

Requesting Support from a Counselor

Please look at the list of ways to reach our counseling team for support. The easiest way to reach our office is by email at Counseling@CRPHS.org.

A referral form is our preferred method of requesting support. Please click [here](#) to find our Referral Form. Paper copies of this form are available in the front of our office, located on the 2nd floor at CRPHS. Please allow 48 hours for a follow up from our team.

- ❖ The Counseling Team offers open office hours twice a day at 10am and again at 1pm for students to come in and receive brief support or make an appointment for support. You are welcome to visit during this time.
- ❖ The Counseling Team periodically hosts groups throughout the school year on various topics.
- ❖ The Counseling Team will run a WIN Period session called Counseling Resources. This class is facilitated by Mr. Webster, and can be an additional resource to students and a way to connect with our Department. Mr. Webster will have referral forms in class for students to request before or after class time.

Please notice the QR codes posted throughout the building as they link to referral forms that can be completed by mobile device. Our referral form will automatically populate our waitlist. If you have not heard from one of our staff after 2 days of submitting a referral form, please email us at Counseling@CRPHS.org.

Forms most commonly used:

- [Referral Form 24-25](#)
- [Consent Form 24-25](#)
- [Contract for Safety 24-25](#)
- [Wellness Assessment](#)
- [Protocol for Mandated Reporting](#)
- [Resources for Struggling Students](#)

Your mental health is important, especially during our school breaks! **If you, or someone you know is in crisis, please seek help immediately. Contact the following organization for information about 24-Hour crisis services in your area:**

The [National Suicide Prevention Lifeline's](#) 24 hour toll-free crisis hotline, 988, can put you into contact with your local crisis center that can tell you where to seek immediate help in your area. If you are uncomfortable with speaking on the phone, you can text "HOME" to 741-741 to speak with a trained crisis counselor at [Crisis Text Line](#). If you are a person of color, you can also text "[STEVE](#)" to 741-741 to speak with a trained crisis counselor 24/7.

[The Trevor Project](#) is an incredible 24-hour, free, confidential, safe suicide hotline for LGBTQ youth. If you or a friend are in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline at 1-866-488-7386 or text "START" to 678-678.

Seeking Counseling

Call Primary Care physician

Your primary care physician is a good person to talk to if you think you may need support for your mental health. Your doctor can typically provide you with a referral for counselors and therapists in the area who accept your insurance or work on a sliding scale!

Call Your Health Insurance Provider

Call your health insurance provider (phone number is on the back of your insurance card) and ask for therapists in your area who accept your plan. They may also have a list on their website or app. Therapy coverage in particular varies from plan to plan, so it helps to know the details. If your insurance doesn't cover the service you want, learn what they do cover—a plan that doesn't include a therapist, for example, might cover a social worker!

Not Using Insurance

There are free and sliding scale clinics that provide supportive services throughout the Philadelphia area. To find a provider with a sliding scale fee—a fee based on your level of income—this [list of free clinics](#) is a good place to start.

[Here](#) is another great resource of organizations in the Philadelphia area that provide therapy on a sliding scale!

Support Groups

Alcoholics Anonymous

Southeastern PA: info@aasepia.org,

Phone: 215-923-7900

Alanon / AlaTeen

Philadelphia PA: (215) 222-5244

SAMHSA National Helpline

Confidential free help, from public health agencies, to find substance use treatment and information.

Phone: 1-800-662-4357

Behavioral Health Organizations – Adolescents

Friends Hospital

4641 Roosevelt Boulevard - Philadelphia, PA General

Phone Number: 215-831-4600.

Child Guidance Resource Center - Philadelphia

2901 Island Ave, Philadelphia, PA [\(267\) 713-4100](tel:(267)713-4100)

Child Psychology Center – Merakey

265 E Lehigh Ave, Philadelphia, PA [\(215\) 427-1500](tel:(215)427-1500)

Child Crisis Center – Philadelphia

1080 N Delaware Ave 6th Floor, Philadelphia, PA [\(215\) 496-0707](tel:(215)496-0707)

Consortium

Mercy Eastwick Wellness Center 2821 Island Ave, Philadelphia, PA 19153

Thomas Jefferson University Hospital

132 S 10th St, Philadelphia, PA 19107 (215) 955-6000

Wedge Medical Center

6701 North Broad Street, part of the 19126 (844) 327-5923

Northeast Community Center For Behavioral Health

7226 Castor Avenue, 19149. 855-786-0643

Behavioral Health Organizations - Adults

WES

2514 N. Broad Street, Philadelphia, PA 19132

Phone: (215) 455-3900

Consortium Behavioral Health

The Consortium, Inc.

3751 Island Ave, 3rd Floor Philadelphia, PA 19153

Phone: 215-596-8100

Merakey

5429-37 Germantown Ave, Philadelphia, PA 19144

Phone: [\(215\) 754-0240](tel:2157540240)

New Life

6722 Bustleton Ave # 2, Philadelphia, PA 19149,

Phone: (215) 708-1645

Einstein

Einstein Medical Center Philadelphia, Moss Building, 5501 Old York Rd 1st Floor, Philadelphia, PA 19141

Phone: [\(215\) 456-9850](tel:2154569850)

Hispanic Community Counseling Services:

Address 3221-25 Kensington Avenue Philadelphia, PA 19134

Phone (215) 291-8151 ·

Cohmar

100 W Lehigh Ave, Philadelphia, PA 19133

Phone: [\(215\) 203-3000](tel:2152033000)

Temple Health Crisis Response Center

215-707-2577

Sober Apps and Podcasts

- The One You Feed
- SMART Recovery
- The Support Recovery Podcast
- Recovery Elevator
- Sober Cast
- Recovery Stories Have Power

Meditation Apps

Stress Relief and Sleep Aid

- Relaxing Sounds of Nature Lite (Apple)
- Relax Melodies (Apple and Android)
- Nature Sounds Relax and Sleep (Android)
- Calming Music to Simplicity (Android)
- Sleep Time – Alarm Clock (Apple and Android)

Guided Meditation

- Headspace (Android, Apple, Computer)
- Anxiety Free (Apple)
- Take a Break! Guided Meditations for Stress Relief (Apple and Android)
- Stop, Breathe, and Think (Apple and Android)
- Relax and Sleep Well with Glenn Harold (Apple and Android)
- Calm.com (Computer, Apple & Android)

Stress Reduction

- Healthy Minds (Apple and Android)
- Qi Gong Meditation Relaxation (Android)—Relaxation Videos
- Breathe2Relax (Apple and Android)—Guided Breathing Exercises
- MindShift (Apple and Android)—Anxiety and Stress Reduction
- BellyBio Interactive Breathing (Apple) –Biofeedback with relaxing music
- I Can Be Fearless by Human Progress (Apple)