



WELLNESS RESOURCE GUIDE

411 W. Cheltenham Ave

Elkins Park, Pa 19027

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The Lotus W.E.L.L. Counseling Services & Wellness Retreat

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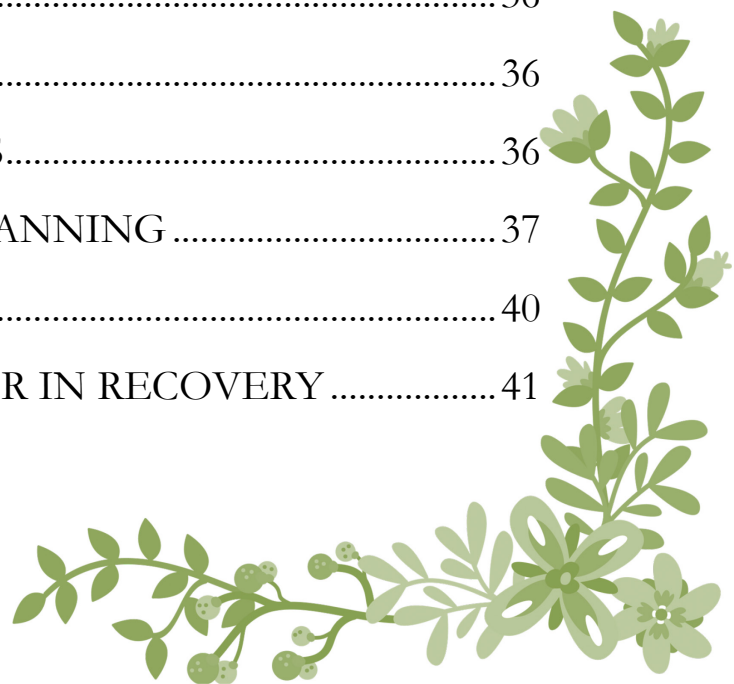
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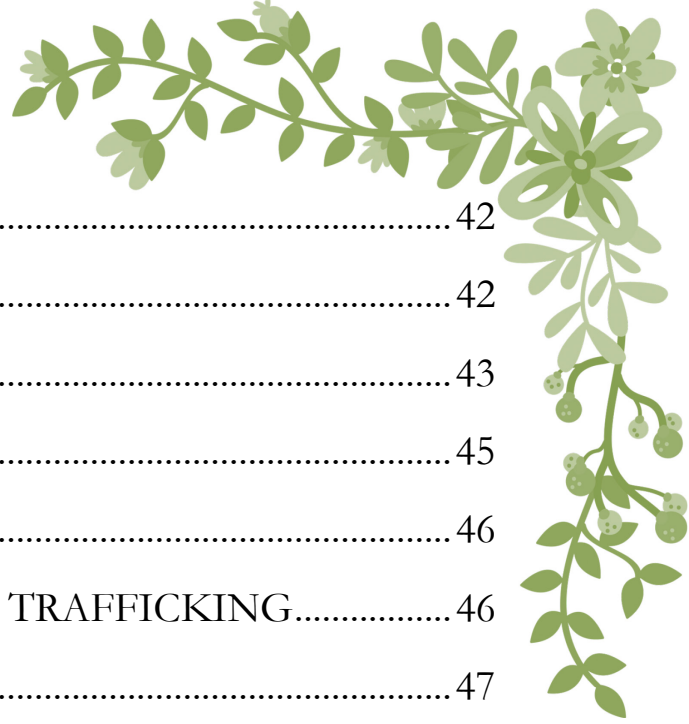
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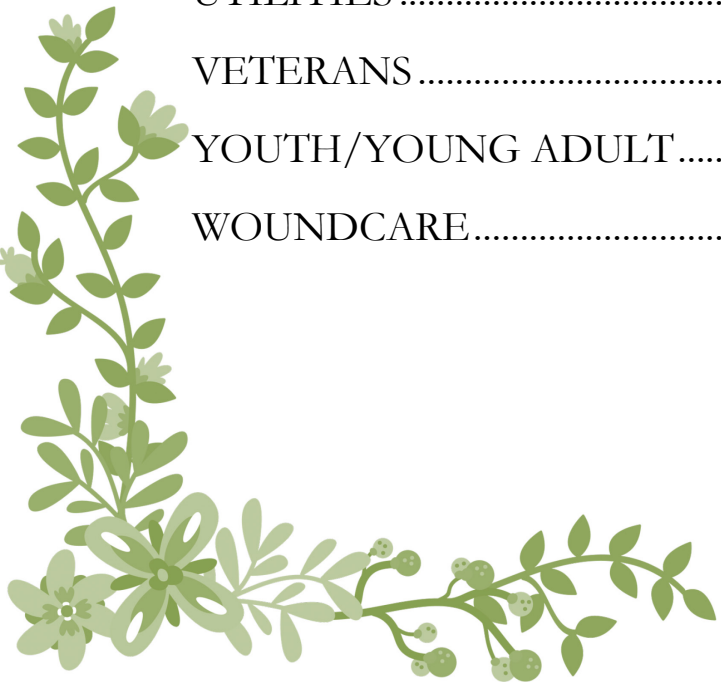


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AA/NA MEETINGS

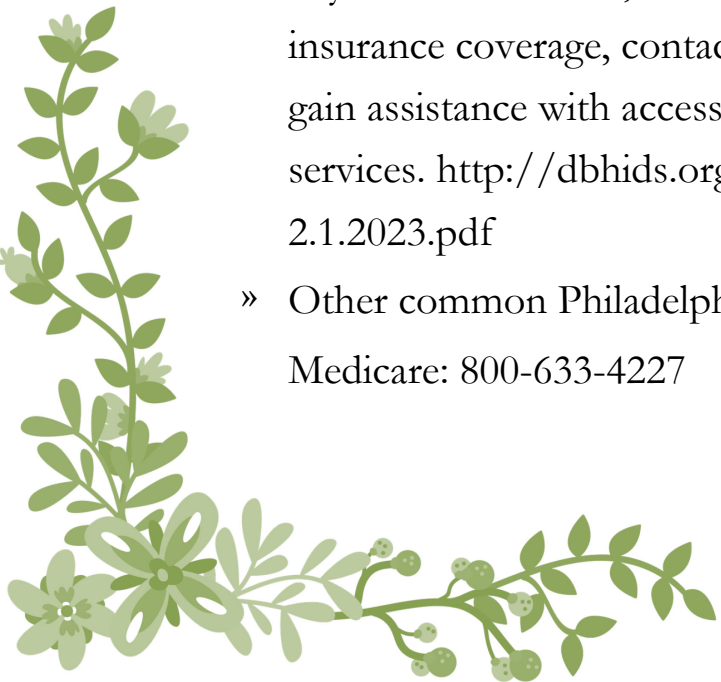
- » NA Meetings: https://naworks.org/all_meetings/philadelphia-area-meetings/
- » AA Meetings: <https://phillyaa.org/>
- » Virtual Meetings: <https://healthymindsphilly.org/online-aa-na-recovery-meetings/>

ART/MUSIC THERAPY

- » Comhar Latino Art & Recovery “HOPE” Program: (215) 739-2669; <https://www.comhar.org/latino-treatment-program>
- » Settlement Music School: (215) 320-2625; <https://settlementmusic.org/creative-arts-therapy/>

ASSESSMENT SITES

- » Community Behavioral Health Member Services: behavioral health insurance company that pays for mental health and substance use services for everyone that is enrolled in Medicaid in Philadelphia.
- » If you are uninsured, covered by Medicaid/CBH, or not sure of your insurance coverage, contact CBH Member Services at 888-545-2600 to gain assistance with accessing publicly funded SUD treatment and services. <http://dbhids.org/wp-content/uploads/2023/02/TAD-2.1.2023.pdf>
- » Other common Philadelphia insurers:
Medicare: 800-633-4227





Magellan Healthcare: 800-688-1911

- » Behavioral Health Special Initiative: 215-546-1200
- » NET Access Point: 844-533-8200 or 215-408-4987; netcenters.org
- » Prevention Point Drop-In Center: Contact Veronica Rex (215) 327-1689 or Kim (215) 275-8661; This team will also help clients locate available beds.
- » Gaudenzia Tx Centers: 833-976-4357
- » Alternative Response Unit (AR2): 267-838-0909; mobile assessments.
- » Merakey: Appointments preferred, walk-ins need to come early.
- » The NET: 215-451-7116

BENEFIT ACCESS

- » County Assistance Office Head Quarters:
215-560-7226.

Supplemental Nutrition Assistance Program (SNAP); Cash Assistance; Health Care Coverage (Medical Assistance); Home Heating Assistance (LIHEAP); Family Planning Services; Help with Child Care; School Meals; Long-Term Living Services.

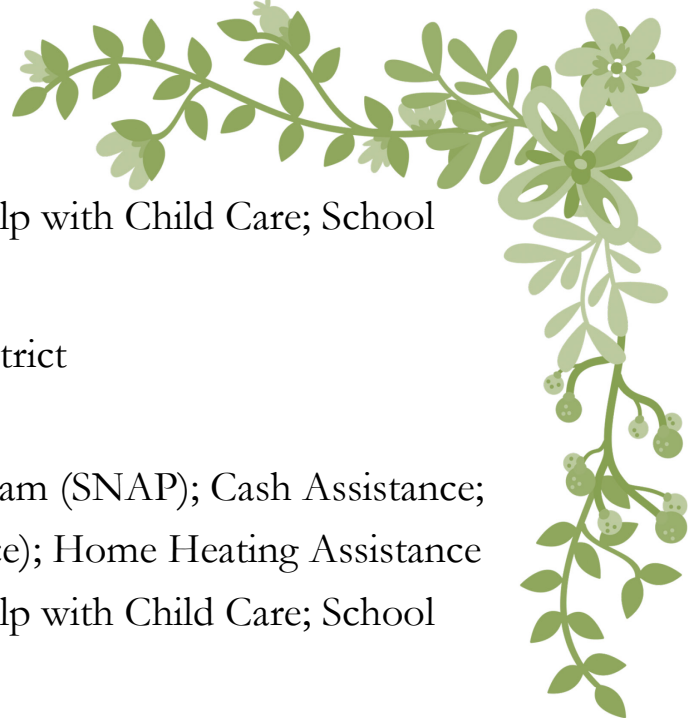
Low-Income Home Energy Assistance Program (LIHEAP): 215-560-1583.

SEPTA: 215-580-7175

Services for Older Adults: 215-686-8450

COMPASS: 215-382-4762

Supplemental Nutrition Assistance Program (SNAP); Cash Assistance; Health Care Coverage (Medical Assistance); Home Heating Assistance



(LIHEAP); Family Planning Services; Help with Child Care; School Meals; Long-Term Living Services

» County Assistance Office: Boulevard District

215-560-6500

Supplemental Nutrition Assistance Program (SNAP); Cash Assistance; Health Care Coverage (Medical Assistance); Home Heating Assistance (LIHEAP); Family Planning Services; Help with Child Care; School Meals; Long-Term Living Services

» County Assistance Office: Chelton District

215-560-5200

Supplemental Nutrition Assistance Program (SNAP); Cash Assistance; Health Care Coverage (Medical Assistance); Home Heating Assistance (LIHEAP); Family Planning Services; Help with Child Care; School Meals; Long-Term Living Services

» County Assistance Office: Delancey District

215-560-3700

Supplemental Nutrition Assistance Program (SNAP); Cash Assistance; Health Care Coverage (Medical Assistance); Home Heating Assistance (LIHEAP); Family Planning Services; Help with Child Care; School Meals; Long-Term Living Services

» County Assistance Office: Elmwood District

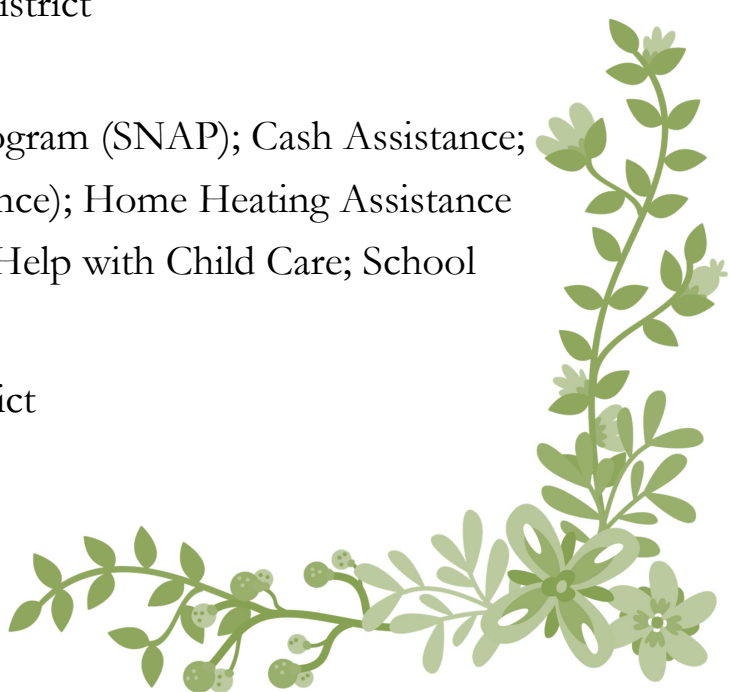
215-560-3800

Supplemental Nutrition Assistance Program (SNAP); Cash Assistance; Health Care Coverage (Medical Assistance); Home Heating Assistance (LIHEAP); Family Planning Services; Help with Child Care; School Meals; Long-Term Living Services





