to aging and disability resources
1-855-634-4673	<u>Montgomery County's Mobile Crisis</u> : Available 24/7, provides immediate support for crisis situations and assistance with managing recurring or future crises
1-800-642-3150	<u>Laurel House</u> : 24/7 Hotline, speak with a counselor about available resources
1-800-942-9467	<u>PA Department of Health</u> : WIC Hotline for information on nutrition services, breastfeeding support, health care and social service referrals and healthy foods
1-800-424-5323	<u>EPA Lead Hotline</u> : For general information, to order documents, and for questions
1-866-412-4755	<u>PA Department of Health</u> : Head Injury Program, information to help individuals with a traumatic brain injury live independently
1-800-784-8669	<u>PA Department of Health</u> : PA Free Quit Line, information and help to quitting tobacco
1-800-662-4357	<u>SAMHSA National Helpline</u> : 24/7 Helpline for treatment referral and information service for individuals and families facing mental and substance use disorders
Dial 2-1-1 <i>or</i> 1-866-964-7925	<u>Your Way Home Montgomery County</u> : Housing crisis response system for families and individuals experiencing homelessness or at imminent risk of homelessness
1-800-232-4636	<u>CDC Health Line</u>

Thank you to Marissa Conley, Arcadia University, who updated the 2020 Parent and Infant Resource Guide.

Marissa is a graduate student in the Master of Public Health (MPH) program at Arcadia University. After completing the MPH program in May 2020, Marissa will begin to pursue her MPH career. She hopes to apply the knowledge and experience she gained through the MPH program and her internship with the Office of Public Health in all of her future career roles.