

Get Help.

Useful information that can help you take the first step today.

IF YOU NEED TO SPEAK TO SOMEONE IMMEDIATELY:

BUCKS COUNTY MENTAL HEALTH 24- HOUR CRISIS INTERVENTION SERVICES- 1-800-499-7455
CRISIS TEXT LINE- TEXT HOME (4663) TO 741741
NATIONAL SUICIDE HOTLINE- 1-800-273-TALK (8255)
LENAPE VALLEY MOBILE CRISIS- 1-877-435-7709

I HAVE INSURANCE

For individuals with commercial insurance reach out to your insurance company for providers in-network. If you need further assistance, please contact your school guidance counselor.

If you do not have insurance, you can apply for Medical Assistance on the Pennsylvania COMPASS page at www.compass.state.pa.us.

The Ann Silverman Community Health Clinic is also available for those without insurance, and they also assist with applying for Medical Assistance. Find them at www.aschealthclinic.org.

Si Ud. habla español y necesita ayuda solicitando Asistencia Médica, Immigrants Rights Action puede ayudarle con la solicitud. www.immigrantrightsaction.org

I DO NOT HAVE INSURANCE

I NEED HELP FINDING A THERAPIST...

If you are searching for a therapist regardless of insurance, these sites allow you to define what services you may need and what insurance is accepted.

- [SAMHSA](http://www.samhsa.gov) allows you to find treatment facilities and programs in the United States or U.S. Territories for mental health and substance use disorders based on location and allows for type of insurance filters. Go to www.samhsa.gov.
- [Find Help](http://www.findhelp.org) allows you to search and connect to therapists locally in addition to many other resources. Go to www.findhelp.org.
- [Psychology Today](http://www.psychologytoday.com) allows you to search therapists and other types of treatment providers by local filter as well as insurance information. Go to www.psychologytoday.com.
- [NAMI Bucks County](http://www.namibuckspa.org) is part of the larger National Alliance on Mental Health and can connect you to therapists depending on insurance, need and location. NAMI Bucks County also provides free support groups virtually on their website at www.namibuckspa.org.
- [NOVA](http://www.novabucks.org) provides private short-term counseling to victims of sexual assault, sexual abuse and other crimes, and the primary people in their lives. Counseling is available in Spanish, Korean, Mandarin, Romanian. Go to www.novabucks.org.

FOR HELP FINDING A THERAPIST AND COMMUNITY RESOURCES FOR ALL POPULATIONS, GO TO "THE HUB" AT WWW.BUCKSCOUNTY.GOV/1298 OR CALL 215-348-6201.



Bucks County
HUB

WE CAN HELP, TOO!

You can always connect with your school counselor for support and assistance!