- » County Assistance Office: Glendale District
215-560-4600
Supplemental Nutrition Assistance Program (SNAP); Cash Assistance;
Health Care Coverage (Medical Assistance); Home Heating Assistance
(LIHEAP); Family Planning Services; Help with Child Care; School
Meals; Long-Term Living Services
- » County Assistance Office: Liberty District
215-560-4000
Supplemental Nutrition Assistance Program (SNAP); Cash Assistance;
Health Care Coverage (Medical Assistance); Home Heating Assistance
(LIHEAP); Family Planning Services; Help with Child Care; School
Meals; Long-Term Living Services
- » County Assistance Office: Long Term and Independent Services
District
215-560-5500
Supplemental Nutrition Assistance Program (SNAP); Cash Assistance;
Health Care Coverage (Medical Assistance); Home Heating Assistance
(LIHEAP); Family Planning Services; Help with Child Care; School
Meals; Long-Term Living Services
- » County Assistance Office: Somerset District
215-560-5400
Supplemental Nutrition Assistance Program (SNAP); Cash Assistance;
Health Care Coverage (Medical Assistance); Home Heating Assistance
(LIHEAP); Family Planning Services; Help with Child Care; School
Meals; Long-Term Living Services
- » County Assistance Office: South District





215-560-4400

Supplemental Nutrition Assistance Program (SNAP); Cash Assistance; Health Care Coverage (Medical Assistance); Home Heating Assistance (LIHEAP); Family Planning Services; Help with Child Care; School Meals; Long-Term Living Services

- » County Assistance Office: Unity District

215-560-6400

Supplemental Nutrition Assistance Program (SNAP); Cash Assistance; Health Care Coverage (Medical Assistance); Home Heating Assistance (LIHEAP); Family Planning Services; Help with Child Care; School Meals; Long-Term Living Services

- » County Assistance Office: West District

215-560-6100

Supplemental Nutrition Assistance Program (SNAP); Cash Assistance; Health Care Coverage (Medical Assistance); Home Heating Assistance (LIHEAP); Family Planning Services; Help with Child Care; School Meals; Long-Term Living Services

- » BenePhilly Services

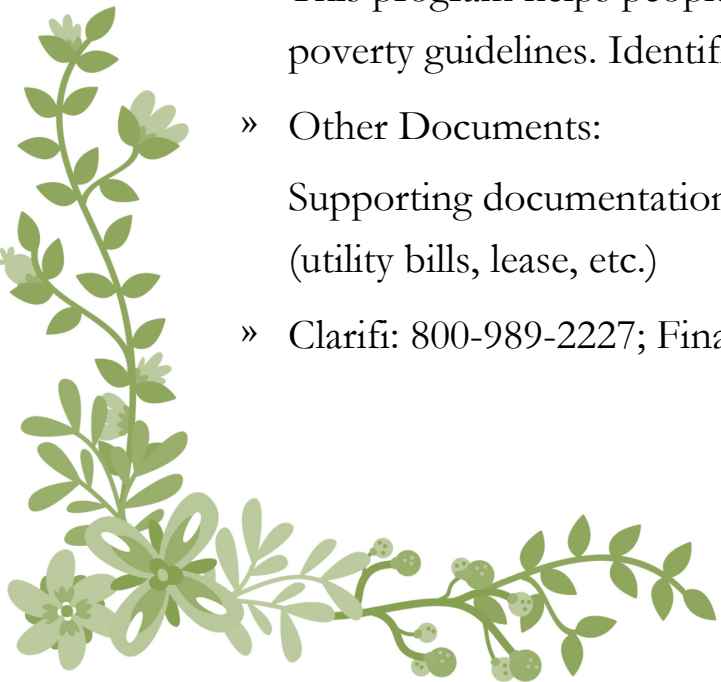
215-739-1600


This program helps people with income at or below 200% of federal poverty guidelines. Identification: Photo ID

- » Other Documents:

Supporting documentation depending on the benefit being applied for (utility bills, lease, etc.)

- » Clarifi: 800-989-2227; Financial Counseling



- 
- » Campaign for Working Families: 215-454-6483; Tax prep and unemployment

BIPOC WHO WANT THERAPY

- » Black Men Heal, www.blackmenheal.org (must submit an application).
- » <https://www.blackmenshealth.com/8-sites-that-provide-therapists-for-black-males/>
- » <https://www.freeblacktherapy.org/>
- » <https://www.self.com/story/black-mental-health-resources> (Black Mental Health Professionals & Black Allied Mental Health Professionals)
- » <https://www.verywellmind.com/mental-health-resources-for-the-black-community-5181656>
- » <https://www.phillymag.com/be-well-philly/2020/06/09/black-mental-health-resources-philadelphia/>
- » <https://why.org/articles/black-philly-therapists-are-raising-15k-to-provide-free-mental-health-resources-to-people-of-color/>
- » Affordable Counseling | Affordable Therapy | Open Path Collective
<https://blackmenheal.org/>
- » Home - The Boris Lawrence Henson Foundation
(borislhensonfoundation.org)
- » The Ladipo Group: <https://theladipogroup.com/>
- » Black Brain Campaign: <https://theblackbraincampaign.org/>



BLIND/VISUALLY IMPAIRED

- » Center for the Blind and Visually Impaired: (610) 874-1476
- » Blindness and Visual Services: (215) 560-5700
- » The Blindness Relief Fund: (215) 487-1444
- » Associated Services for Blind and Visually Impaired: (215) 627-0600

CONFLICT RESOLUTION RESOURCES FOR CHILDREN

- » Youth Empowerment for Advancement Hangout (YEAH): (267) 469-3002
- » YEAH offers after-school programming in West Philly, including targeted instruction to help kids learn peer mediation and conflict resolution skills. There's also a free food bank. o Urban Youth Leadership Academy: (215) 204-8917
- » Run by Juwan Bennett and headquartered at Temple University, the Urban Youth Leadership Academy matches middle school students with college-aged and early-career mentors who help them complete a service project.
- » Uplift Center for Grieving Children: (267) 437-3123
- » The Uplift Center for Grieving Children offers in-school grief support groups — plus services for children and their caregivers at six locations in the city: East Falls, West Philly, South Philly, the lower Northeast, Center City and North Philly (Lenfest Center).



COVID-19

- » Greater Philadelphia Coronavirus Helpline 1-800-722-7112
- » Philadelphia COVID-19 Text Alerts: Text COVIDPHL to 888-777

CRISIS RESPONSE CENTERS (AVAILABLE 24/7)


- » Friends Hospital: (215) 831-2600
- » Einstein Medical Center: 215-951-8300
- » Pennsylvania Hospital (Hall of Mercer): 215-829-5433
- » Temple Episcopal Hospital: (215) 707-2577
- » Philadelphia Children's Crisis Response Center: 215-878-2600
- » Pathways to Recovery (PHMC) Partial Hospitalization: 215-731 2404; Buprenorphine and Vivitrol induction, Spanish Language Available.
- » Gaudenzia: 267-315-6907; Withdrawal Management and Buprenorphine Maintenance.
- » Mental Health Delegate Line: 215-685-6440

DEAF/HARD OF HEARING

- » Partners Deaf Services: (215) 884-9770; Offers behavioral, developmental, and therapeutic supports.

DEATH

- » Philly Death Doulas: 267-606-0366
<https://www.phillydeathdoulas.com/contact>



*Sliding scale. Assist with hospice, medically aided dying, grief support, fulfilling final wishes, funeral planning, legacy projects, development of vigil plans, support with infant death, bedside presence during end of life, etc.


- » MEO Bereavement Counselors: 215-685-7408 or 215-685-7411
- » PDPH Bereavement Team – Philly HEALs)
[https://www.phila.gov/programs/substance-use-prevention-and-harm-reduction/our work/bereavement-support-services/](https://www.phila.gov/programs/substance-use-prevention-and-harm-reduction/our-work/bereavement-support-services/)

LOSS OF A PREGNANCY OR INFANT

- » Pregnancy After loss Support (PALS): Online Support Groups open 24/7. <https://pregnancyafterlosssupport.org/get-support/pals-private-groups/> Provides: Pregnancy after loss support group; Trying to conceive after loss support group; Parenting after loss support group; Pregnancy after loss support group for dads; Pregnancy after first trimester loss; Pregnancy after second trimester loss; Pregnancy after third trimester loss; Pregnancy after infant and child death; Pregnancy after TFMR support group; Pregnancy after loss with no living children; Pregnancy after loss of a multiple; Pregnancy after loss family support group ; grandparents, parents, and friends; Pregnancy after infertility and loss. o Star Legacy Foundation: Nationwide online support groups for those affected by the loss of an infant through stillbirth, miscarriage, or infant death.

952-715-7731

Provides: Online support groups facilitated by mental health professionals; Bereaved parents of perinatal/neonatal loss; pregnancy




after loss; grandparents & extended family; parenting after loss; Dad's discussion group; Coping with Infant Death.

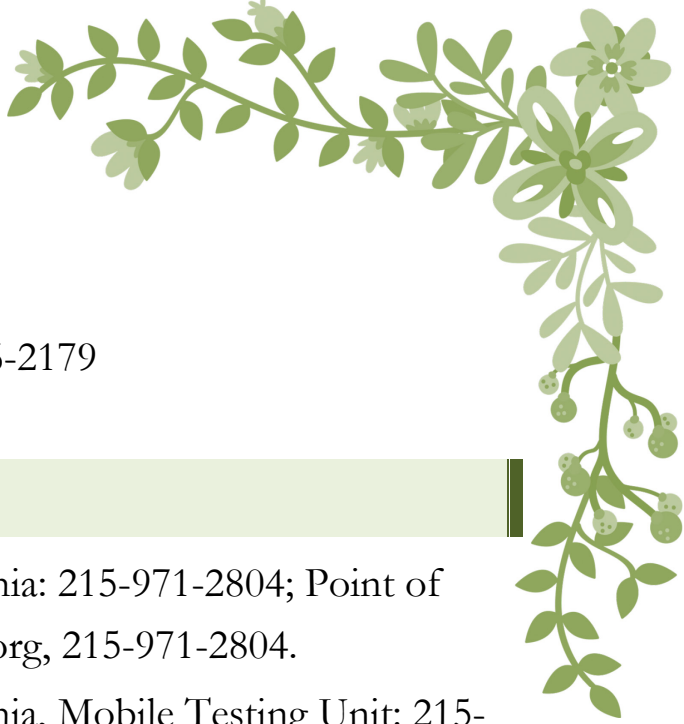
- » Philadelphia Department of Public Health: Healthy Start
215-685-5225
Provides: prenatal depression and grief services.

DOMESTIC VIOLENCE


- » National DV Hotline: (800) 799-7233 or text "LOVEIS" to 22522
- » Philadelphia DV Hotline: (866) 723-3014
- » Women in Transition: (215) 564-5301
- » Substance use and DV: (215)751-1111 or
witservices@helpwomen.org
- » Counseling, advocacy, peer support groups, self defense classes
- » Women Against Abuse: (215) 386-1280; 215-686-7082
- » *Open to all survivors including men, non-binary, and trans folks
- » Lutheran Settlement House
- » Congreso de Latinos Unidos: Contact Ramona Peralta
peraltar@congreso.net; Resources also available for children
witnessing DV.

