



## Tier 1 School-wide

---

- **Inner Strength App**
  - Practice self-care and mindfulness activities, learn about the science of the brain, and keep yourself in good spirits.
  - Download the free mindfulness app 24/7 at [innerstrengtheducation.org/app](https://innerstrengtheducation.org/app)
- **Promoting Adolescent Student Health Program (PASH) All the Feels Journal**
  - A self guided journal to write down your thoughts and feelings to understand them better.
  - [PASH Journal](#)
- **National Alliance on Mental Health (NAMI) | Philadelphia**
  - NAMI Philadelphia serves residents across our counties with free mental health support, online groups, resources and education. Additional information can be found at [NAMI Resources](#)
- **Philly Hope Line**
  - Free helpline staffed by Master's degree-level clinicians from Uplift, and is open to all School District of Philadelphia students & families. More information about how to access this resource can be found at [Philly Hope Line](#)
- **[Safe2Say Something](#)**
  - Safe2Say Something is a youth violence prevention program run by the Pennsylvania Office of Attorney General. The program teaches youth and adults how to recognize warning signs and signals, especially within social media, from

individuals who may be a threat to themselves or others and to “say something” BEFORE it is too late.

## Tier 2 Targeted audience/small group

---

- **Student Assistance Program (SAP)**
  - SAP is designed to assist in identifying issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student’s success. The primary goal of the Student Assistance Program is to help students overcome these barriers so that they may achieve, advance, and remain in school.
  - Guardian approval is needed for SAP assessment to occur.
  - More information about SAP can be found at [SAP Information](#)
- **Support Team for Educational Partnership (STEP)**
  - STEP is a mental health support team led by licensed clinician and support team member with an extensive history working within social service systems. The team is trained to support with increasing student success and family resource connections related to mental health needs.
  - More information about the STEP team can be found at [JBHS STEP Webpage](#)
- **Uplift Grief Group**
  - A 5 week grief group to assist students and their families with processing the loss of someone important.
  - No insurance or payments are required to attend a group, and groups are available to all regardless of immigration status.
  - More information about Uplift grief group can be found at [Uplift Grief Support Group](#)
- **LiveWell Foundation**
  - [Free](#) mental wellness, depression and anxiety online support group for teens (14-18)

- To join the weekly online group, more information can be found at [LiveWell Teen Online Group](#)
- **Fostering Leadership In Youth/Young Adults ( F.L.Y.Y. Program )**
  - This agency provides various resources to provide the skills necessary to help increase protective factors and decrease risk factors for folks ages 10-25 years old. Services include individual and group therapy sessions and family strengthening programs.
  - More information about the F.L.Y.Y. program can be found at [F.L.Y.Y. Program Brochure](#)

## Tier 3 Intensive individualized interventions

---

- **Holcomb Intensive Behavioral Health Services (IBHS)**
  - Holcomb provides an opportunity to ensure access to high quality, evidence-based, culturally responsive mobile services to be delivered across home, school, and other community settings.
  - Can work with children with a signed consent to treat and CBH authorization
  - More information about Holcomb IBHS program can be found at [Holcomb IBHS Handout](#)
- **Greater Philadelphia Health Action Inc. (GPHA): Woodland Ave Health Center**
  - The Woodland Avenue Health Center provides behavioral health services, in person and telehealth.
  - More information about GPHA's Woodland Ave Health Center can be found at [GPHA Woodland Ave Health Center Info.](#)
- **La Puerta Abierta (The Open Door)**
  - Free therapy resource for students and families who are Spanish/Non-English speaking.
  - More information about La Puerta Abierta can be found at [Referral Info. for The Open Door](#)
- **Gemma Services**

- Gemma is a community resource (*located right in Southwest*) that has a growing commitment to community-based programs, including after-school programs, parent education, mental health services, and prevention programs.
  - Gemma offers outpatient mental health services, including telehealth therapy
  - More information about Gemma's mental health services can be found at [Mental Health Services at Gemma](#)
- **Serenity Safe Haven Outpatient Clinic**
    - This outpatient agency is *located in Southwest* that provides psychotherapy, prescription medicine, support groups and other therapies.
    - More information about Serenity Safe Haven Outpatient Clinic can be found at [Serenity Safe Haven Outpatient Clinic](#)
- **Intercommunity Action**
    - Intercommunity action is an agency that offers outpatient mental health services, including telehealth therapy.
    - More information about Intercommunity Action's outpatient program can be found at [Intercommunity Action Outpatient Therapy Info](#).
- **The Attic Youth Center**
    - The Counseling department of The Attic Youth Center provides individual, couples, and family therapy to Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQI+) youth and young adults, up to the age of 23, and their families/caregivers (biological or by choice).
    - Sessions are available virtually and in-person
    - More information about counseling services at The Attic Youth Center can be found at [Mental Health Counseling at Attic Youth Center](#)
- **Philadelphia Mental Health Center (PMHC)**
    - PMHC is an agency that offers outpatient mental health services, including telehealth (virtual) therapy.
    - For more information about PMHC and how to get connected with their mental health services, please visit [PMHC Get Started Here!](#)

# Mental Health Services *Available 24/7*

---

- **Children’s Hospital of Philadelphia (CHOP) Behavioral Health & Crisis Center**
  - The Crisis Response Center is a 24/7 walk-in facility that evaluates children 5 to 17 years old with immediate mental health needs and provides short-term therapy.
  - More information about CHOP’s behavioral health & crisis center can be found at [CHOP Behavioral Health & Crisis Center Information](#)
- **Philadelphia Suicide Services (for referrals, support, and mobile crisis)**
  - Call 215-686-4420
- **Suicide & Crisis Lifeline (formerly the National Suicide Prevention Lifeline)**
  - Call or text 988, or call 1-800-273-TALK (8255)
  - Chat online: <https://988lifeline.org/talk-to-someone-now/>
- **The Trevor Project (provides 24/7 crisis support services to LGBTQ young people)**
  - Call 866-488-7386 or text 678678
  - Chat online: <http://www.thetrevorproject.org/section/get-help>
- **Trans Lifeline Hotline (peer support service run by trans people for trans & questioning peers)**
  - Call 877-565-8860
  - Visit general website: <https://translifeline.org/hotline/>
- **Philadelphia Domestic Violence Hotline**
  - Call 1-866-723-3014