

## For the Person in Crisis

- Think positive and self-encouraging thoughts – I love myself, this won't last forever, I've been through other stressful experiences and survived, so I can get through this, my anxiety/stress is only temporary
- Take a cold compress and press it to your forehead, wrist, or inner thigh
- Take a time-out (go outside, take a walk/run, call a friend/family member)
- Reach out for help, you are not alone

## Avoiding a Future Crisis

- Connect with friends or family on a regular basis
- Write in a journal, meditate, practice mindfulness and/or deep breathing, walk or exercise on a regular basis, engage in religious or spiritual activities

Call 1-877-435-7709 to request  
Adult & Children's Mobile  
Crisis Intervention Services

# Lenape Valley Foundation



### MAIN OFFICE

500 N. West Street  
Doylestown, PA 18901  
215-345-5300

### 24 HOUR CRISIS/ EMERGENCY SERVICES

1-800-499-7455  
215-785-9765 – Lower Bucks County  
215-345-2273 – Central Bucks County

## ADULT & CHILDREN'S MOBILE CRISIS SERVICES

*The mission of Lenape Valley Foundation is to partner with members of our community encountering mental health, substance use, intellectual or developmental challenges as they pursue their personal aspirations and an enhanced quality of life.*

*This program is operating with funds provided through the Bucks County Department of Mental Health/Developmental Programs and the Bucks County Drug and Alcohol Commission.*

[www.lenapevf.org](http://www.lenapevf.org)



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## Who?

Lenape Valley Foundation's Adult & Children's Mobile Crisis Intervention Services are available to all residents of Bucks County for individuals of all ages experiencing acute issues with disturbed thought, behavior, mood or social relationships that require immediate intervention.

Lenape Valley Foundation's Adult & Children's Mobile Crisis Intervention Services are provided by experienced mental health professionals with extensive knowledge of behavioral health disorders, treatment and local community resources.

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## What?

### **Adult & Children's Mobile Crisis Intervention Services include:**

- 24/7 referral access
- Telephone counseling
- Mobile intervention  
(Mon - Fri 7:00 am – 11:00 pm)  
(Sat - Sun 9:00 am - 9:30 pm)
- Level of Care assessment
- Family engagement
- Information and referral to behavioral health treatment and support services
- Crisis counseling, resolution, and follow-up
- Accessing local, individualized community resources

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## Where?

Lenape Valley Foundation's Adult & Children's Mobile Crisis Intervention Services travel throughout Bucks County meeting the person and/or family in need of assistance where they are located. Mobile services more effectively incorporate natural supports and facilitate individualized recommendations and referrals.

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## When?

### **Adult & Children's Mobile Crisis Intervention Services are available:**

- Mon-Fri (7:00 am – 11:00 pm)
- Sat & Sun (9:00 am – 9:30 pm)
- Overnight hours available based on urgency of referral

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## How?

To request Adult & Children's Mobile Crisis Intervention Services, please call **1-877-435-7709**. A crisis worker will provide supportive crisis counseling and arrange a mobile team intervention.

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## Site-Based Crisis Centers

If you, a friend, or family member are in crisis, you can also call a site-based crisis center at **1-800-499-7455** 24 hours a day, 7 days a week. Your call will be routed to the nearest center or you can also call a center directly.

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## Central Bucks Crisis

**Located at Doylestown Hospital**

**595 W. State Street**

**Doylestown, PA 18901**

**215-345-2273**

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## Lower Bucks Acute Care Center

**Located on the Grounds of Lower Bucks Hospital**

**501 Bath Road**

**Bristol, PA 19007**

**215-785-9765**

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## You Are Not Alone

In Bucks County alone, 4,617 adults ages 19 or older and 1,530 minors ages 0-18 were seen at a crisis center or through mobile services in 2017. From 2015 to 2017, 4,492 minors and 15,466 adults were seen at a crisis center or received mobile crisis services.

According to the most recent government data, roughly 44.7 million adults aged 18 or older reported experiencing some form of mental illness in 2016, and 10.4 million adults reported experiencing significant mental health issues that impaired their ability to function in one or more areas.