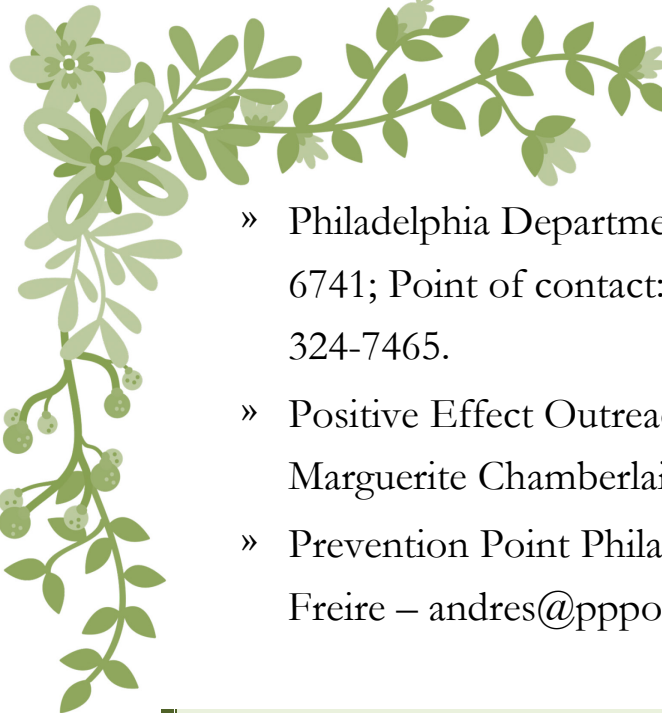
DROP IN CENTERS

- » Hub of Hope, Project Home: 215-309-5225
 - » Savage Sisters: showers available, first come first serve. Case Management 3:30pm-5pm. o Grace Café, Arch Street Methodist Church: 215-568-6250
- 

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- » Free Library: 215-546-686-8664
 - » The Wardrobe: 215-568-6693
 - » Our Closet Your Neighborhood: 267-256-2179

HIV TESTING

- » AIDS Health Care Foundation Philadelphia: 215-971-2804; Point of contact: Jason Culler – jason.culler@ahf.org, 215-971-2804.
 - » AIDS Health Care Foundation Philadelphia, Mobile Testing Unit: 215-518-3720; Point of contact: Lynette Boyer – lynette.boyer@ahf.org, 215-518-3720.
 - » Bebashi: 215-769-3561 ext 131; Point of contact: Keisha Gabbidon-Howell – keishag@bebashi.org, 215-769-3561 ext 131.
 - » Congreso de Latinos Unidos: 215-763-8870; Point of contact: Faith Mole – molef@congreso.net, 267-765-2270.
 - » Courage Medicine: 215-510-5199; Point of contact: Kevin Moore - kmoore@couragemedicine.org, 215-510-5199.
 - » Get Up – Preventing HIV Project: 215-888-2448; Point of contact: Rudard Robinson – 215-888- 2448.
 - » Haven Youth Center: 267-776-4417; Point of contact: William Brawner –267-530-8899.
 - » Mazzoni Center: 215-563-0652; Point of contact: Clinical Site Call to Schedule – 215-563-0658.
 - » Mazzoni Center, Washington West Project: 215-985-9206; Point of contact: Vince Du – vdu@mazzonicenter.org, 267-389-3530.
 - » One Day At A Time: 215-226-7860; Point of contact: Ebony Gardener – ebony.gardener@odaatphilly.org.
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- » Philadelphia Department of Public Health – Health Center 1: 215-685-6741; Point of contact: Pablo Souble - Pablo.souble@phila.gov, 267-324-7465.
 - » Positive Effect Outreach Ministry: 215-840-5940; Point of contact: Marguerite Chamberlain – kenyamerguerite@msn.com, 215-840-5940.
 - » Prevention Point Philadelphia: 215-634-5272; Point of contact: Andres Freire – andres@ppponline.org.

HIV MEDICAL PROVIDERS

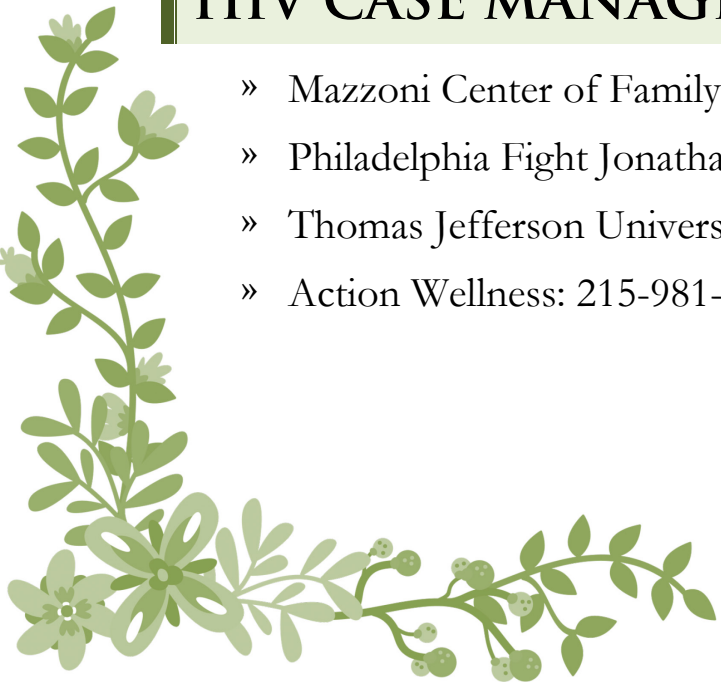
- » Strawberry Mansion Health Center: 215-685-2401
- » Health Center 2: 215-685-1803
- » Health Center 3: 215-685-7504
- » Health Center 4: 215-685-7601
- » Health Center 5: 215-685-2933
- » Health Center 6: 215-685-3803
- » Health Center 9: 215-685-5701
- » Health Center 10: 215-685-0639
- » Einstein Medical Center: 215-456-3465
- » The University of Pennsylvania Macgregor Clinic: 215-662-6932; South Pavillon, 4th Floor.
- » Pennsylvania Hospital Wood Clinic: 215-829-3521
- » St. Christopher’s Hospital for Children Mann Center for HIV: 215-427-5284
- » Temple University Comprehensive HIV Program: 215-707-2401




- » Greater Philadelphia Health Action Wilson Park Medical Center: 215-755-7700
- » Greater Philadelphia Health Action Southeast Health Center: 215-339-5100
- » Greater Philadelphia Health Action Frankford Avenue Health Center: 215-744-1302
- » Delaware Valley Community Health Fairmount Primary Care Center: 215-232-9600
- » Delaware Valley Community Health Maria de los Santos Health Center: 215-291-2500
- » Delaware Valley Community Health Woodland Ave Health Center: 215-726-9807
- » Esperanza Health Center: 215-221-6633
- » Esperanza Health Center: 215-831-1100
- » Esperanza Health Center: 215-302-3600
- » Family Practice & Counseling Network Health Annex: 215-772-4721
- » Family Practice & Counseling Network: 215-843-9720
- » Kensington Hospital: 215-291-6009

HIV CASE MANAGEMENT PROVIDERS

- » Mazzone Center of Family & Community Medicine: 215-563-0658
- » Philadelphia Fight Jonathan Lax Treatment Center: 215-790-1788
- » Thomas Jefferson University Infectious Diseases: 215-503-8845
- » Action Wellness: 215-981-0888, 215-243-2800, 215-291-9700



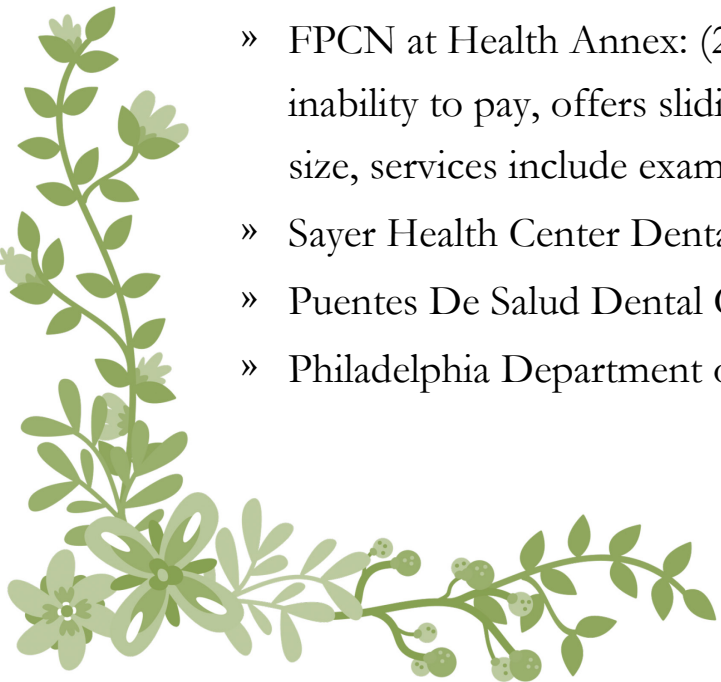
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- » Drexel Partnership Comprehensive Care Drexel University College of Medicine: 215-762-2530
 - » PHMC Care Clinic: 215-825-8221
 - » Bebashi: 215-769-3562
 - » Children's Hospital of Philadelphia Family Care Center: 215-590-2956
 - » Penn Presbyterian Medical Center Community Practice Clinic: 215-662-9908
 - » Positive Effect Outreach Ministry: 215-840-2327
 - » Kensington Hospital: 215-291-6009
 - » One Day At A Time: 215-226-7860
 - » Congreso De Latinos Unidos Programa Esfuerzo: 215-223-8872
 - » Prevention Point: 215-634-5272 ext 1118
 - » Temple University Comprehensive HIV Clinic: 215-707-3416
 - » St. Christopher's Hospital For Children HIV Program: 215-427-5284
 - » Urban Solutions: 215-755-0700


HEALTHCARE/DENTAL

- » Fairmount Primary Care Center: 215-235-9600; Appointments required.
- » FIGHT Family Dentistry: 215-525-3046
- » Esperanza Health Center: (215) 831-1100; Full and partial denture services available.
- » University of Pennsylvania School of Dental Medicine General Dentistry: 215-898-8965
- » Maria De Los Santos Health Center: (215) 291-2500

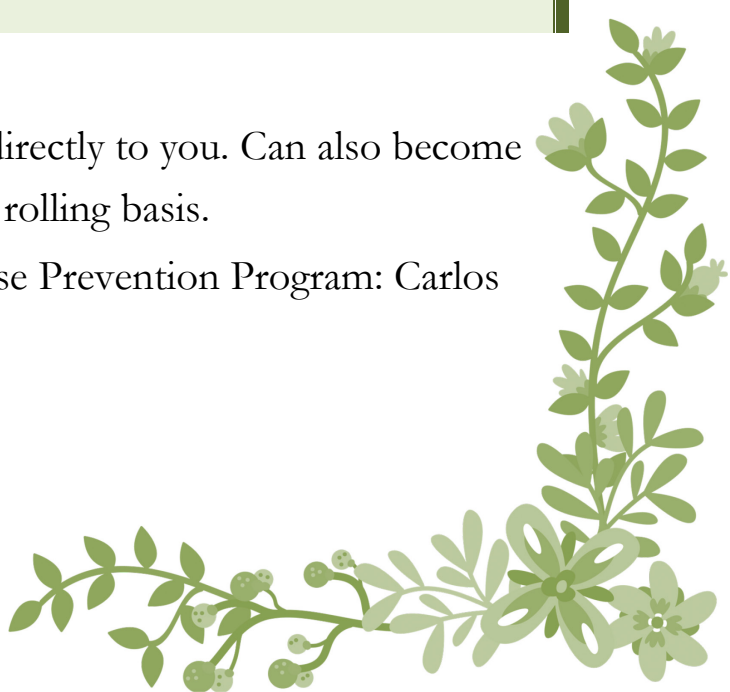


- » Adult & Family Medicine, behavioral health, care coordination, dental, gynecology, health education, Health Insurance, HIV Services, Medication Dispensary, Pediatrics, Podiatry/Foot Care, Prenatal Care, Social Services.
- » Greater Philadelphia Health Action, Inc.: (215) 339-3000
- » GPHA Southeast Philadelphia Health Center: 215-334-4900; Also offers pediatric services.
- » GPHA Snyder Avenue Dental Center: (215) 334-4900.
- » GPHA South Philadelphia Health Center Carl Moore Health Center: 215-755-6866; Also offers pediatric services.
- » Hunting Park Health Center: (215) 228-9300; Also offers pediatric services.
- » Delaware Valley Community Health, Inc.: (215) 235-9600; Offers denture and pediatric services.
- » Wilson Park Medical Center: (215) 755-7700; Also offers denture and pediatric services.
- » Steven and Sandra Sheller 11th Street Family Health Dental Practice: 215-769-1100; No one is turned away for inability to pay, offers sliding scale costs based on income and family size, services include exams and x-rays.
- » FPCN at Health Annex: (215) 727-4721; No one is turned away for inability to pay, offers sliding scale costs based on income and family size, services include exams and x-rays.
- » Sayer Health Center Dental Services: 215-921-2388
- » Puentes De Salud Dental Care: 215-898-1750
- » Philadelphia Department of Public Health Dental Care: 215-685-1822



- 
- » Philadelphia Department of Public Health Health Center 6: 215-685-3816
 - » Philadelphia Department of Public Health Health Center 5: 215-685-2938
 - » Quality Community Health Care Inc. Dental Care: 215-227-0301 ext 7201
 - » Spectrum Health Services Dental Care Program: 215-471-2761
 - » Maurice Hornberg School of Dentistry at Temple Dental Care – Children: 215-707-2863
 - » Maurice Hornberg School of Dentistry at Temple Dental Care – Adults: 215-707-2900
 - » Stephen Klein Wellness Center: 215-320-6187
 - » Primary medical care (including pediatrics and family planning), Integrated behavioral health care, Dental Care, Phlebotomy, Wellness classes/programs, mobile nurse street outreach services, YMCA operated fitness facility, Physical therapy, Legal Clinic, Emergency food pantry for patients, Hospitality showers, Referrals to specialty care, Assistance with applying for health insurance.

