



Behavioral Health Parent Resources - Quick Guide

At WSSD, we prioritize the behavioral health and well-being of all students. This quick guide is designed to provide parents and caregivers with a brief overview of key resources and supports available. It is not intended to be a comprehensive or exhaustive list, but rather a starting point to help with connections to services or information.



Crisis Response Services

- **Suicide & Crisis Lifeline:** Call 988
- **Crisis Connections Team (DCCCT):** Call 1-855-889-7827 for 24/7 in-person crisis intervention and follow-up support for all Delaware County residents. This includes de-escalation of crisis situations and creating a plan for a path forward
- **Crisis Text Line:** Text PA to 741-741
- **National Teen Line:** CALL 800-852-8336 or Text TEEN to 839863 (6 PM - 9 PM PST)



Behavioral Health Referral Services

In addition to using your medical insurance directory, these organizations can help you locate and connect with the appropriate community-based services.

- **DelcoContact:** Email delcocontact@childandfamilyfocus.org to connect with a Family Peer Specialists (FPS) and Youth Support Partners (YSP) to learn about the treatment options available, work with with a FPS or YSP to enroll in the appropriate mental health program that is the best fit for you and your family.
- **SAMHSA's National Helpline:** Call 1-800-662-HELP (4357) for free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- **LifeStance Health:** Call 484-442-0948 or use online tool to connect with local providers by specialty.
- **Delaware County Mental Health Office:** Call 610-713-2365 or Email HumanServices@DelcoHSA.org for information and assistance accessing a continuum of mental health services.



Child & Adolescent Counseling

- **Dragonfly Psychological Associates:** Call (484) 440-9740 or Email: info@dragonflypsych.com for child or adolescent clinical services. - insurance may reimburse at out-of-network rates
- **High Focus Treatment Center:** Call (610) 601-3129 for specialized teen treatment programs designed to address the unique mental health needs of teenagers aged 14-18. - accepts most insurance
- **CBT Center for Anxiety and OCD:** Call (610) 529-1875 for intensive treatment, outpatient therapy, support groups, home/community-based sessions and teletherapy options. - insurance may reimburse at out-of-network rates
- **Center for Cognitive Behavioral Therapy:** Call Call: 267-551-1984 or Email: contact@centerforcbt.net for a wide range of child & adolescent counseling services. - insurance may reimburse at out-of-network rates



Child & Adolescent Counseling with Psychiatric Services

- **Springfield Behavioral of PA:** Call (610) 544-2110 for a full range of programs and services with psychologists, clinical social workers, psychiatrists and master's level counselors. - accepts most insurance
- **Lower Merion Counseling and Mobile Services:** Call 484-383-0038 to connect with behavioral health supports, including medication management, staff includes psychiatrists, clinical social workers, psychologists, family therapists, and other mental health professionals. - accepts most insurance
- **Building Bridges:** Call 610-566-4011 or [book online](#) for individual, family and group counseling services or psychiatric services - insurance may reimburse at out-of-network rates
- **Thriveworks:** Call (855) 604-9873 for child/teen individual therapy, teletherapy or medication/psychiatry services. - accepts most insurance



Systems of Care

"System of Care" in Delaware County refers to the guiding approach used by the Department of Human Services and its partners to coordinate services and supports for children, youth, and families with behavioral health needs. Most components are funded through Medical Assistance.

- **Community Care Behavioral Health Organization (CCBH):** Call 1-833-577-2682 to understand how to get connected to or access medical assistance for a continuum of behavioral health programs under the systems of care model. CCBH is the managed care organization for Delaware County that partners with providers (linked below) to coordinate benefits and ensure members can access necessary treatment
- **Merakey.**
- **Child & Family Focus Inc.**
- **Child Guidance Resource Center**
- **Elwyn**

