

Resources

Crisis/Suicide Prevention

CONTACT Helpline (for people who are struggling with life's challenges): 215-355-6000

Lenape Valley Crisis Center: 215-345-2273 (Central Bucks, Doylestown Hospital)

215-785-9765 (Lower Bucks, Lower Bucks Hospital)

Lenape Valley Mobile Crisis Intervention Services: 215-785-9765

National Suicide Prevention Hotline: 1-800-273-8255

Books

How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber and Elaine Mazlish

Siblings Without Rivalry by Adele Faber and Elaine Mazlish

Sitting Still Like a Frog by Eline Snel

Talking Back to OCD by John S. March

A Terrible Thing Happened by Margaret Homes

The Way I Feel by Janan Cain

The Way I Act by Janan Cain

Workbooks

What To Do When... by Dawn Huebner

Websites

American Academy of Child and Adolescent Psychiatry (AACAP): www.aacap.org

Education law, special education law, and advocacy for children with disabilities:
www.wrightslaw.com

Mental Health America: <http://www.mentalhealthamerica.net>

National Alliance on Mental Illness: <http://www.nami.org>

National Suicide Prevention Line: <http://www.suicidepreventionlifeline.org>

Self Esteem: <https://www.handsfreemama.com/2014/04/29/children-who-shine-from-within/>

Substance Abuse and Mental Health Services Administration: <https://store.samhsa.gov/>

Teen Mental Health: <http://teenmentalhealth.org>

Youth Motivating Others Through Voices of Experience: <http://www.youthmovenational.org>

Apps

Mood Path: Subscribers can track their mood at different times throughout the day and also write about what is making them feel that way.

TWLOHA (To Write Love on Her Arm): For self harm coaching/strategies

Programs

The CHOP Gender & Sexuality Clinic: director Linda Hawkins

Horsham Clinic Partial Hospitalization Program: <https://horshamclinic.com/programs-services/>

Foundations Behavioral Health Partial Hospitalization Program: <https://fbh.com/programs-services/partial-hospitalization-program/>

The Light Program: Outpatient and Intensive Outpatient Services:
<https://thelightprogram.pyramidhealthcarepa.com/>

The Rainbow Room for LGBTQ Youth ages 12-21: 267-282-4117