FENTANYL TEST STRIPS

- » NextDistro: Nextdistro.org;
 - » Get test strips and/or Narcan mailed directly to you. Can also become a community partner for supplies on a rolling basis.
 - » Prevention Point Philadelphia Overdose Prevention Program: Carlos Cruz (267) 624-5739
- 



GAMBLING

- » PA Resources: 1(800) 848-1880
- » Regional Resources: 1(800)-GAMBLER
- » The Council on Compulsive Gambling of Pennsylvania: (215) 643-4542; Facilitates referrals.

HOMELESS PERSON SERVICES

- » Broad St. Ministries: 215-735-4847;
- » Assists with food stamps, medical assistance, mail, personal care, meals, primary care, clothing, behavioral health, HIV Testing.
- » Pathways to Housing: 215-90-1500
- » ACCT Pet Food Pantry: 267-385-3800
- » Citizens for a No-Kill Philadelphia: info@phillynokill.org

EMERGENCY HOUSING SERVICES:

- » Office of Homeless Services Access Points/Intake Centers
- » Apple Tree Family Center: 215-686-7150; 215-686-7151; 215-686-7153; Intake stops at 3pm.
- » Roosevelt Darby Center: 215-685-3700; Intake stops at 3pm.
- » **Families Only Emergency Housing After-Hours Services**
- » Red Shield Family Residence: 215-787-2887; Intake after 5pm, holidays and weekends 24/7.
- » **Single Women Only Emergency Housing After Hours Services**



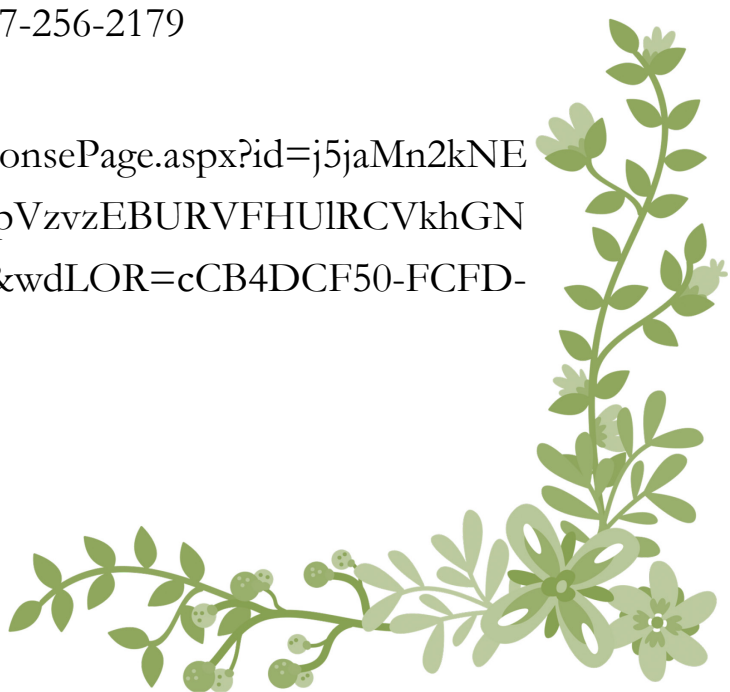
- » Gaudenzia’s House of Passage: 215-634-9775; Intake after 5pm, holidays and weekends 24/7.
 - » **Single Men only Emergency Housing After-Hours Services**
 - » Station House: 215-225-9230; Intake after 5pm, holidays and weekends 24/7.
 - » **Single Men Only Emergency Housing**
 - » Philly Shelter formerly Sunday Breakfast Rescue Mission: 215-922-6400, Intake after 7pm; All services for existing clients only.
 - » Saint John’s Hospice: 215-563-7763; Intake 10pm.
 - » Shelters
- <http://philadelphiaofficeofhomelesservices.org/emergency-and-temporary-shelter/>
- <https://www.homelessshelterdirectory.org/city/pa-philadelphia>

FOOD - PANTRY

- » Greater Goods Grocery: No pay grocery store; Must register with a piece of mail or ID.
 - o Philadelphia Prevention Partnership: 215-821-2887; As needed, can deliver pick up is preferred; household meal boxes; Must register with a piece of mail or ID and phone number.
- » Our Closet in Your Neighborhood: 267-256-2179
- » Application:

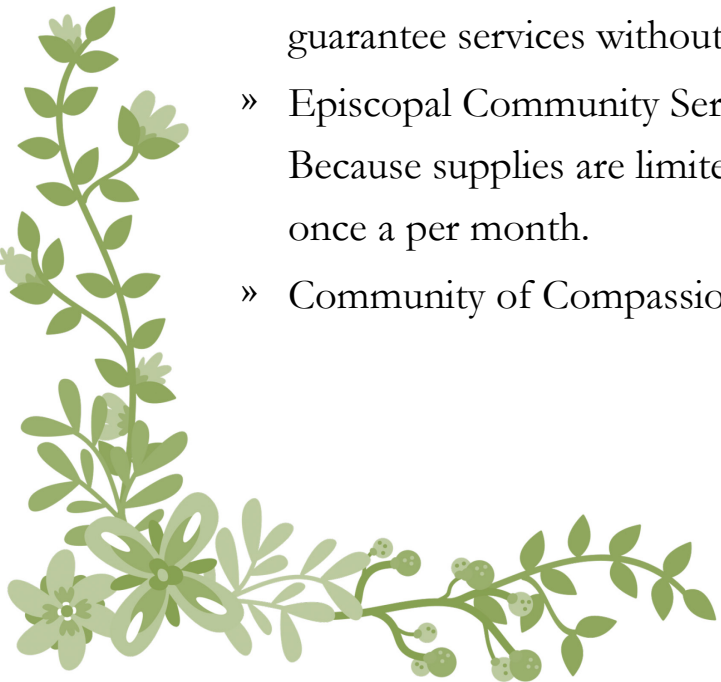
<https://forms.office.com/Pages/ResponsePage.aspx?id=j5jaMn2kNEWpcqV7I7UchA2tMqBmaABApB8DpVzvzEBURVVFHUIRCVkhGN1pOQzE5MENBT0ZDMUNaNy4u&wdLOR=cCB4DCF50-FCFD-427A-B8E0-9F6C06CEF8D2>

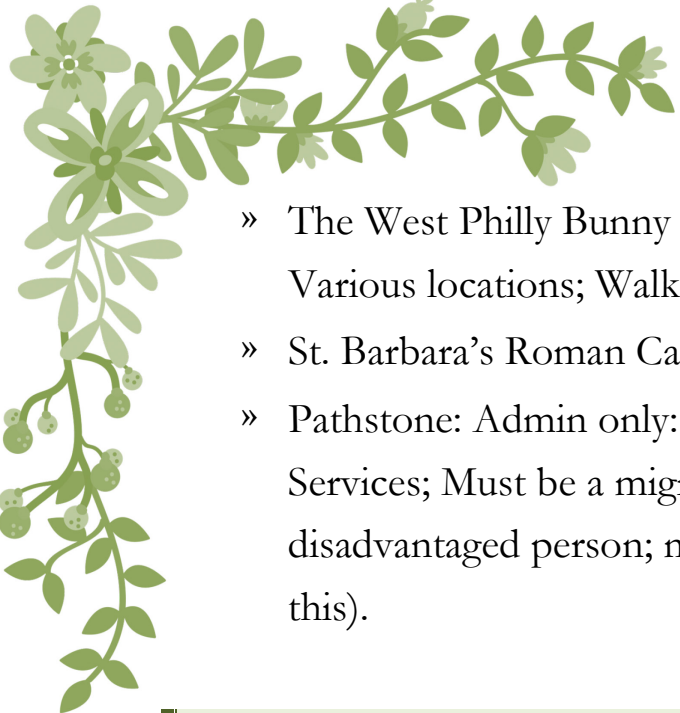
267-256-2179





- » The Rock Ministries: 215-739-3927
- » Old Pine Community Center Grab and Go Meals: 215-627-2493
- » East Park Revitalization Alliance Food Pantry: 215-235-6001; Clients are welcome to come once every week.
- » Greater Philadelphia Community Alliance: 215-468-1645 ext 7200
- » No documents are required. First come, first served. Specific Distribution events.
- » Kingdom Life Christian Center Food Distribution: 267-343-5183; Diapers and Formula also available
- » Salvation Army of Greater Philadelphia: 570-421-3050; Must be registered 2 weeks prior for the food pantry.
- » Bebashi Emergency Food Cupboard: 215-760-3561; HIV positive consumers need to bring their Ryan White Services Eligibility Card when visiting the food cupboard. No referral is needed. This program helps people with income at or below 150% of federal poverty guidelines. Information required to register: Name, Last 4 of SSN, zip code, Monthly Income, # of people in home.
- » KITHS Kitchen and Garden: 215-278-6222; Provides culturally affirming stock pantry, supplied with food items reflective of what Cambodian refugees and Southeast Asians normally consume; Cannot guarantee services without an appointment.
- » Episcopal Community Services Food Pantry: 215-528-5400 ext 2; Because supplies are limited, families can utilize the cupboard only once a per month.
- » Community of Compassion CDC Food Pantry: 267-767-1216





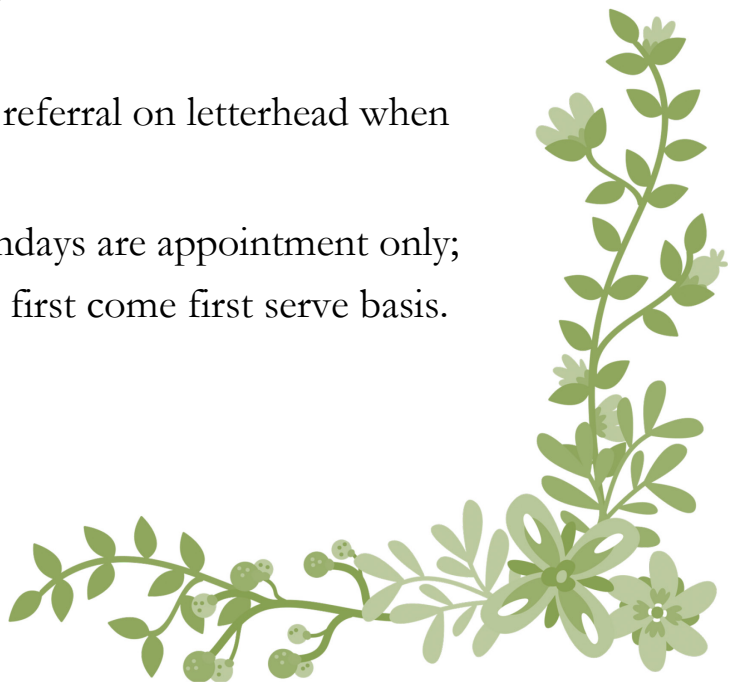
- » The West Philly Bunny Hop: 484-238-0437; Free Food for the people; Various locations; Walk ups welcome, first come first serve.
- » St. Barbara's Roman Catholic Church: 215-473-1044; Food Baskets.
- » Pathstone: Admin only: 800-888-6770; Emergency Food and Shelter Services; Must be a migrant or seasonal farmworker, or other rural disadvantaged person; must reside in coverage area (PA is included in this).

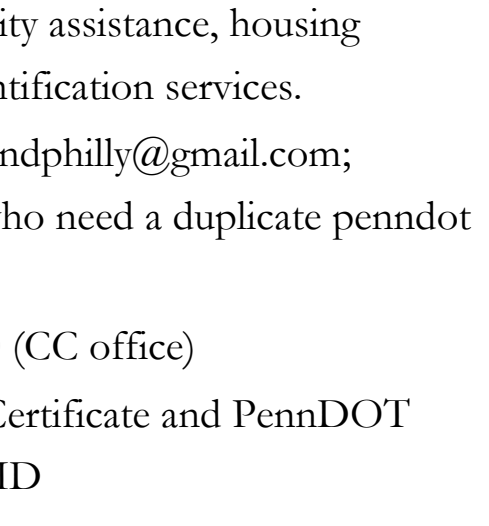
FOOD – HOT MEAL SERVICE

- » The Everywhere Project: Pantry items, clothing and harm reduction supplies also available.
- » Stop the Risk
- » Operation in my Backyard
- » St. Francis Inn
- » Saint John's Hospice: 215-563-7763
- » City of Philadelphia: 215-686-7175


IDENTIFICATION


- » Catholic Social Services: 267-331-2500; Provides assistance in obtaining birth certificates.
- » Philly Restart: Must provide a letter of referral on letterhead when applying for an ID.
- » City of Philadelphia PHL City ID: Mondays are appointment only; Tuesday-Friday walk-ins accepted on a first come first serve basis.



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- » Face to Face: 215-438-7939; Provides utility assistance, housing assistance, help applying for benefits, identification services.
 - » Helping Hand Rescue Mission: helpinghandphilly@gmail.com; Provides ID check for homeless clients who need a duplicate pennDOT ID.
 - » Community Legal Services: 215-981-3700 (CC office)
 - » Applying for Social Security Card, Birth Certificate and PennDOT photo ID on behalf of someone without ID
 - » Assistance collecting documents from schools, medical providers, etc.
 - » Referring clients for legal name changes to VIP if/when necessary
 - » Providing clients with verification letters stating that CLS is working with them to get their identity documents and that we can verify their identity
 - » Advocating with Social Security, Vital Records and PennDOT on behalf of clients - Advocating for clients who need ID for their probation/parole officer, welfare office, SSA, etc. o PAD Office: (215) 305-8426 ext. 4001

INPATIENT TREATMENT

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- » Recovery Centers of America: (855) 752-4084
 - » Valley Forge: (610) 539-8500
 - » Kirkbride Center: (215) 471-2600
 - » Gaudenzia Treatment Centers: (833)976-4357; Offers male-only and female-only services.

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- » Beacon Point: (267) 313-0606; Contact Jesselee Pierson at jpierson@thebeaconpoint.com OR Joe Harvey at jharvey@thebeaconpoint.com.
 - » Eagleville Hospital: (800) 255-2019; Contact Alison Mullen at amullen@eagleville.org; will work with pregnant women.
 - » White Deer Run: 484-895-1018; will work with pregnant women.

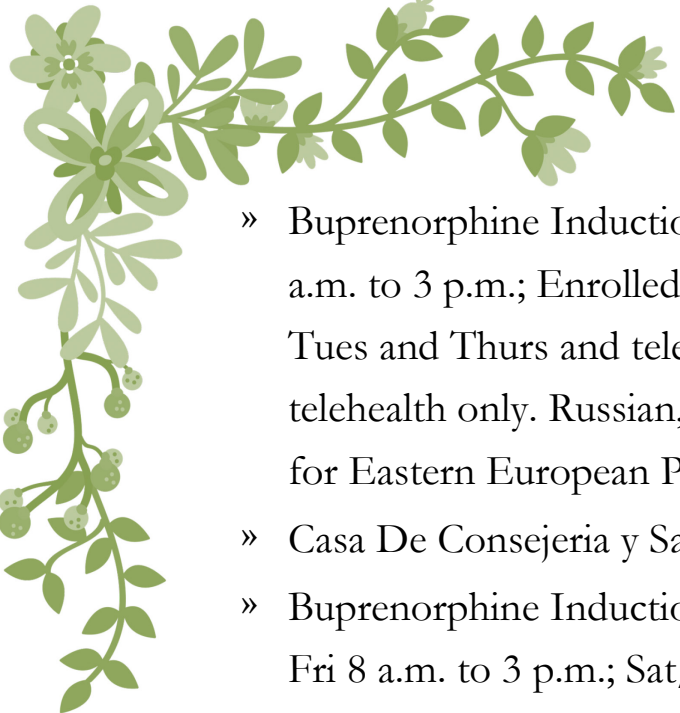
INTIMATE PARTNER VIOLENCE

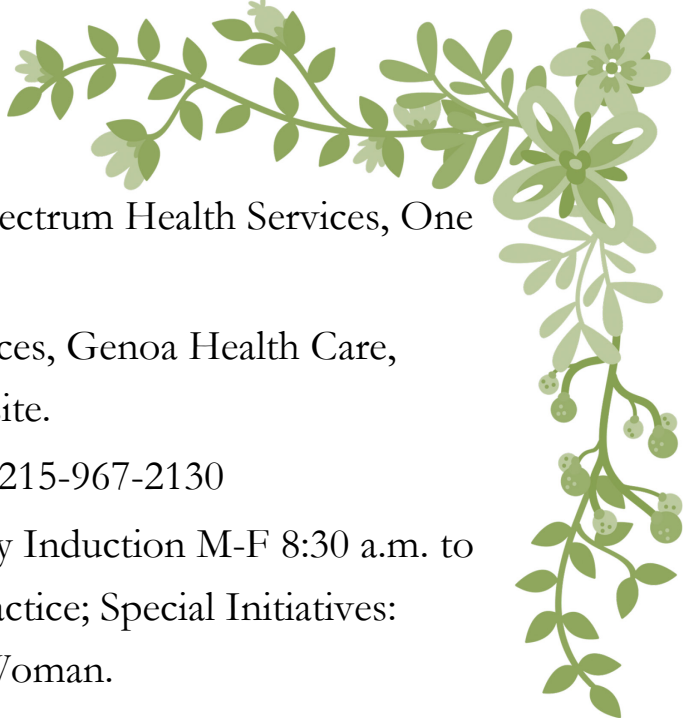
- » Philadelphia Domestic Violence Hotline: (866) 723-3014
- » Lutheran Settlement House: (215) 426-8610
- » Fishtown's Lutheran Settlement House is designed to support survivors of domestic violence in any way they might need — with counseling services and programs for seniors, caregivers and people experiencing homelessness.
- » Congreso: (215) 763-8870
- » Congreso offers bilingual education and services for people dealing with domestic violence, to increase awareness and prevent domestic violence, and to connect survivors to resources.
- » Women Against Abuse: (215) 386-1280
- » Women Against Abuse boasts tons of wraparound services, from counseling to housing to legal help and programs for LGBTQ people experiencing intimate partner violence.



MEDICATIONS FOR OPIOID USE DISORDER

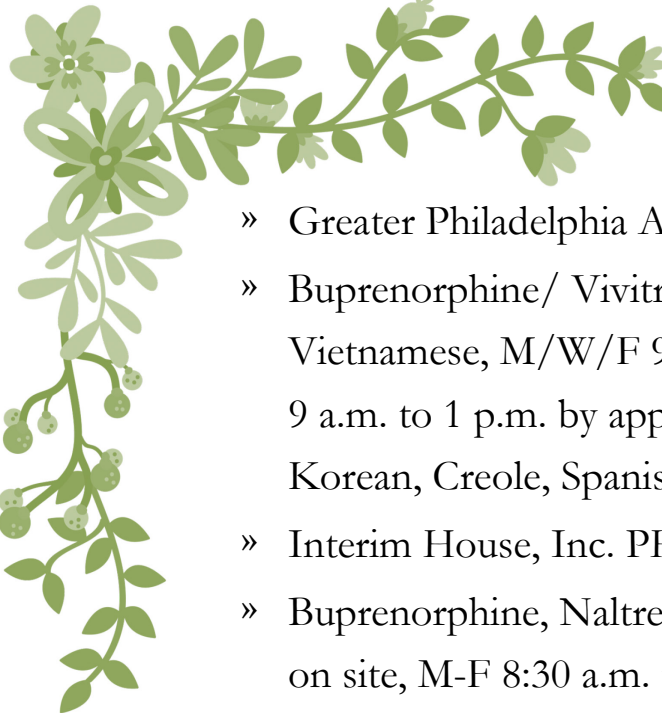
- » Penn CareConnect Warmline: 484-278-1679
- » Connect with a recovery navigator (well versed in harm reduction) and same day suboxone. Also a useful resource for people considering ER/inpatient admission at Penn hospitals.
- » Addiction Medicine and Health Advocates: 215-923-4202
- » Dosing M-F 6am-2pm; Sat/Sun/Holidays 6am-11:45am; Counseling 6am-4pm; Russian available.
- » Agape Storage Health Care Service (Serenity Safe Haven): 215-944-4444 Buprenorphine Induction; Outpatient, Mental Health Treatment on site M-F 8:30 a.m. to 5 p.m., until 8 p.m. via telehealth; Sat 9 a.m. to 5 p.m.; Cambodian Available; MOUs w/ ACANA for Case Management. Same-day induction with referral from Crisis Center.
- » Asociacion Puertorriquenos en Marcha: 267-296-7220 2921 or 267-296-7220 Buprenorphine Induction & Vivitrol Maintenance; Outpatient Mental Health Treatment on site M-F 8 a.m. to 5 p.m.; Childcare services 10 yrs and up; Spanish Available; MOUs: Esperanza Health Center, Kirkbride, Eagleville Hospital, Firetree, Fairmount BH, Friends Hospital, Kensington Hospital.
- » Behavioral Wellness Center at Girard Goldman Clinic: 215-787-2000
- » Methadone Same Day Induction; Outpatient Dosing 6 a.m. to 2:30 p.m. (Work and Medication Line) 6:30 a.m. to 12 p.m.; Spanish available. MOUs: DVCH, Temple University, PCOM Special Initiatives: Onsite Hep C.
- » Bustleton Mental Health Institute: 215-464-3838

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- » Buprenorphine Induction; Outpatient M-Th: 8 a.m. to 5 p.m.; Fri 8 a.m. to 3 p.m.; Enrolled members can be seen in person until 8PM Tues and Thurs and telehealth every day. Sat/Sun are appointment and telehealth only. Russian, Turkish, Ukrainian Available, Specialized OP for Eastern European Pop. Childcare Available.
 - » Casa De Consejeria y Salud Integral: 215-398-0247
 - » Buprenorphine Induction & Maintenance; OP: M-Th 8 a.m. to 5 p.m.; Fri 8 a.m. to 3 p.m.; Sat/Sun appt and telehealth only; Spanish Available; MOU w/ ProAct, Atlantic Diagnostic Labs, LaSalle University, Pharmacy of America. Special Initiatives: Outreach at McPherson Park, Partnering with other faith-based and community organizations-meet needs of community and-offer treatment.
 - » Chances-Philadelphia Health Management Corporation: 215-825-8220 Buprenorphine Induction; Vivitrol Maintenance; Naltrexone, Campral, Antabuse; OP/IOP, Mon 8:30 a.m. to 5 p.m.; Wed 8:30 a.m. to 7:30 p.m.; Tu/Th/F 8:30 a.m. to 7:30 p.m.; Childcare Available,
 - » Job training/ educational assistance offered Spanish, co-located with FQHC Pharmacy avail.
 - » COMHAR: 215-427-5800
 - » Buprenorphine Induction/Vivitrol Maintenance; OP MH tx on site; Spanish (American St location only); Both locations registration: 267-861-4382.
 - » The Consortium: 215-596-8000
 - » MMT Induction, Methadone, Suboxone, Vivitrol; Dispensing and Clinical Services M-F, 6 a.m. to 3 p.m.; Sat/Sun 8 to 11:30 a.m.; Medical Dept: M-F 8 a.m. to 3 p.m.; Psychiatrist Tu/Th 8:30 a.m. to

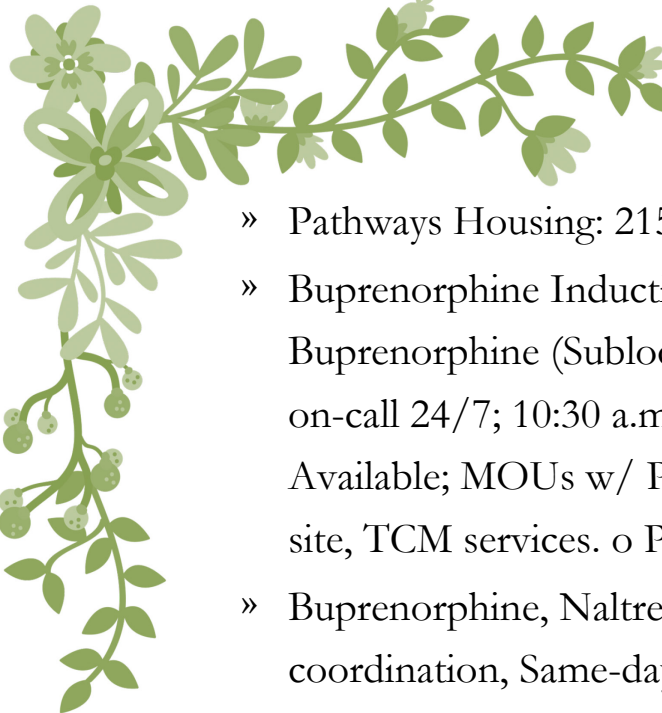


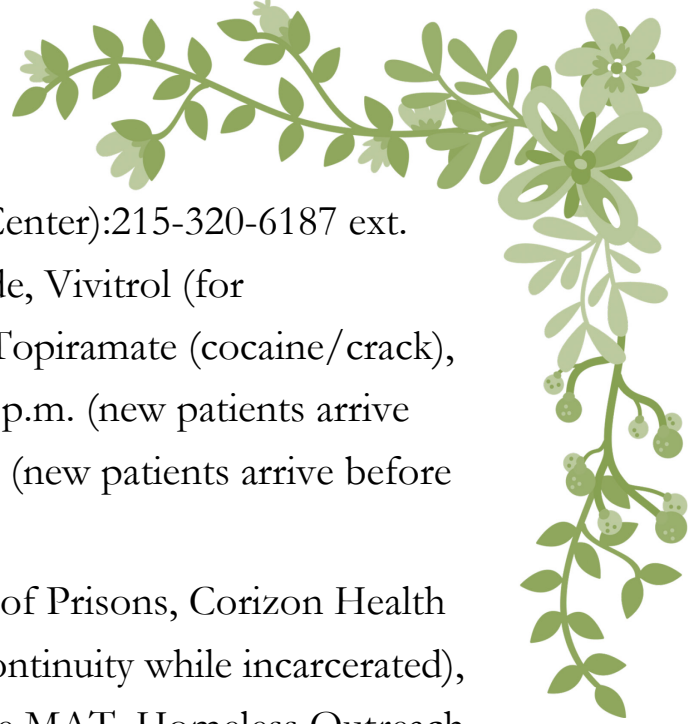
3:30 p.m.; OP MH Tx on site. MOUs: Spectrum Health Services, One Day at a Time Recovery House

- » Special Initiatives: Spectrum Health Services, Genoa Health Care, Test2Live, Care Managers, Childcare on site.
- » Drexel Medicine Caring Together Clinic: 215-967-2130
- » Vivtrol/Suboxone/Naltrexone; Same Day Induction M-F 8:30 a.m. to 4:30 p.m.; MOUs: Abbotsford Family Practice; Special Initiatives: Woman, Woman & Children, Pregnant Woman.
- » Gaudenzia Outreach I: 215-238-2150
- » Vivtrol/Buprenorphine Same Day Induction; ASAM IOP/OP; MH Tx on site, and Assessments M F 8 a.m. to 9 p.m.; Spanish available; MOUs w/ Concept 90, Franklin Recovery House, Friends Hospital, Gemma Services, House of Passage, Tioga Arms & Tioga Arms Apartments, JEVS Human Services, Dignity Housing, Corizon Health, Eagleville, Gaudenzia Re-Entry House, Gaudenzia Focus House.
- » Gaudenzia – DRC
- » Vivitrol/Buprenorphine Same Day Induction; OP, M-F 8 a.m. to 8 p.m.; Sat 8 a.m. to 4 p.m. Gender specific groups, MOUs with Impact Veterans Services, Community Corrections Facilities, Nicetown Community Development Center, Horizon House, Einstein Medical Center, Women Against Rape (WOAR), Women Against Abuse, Roxborough Hospital, Temple Hospital, PRO-ACT.
- » Greater Philadelphia Health Action
- » Buprenorphine/Vivitrol/Antabuse Induction/Maintenance; No Same-day induction; OP M-F 8:30 a.m. to 5 p.m., Language Line In-Demand translation services.

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- » Greater Philadelphia Asian Social Center: 215-456-1662
 - » Buprenorphine/ Vivitrol maintenance; OP: Spanish, Korean, Vietnamese, M/W/F 9 a.m. to 5 p.m.; Tu/Th 9 a.m. to 7:30 p.m.; Sat 9 a.m. to 1 p.m. by appointment only; MH Tx: Chinese, Cambodian, Korean, Creole, Spanish, French, Russian, Vietnamese.
 - » Interim House, Inc. PHMC: 215-849-4606
 - » Buprenorphine, Naltrexone, Vivitrol, Campral, Antabuse; OP MH tx on site, M-F 8:30 a.m. to 5 p.m.; Job training and educational assistance, Peer mentor program, 24/7 Women identifying Residential/Halfway House.
 - » John F Kennedy Behavioral Health Center: 215-567-2469 112 or 215-556-0860 MMT Vivitrol, Same-day Induction; Special Initiatives: Children's Mission. o Kensington Hospital: 215-426-8100
 - » MMT Induction, Same-day Induction M-F 6 a.m. to 2 p.m.; Sat/Sun 7:30 to 11 a.m.; Spanish Available; Special Initiatives: 100 Day Challenge; Wound Care Outreach Initiative. o Kirkbride Center: 215-471-2815
 - » MMT; OP MH tx on site M-F 8:30 a.m. to 5 p.m., until 8 p.m. via telehealth; Sat 9 a.m. to 5 p.m.; MH tx on site, Partnership with PhilaFight for Hep C Screenings.
 - » Mazzoni Center: 215-563-0652
 - » Buprenorphine, Vivitrol Maintenance; OP MH tx on site, M-F 8 a.m. to 9 p.m. Spanish Available, LGBTQIA+, on site pharmacy MOUs with Merakey, Wedge, Horizon House, Hall-Mercer, Belmont, COMHAR.
 - » Merakey Behavioral Health: 215-754-0240 or 215-634-2420

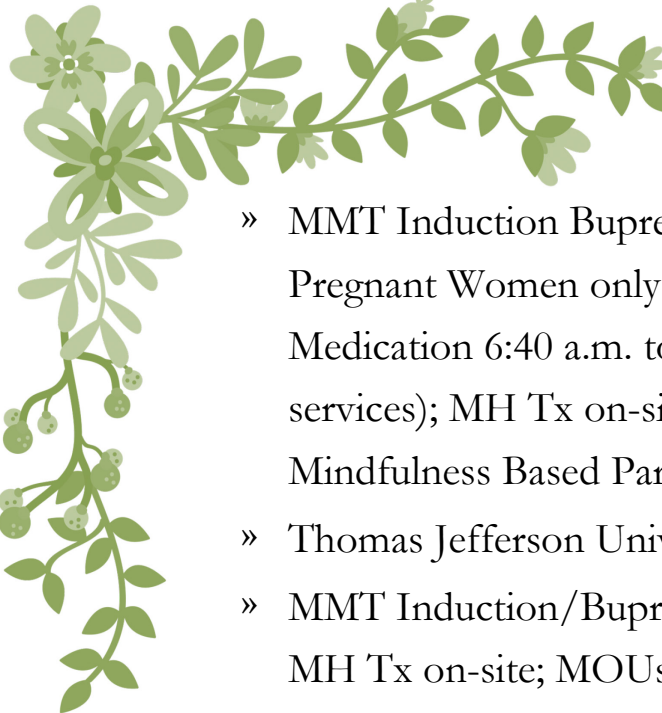
- » Buprenorphine Induction Vivitrol MMT Induction, Vivitrol, Same-day Induction; OP MH Tx on site Walk-in Hours: M-F 6:30 a.m. to 4 p.m.; Sat/Sun/Holidays 8 a.m. to 12:30 p.m.; English and Spanish on site, language line.
- » Merakey Parkside Recovery: 215-276-8400 or 215-236-0100
- » Methadone; OP, M-F 6 a.m. to 4 p.m.; Sat/Sun 8 a.m. to 12 p.m.; Holidays 6 to 10 a.m.; Spanish available; Special Initiative: OUD Employment Services; MOUs: Jefferson, WOAR, Einstein, PHMC.
- » Milestone Rehabilitation: 215-464-3838
- » Buprenorphine Induction Vivitrol, Antabuse, Campral M-F 8 a.m. to 8 p.m.; Sat: 8 a.m. to 6 p.m.; Walk-in Hours: 9 a.m. to 6 p.m.; Russian, Turkish, Ukrainian Available.
- » NET Centers: 215-451-7100, 215-286-5490, 215-831-6024, 267-597-3920 Buprenorphine Induction/Vivitrol; IOP/OP; MH tx on site, M-Th 9 a.m. to 8 p.m.; Fri 9 a.m. to 5 p.m.; Walk-in M-F 9 a.m. to 3 p.m.; Forensic Pop. MH Tx. CPS/CRS avail.; Dual Dx BCM Services. Vivitrol Same Day Induction 5:15 to 6 a.m. VIP dosing, 6 a.m. to 3 p.m. dosing and clinic hours, evening hours for workers; Spanish Available. MOUs: Jefferson, Wedge, SOAR, Temple Buprenorphine Induction Same Day Induction ASAM IOP/OP Walk-in: MTWTH 9 a.m. to 7 p.m., M-F 9 a.m. to 5 p.m.
- » Path, Inc.: 215-728-4565
- » Buprenorphine Induction, Vivitrol; Campral, Antabus, Same-day Induction for Vivitrol only M-F 8 a.m. to 4:30 p.m.; Russian + Language Line translation; MOUs: SOAR, NET, Behavioral Wellness at Girard Health System.

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- » Pathways Housing: 215-390-6187
 - » Buprenorphine Induction Vivitrol, Long-Acting Injectable Buprenorphine (Sublocade), Same day Induction M-F 9 a.m. to 5 p.m.; on-call 24/7; 10:30 a.m. to 3 p.m. (walk in); Spanish & Russian Available; MOUs w/ Prevention Point and Project HOME, PCP on site, TCM services. o Pathways Recovery: 215-731-2402
 - » Buprenorphine, Naltrexone, Vivitrol, Campral, Antabuse MMT clinic coordination, Same-day Induction Mon, Wed, Fri 8:30 a.m. to 5 p.m.; Tue/Thu 8:30 a.m. to 6:30 p.m.; Sat 8:30 a.m. to 12 p.m. Partial Hospital Program; MH Tx on site; Languages: English, Spanish; MOUs: Kensington Hospital, Temple Episcopal, Beacon Point, Prevention Point.
 - » Penn Medicine Mothers Matter Program: 215-573-8882
 - » Buprenorphine Induction; Pregnant women.
 - » Penn Outpatient (Total Recovery):
 - » Vivitrol & Suboxone Buprenorphine induction; Spanish Available; MAT, OP, M-F: 8:30 a.m. to 4:30 p.m.
 - » People Acting-Help: 215-728-4565
 - » Buprenorphine Induction Vivitrol; OP; M-F 8 a.m. to 4:30 p.m.
 - » PHMC Care Clinic MAT Program:
 - » Buprenorphine Induction/Vivitrol; M-F 8:30 a.m. to 5 p.m., Languages: English, French, Health Care Center, MAT Center for Excellence; MOUs: Northeast Treatment Center Spanish; PCP. o Prevention Point: 215-634-5272
 - » Buprenorphine Induction; Harm Reduction Services; Spanish Available.



- » Project Home (Stephen Klein Wellness Center):215-320-6187 ext. 5756 Buprenorphine Induction, Sublocade, Vivitrol (for opiates/alcohol), Nicotine replacement, Topiramate (cocaine/crack), Same-day Induction; M/W/Th 1:30 to 4 p.m. (new patients arrive before 3:30 p.m.). T/F 9:30 to 11:30 a.m. (new patients arrive before 11 a.m.).
- » Translation services. MOUs: Phila Dept. of Prisons, Corizon Health (for post-release continuity), NET (for continuity while incarcerated), Jefferson Maternity Services, Penn mobile MAT, Homeless Outreach and Street Medicine (PHHS). Legal, Dental on site, Pharmacy on site. Primary/Psychiatric/Reproductive Health/ Family Planning/Perinatal Care/Infectious Disease (HIV, Hep C, STP's, TB, etc.). Testing and Treatment, LGBTQ-affirming care. Special Initiatives: Perinatal Recovery Support Services.
- » SOAR Corp.: 215-464-4450
- » MMT Induction, Buprenorphine Induction and maintenance Same Day Induction OP, M-F 6 a.m. to 2:30 p.m.; Sat/Sun 6 a.m. to 12:30 p.m.; Spanish, Russian Available; Mental Health, Hepatitis, and HIV services.
- » Stop and Surrender: 215-225-4626
- » Vivitrol; OP, M-F 9 a.m. to 10p.m.; Sat 9 a.m. to 3:30 p.m. (Sat); MOUs w/ Defender's Ass. of Phila., District 1199c, ProAct, Crossroads Recovery, Fairmount Behavioral Health, Gaudenzia, Beacon Point, Einstein MC, Belmont Behavioral Health, Malvern, Conewago, Temple CRC. o Thomas Jefferson University Family Center: 215-955-8577



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- » MMT Induction Buprenorphine maintenance Same-day Induction; Pregnant Women only MATER; OP; 6:40 a.m. to 5:30 p.m.; Medication 6:40 a.m. to 2 p.m.; Spanish; (limited access to translation services); MH Tx on-site; Females only, pregnancy, childcare on site; Mindfulness Based Parenting Group (EBP), Patient Navigation.
 - » Thomas Jefferson University (NARP):
 - » MMT Induction/Buprenorphine maintenance; OP:M-F 8am to 5pm; MH Tx on-site; MOUs: CATCH, NPHS.
 - » Temple Trust Clinic:
 - » Buprenorphine Induction M-F; Translation Services; Offers CRS services and resources can link to other levels of care if needed.
 - » Wedge Medical Center: 215-223-1100, 215-271-2200, 215-744-3600
 - » Buprenorphine Induction Vivitrol, Same-day Induction Walk-in: 2 p.m. to 3:30 p.m.; M-Th 8 a.m. to 8 p.m.; Fri 8 a.m. to 5 p.m.; Sat 9 a.m. to 1 p.m. English/Spanish available; ASAM IOP/ OP; MH Tx on site; MOUs: Malvern Treatment Center, Philadelphia FIGHT, Jefferson NARP program, Temple Trust; Partners with Temple Trust. Initiatives: Access Matters.
 - » Women's Institute For Family Health:
 - » Buprenorphine Induction Vivitrol; OP, M-F 9 a.m. to 7 p.m.; Sat 10 a.m. to 1 p.m.; Does not offer same-day Induction; MOUs: West Chester University and Alvernia University, Penn Cedar, Impact Services. Special initiatives for Seniors and women and Formerly Incarcerated Men and Women.

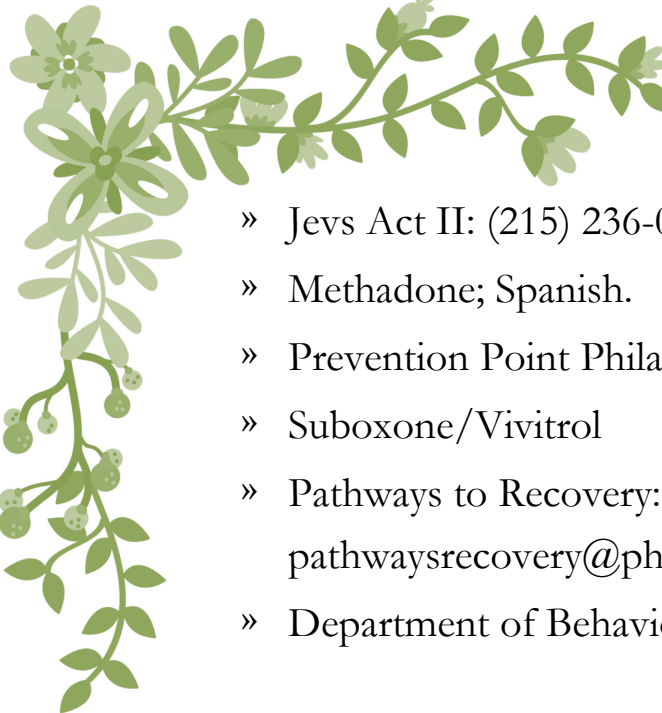


MOBILE MAT

- » Begin the Turn (Temple University)
- » Courage Medicine
- » Project Ride (Research Project)

OUTPATIENT SUBSTANCE USE TREATMENT

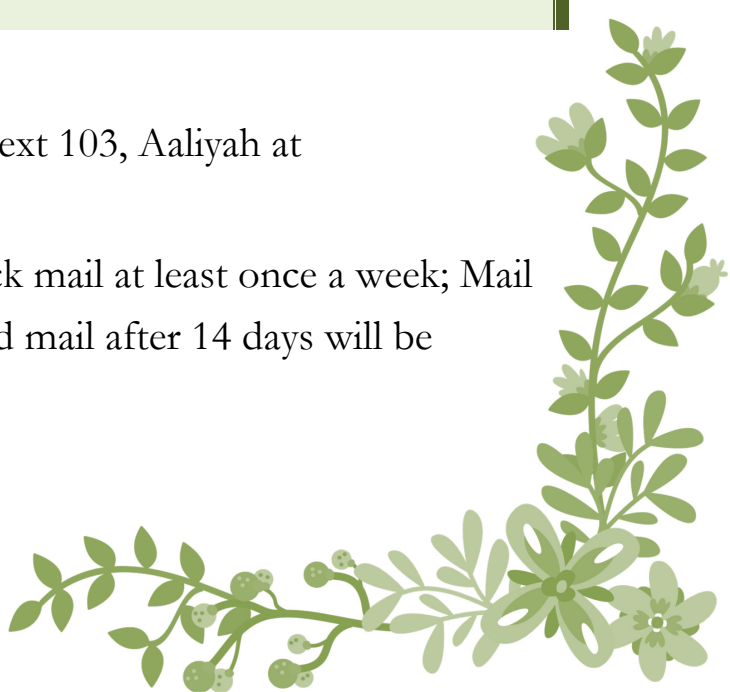
- » Esperanza Health Centers: Sarai Melendez or Guillermo Caro at (215) 302-3600 ext. 220 Suboxone only, pharmacy on site.
- » Crossroads Treatment Centers: (800) 805-6989
- » Suboxone only
- » Merakey: (215) 634-2520 or (215) 879-6116
- » Suboxone/Methadone/Vivitrol
- » Be Well Center: (215) 787-2000; Richard McCoy rmccoy@bewellctr.org OR Ronald Pope rpope@bewellctr.org OR Xavier Bancroft xbancroft@bewellctr.org
- » Goldman Clinic: (215) 787-2080
- » Methadone/Vivitrol
- » Gaudenzia Treatment Centers: (833) 976-4357
- » Vivitrol
- » Drexel Medicine Caring Together Clinic: (215) 967-2130
- » Suboxone/Vivitrol; Females only, childcare on site.
- » Northeast Treatment Centers aka “The NET”: (215) 451-7000, (215) 743-6150 Methadone
- » John F. Kennedy Behavioral Health Center: (215) 235-5520, (215) 556-0860 Methadone/Vivitrol; MH Tx on site.


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- » Jevs Act II: (215) 236-0100
 - » Methadone; Spanish.
 - » Prevention Point Philadelphia [STEP Program]
 - » Suboxone/Vivitrol
 - » Pathways to Recovery: (215) 731-2402, pathwaysrecovery@phmc.org
 - » Department of Behavioral Health: 215-546-1200

LEGAL HELP

- » National Legal Advocacy Network: (888) 610-7752
- » Low-income workers movement
- » Community Legal Services: (215) 227-2400
- » Defender Association of Philadelphia: (215) 568-3190
- » Different county offices, contact the defender for the county you committed the crime in.
- » Police Assisted Diversion Office: (215) 305-8426 ext. 4001
- » Philadelphia Legal Assistance: 215-981-3800

MAIL SERVICES

- » Prevention Point drop-in center
 - » Broad Street Ministries: 215-735-4847 ext 103, Aaliyah at aaliyah@broadstreetministry.org
 - » St. John's Hospice: 215-563-7763 Check mail at least once a week; Mail must be collected in person; Unclaimed mail after 14 days will be
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returned to sender; Checks are secured by the day services case manager and can be collected Monday – Friday: 12pm – 3pm.

MEDICAL ADVOCACY

- » Call 866-509-7233 EXT 8
- » Available to sex workers, queer people, and people who use drugs (PWUD)

MENTAL HEALTH

- » Community Behavioral Health: (888) 545-2600
 - » Call for client resources, can also provide locations for free resources for uninsured.
 - » PATH: (215) 728-4600; Intake: (215) 728-4546
 - » Free MHT for people who live within radius.
 - » Hispanic Community Counseling Services: (215) 425-6900
 - » Substance use services are referred to HealthyMinds Philly.
 - » NE Community Center for Behavioral Health Intake: (215) 831-2863
 - » Free MHT for uninsured, located inside Friends Hospital.
 - » Casa de Consejeria: (215) 634-3259; ccsi@casadeconsejeria.org; Candice Llano-Ross candice@casadeconserjeria.org OR Sasha Montes-Whitley sasha@casadeconserjeria.org OR Danisleth Wharton danis@casadeconserjeria.org.
 - » Intensive outpatient for people in recovery, PIR on-site [person in recovery]; Group and individual counseling available.
 - » A&O Recovery Services: (215) 426-1992
- 



- » Group & individual counseling for people in recovery, relapse prevention after care, and personalized treatment plans.
- » Healthy Minds Philly: healthymindsphilly.org
- » Tailored addiction resources for hoarding, alcohol, opioid, gambling, smoking, and computer gaming.
- » For intellectual disabilities services, call (215) 685-5900.
- » For help regarding mental health and addiction services, call (888) 545-2600.
- » With WellUs
- » Therapy focusing on LGBTQIA+ and POC.
- » Oshun Family Center: (267) 808-2649
- » Therapy for Black people going through major life transitions and racial trauma.
- » Friends Hospital: Outpatient (215) 831-2800, Inpatient (215) 831-4600
- » Cohmar: (215) 739-2669
- » Behavioral health services for latinx, family, and children. Also offer HIV/AIDS supportive services that include linkage to housing for homeless clients.
- » The Ladipo Group: (267) 908-6363 ext. 1
- » <https://healthymindsphilly.org/>
- » <https://namiphilly.org/>
- » Couple, individual, and family therapy for Black & African American communities.



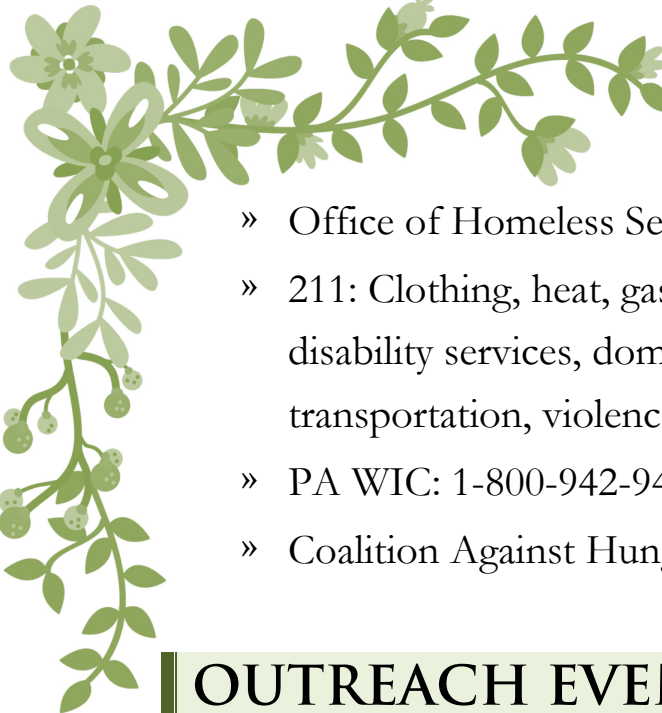


NARCAN

- » Get free Narcan mailed to you confidentially and discreetly:
<https://nextdistro.org/naloxone>
- » Philadelphia Department of Public Health:
charles.nolan@phila.gov
- » Offers monthly public virtual trainings, trainings at request for groups and individuals.
- » Prevention Point drop-in center:
- » Offers group and individual trainings
- » Savage Sisters
- » Operation in my backyard
- » The Everywhere Project: info@everywhereproject.org

OUTREACH, HOMELESS

- » PHL Homeless Outreach Hotline: (215) 232-1984
- » Gaudenzia Outreach 1: Sheila Malveaux-Bentley smalveaux-bentley@gaudenzia.org OR Warren Roy wroy@gaudenzia.org.
- » Prevention Point Philadelphia [Housing Department]: Raquel Robinson (215) 906-2187 raquelr@ppponline.org.
- » Valley Youth House's Synergy Project outreach program: (215) 925-3180
- » Assists youth up to age 21 with survival supplies (food, clothes, hygienic products, sleeping bags, tents, tarps, etc.), peer support, informal counseling (individual, family, or group), information and referral services, and assistance to get off the streets.

- 
- » Office of Homeless Services: 215-686-7175
 - » 211: Clothing, heat, gas & electric bill help, diapers, addiction services, disability services, domestic violence help, health & dental, transportation, violence intervention
 - » PA WIC: 1-800-942-9467
 - » Coalition Against Hunger: 215-430-0556

OUTREACH EVENTS

- » Savage Sisters
- » Operation In My Backyard
- » South Philly Punks with Lunch
- » The Everywhere Project
- » Kensington Project

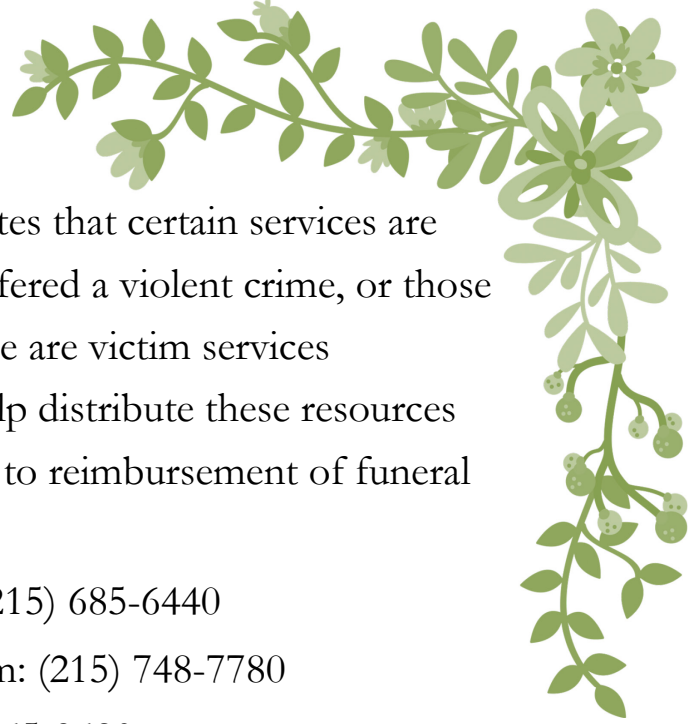
PAYEE (SOCIAL SECURITY)

- » Community Legal Services: 215-981-3700; (215) 751-1800

Representative payee is a program that assists consumers of mental health services who are unable to handle personal finances. Great options for people who need a payee, but do not have an individual in their life who is able to manage their finances

PHILLY GUN VIOLENCE RESOURCES

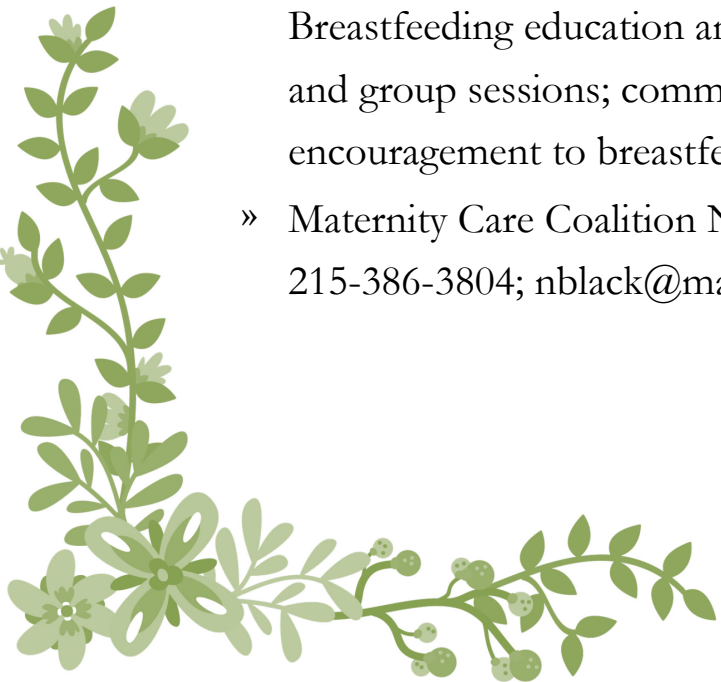
- » <https://billypenn.com/2019/11/13/heres-a-list-of-resources-to-include-when-reporting-on-gun-violence-in-philly/>




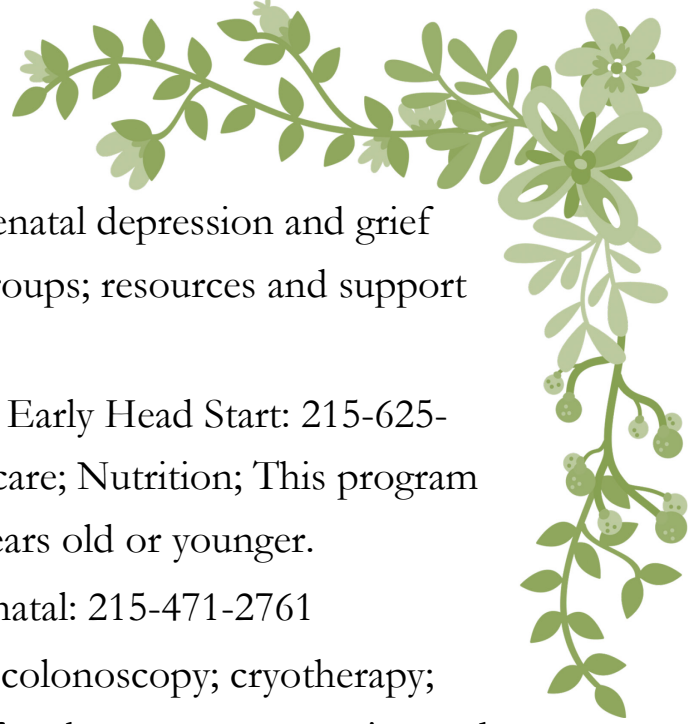
- » The federal Victims of Crime Act mandates that certain services are available to people who've personally suffered a violent crime, or those who have lost a loved one that way. There are victim services organizations all over the city that can help distribute these resources — from counseling services to legal help to reimbursement of funeral costs.
- » Philadelphia Mobile Emergency Team: (215) 685-6440
- » West/Southwest Victim Services Program: (215) 748-7780
- » Center City Crime Victim Services: 215-665-9680
- » Northeast Victim Services: (215) 332-3888
- » Northwest Victim Services: (215) 438-4410
- » Victim Services of South Philadelphia: (215) 551-3360
- » East Division Crime Victim Services (Concilio and Congreso): (215) 426-4810
- » Philadelphia County Victim Services: (215) 686-8027
- » Philadelphia County Juvenile Victim Services: 215-686-7682

PREGNANT, GENERAL & FAMILY PLANNING

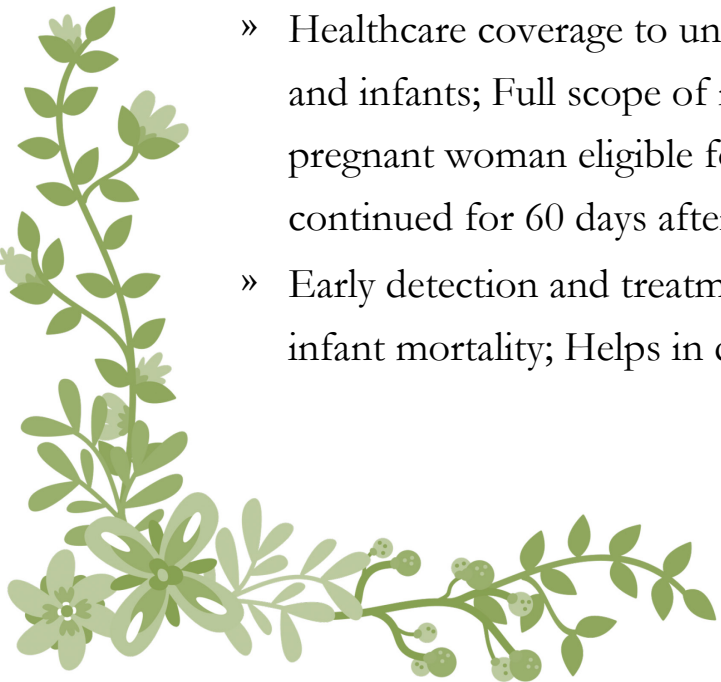
- » Congreso de Latinos Unidos, Inc Breastfeeding Support: 610-203-9840
Breastfeeding education and information to pregnant clients; individual and group sessions; community outreach; practical advice and encouragement to breastfeeding mother on-site and by telephone.
- » Maternity Care Coalition North Philadelphia Breastfeeding Program: 215-386-3804; nblack@maternitycarecoalition.org

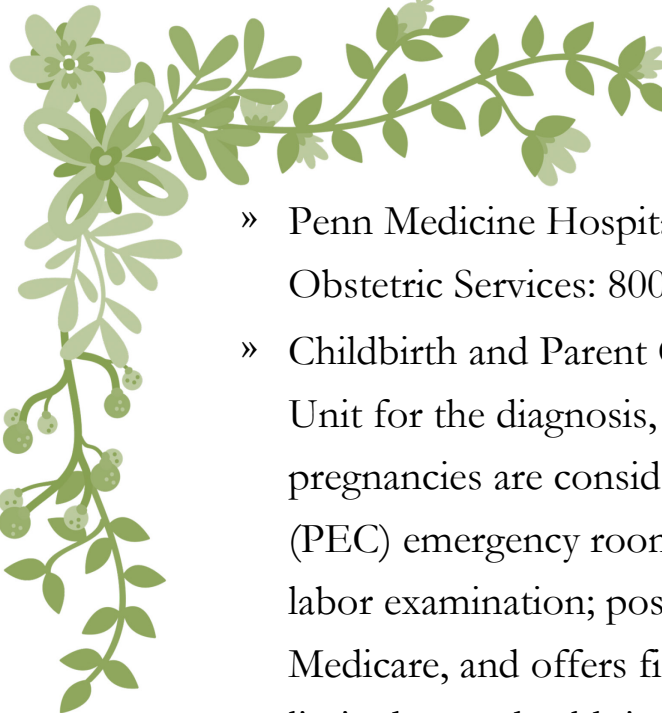


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- » Support from an international board certified Lactation Consultant; Weekly Bellies to Breast Support Group; Breastfeeding and Childbirth Workshops throughout the community.
 - » Maria de los Santos Health Center: 215-291-2509
 - » Maria de los Santos Women's Health Center: 215-207-0522
 - » Gynecology, Prenatal Care
 - » PHMC Health Connection: 215-765-6690
 - » Health exams, mental health counseling, health education/counseling; prenatal care/Childbirth education; breastfeeding support/parenting; Family Planning; Immunization Clinics; nutrition counseling; HIV Counseling and Testing.
 - » Fairmount Primary Care Center: 215-235-9600
 - » Adult & Family Medicine; Behavioral Health; Care Coordination; Dental; Gynecology; health Education; Health Insurance Enrollment; HIV HCV Care; HIV Services; Medication Assisted Treatment; Medication Dispensary; Pediatrics; Prenatal Care.
 - » Educating Communities for Parenting Power to Parent Programs: 215-496-9780 ext 0 Parenting education; fulfills court mandated requirements; health education, such as stress and anger management; health and safety issues; life skills; fatherhood program empowerment zone.
 - » Philadelphia Department of Public Health Healthy Start: 215-685-5225
 - » Family planning services; prenatal care; pediatric care; care between pregnancies (inter conceptional care); breastfeeding education and support; education about pregnancy



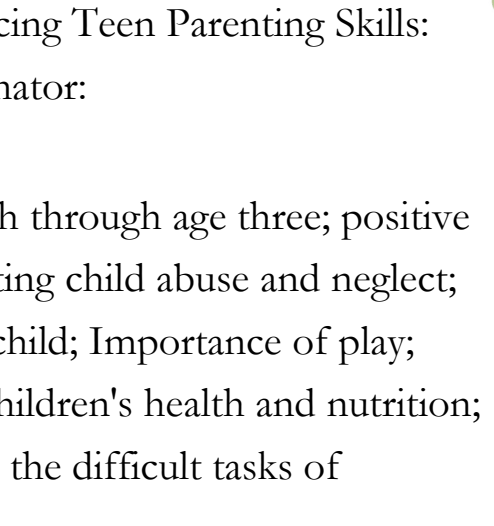
- » spacing and planning your life course; prenatal depression and grief services; Parenting classes and support groups; resources and support for men and fathers.
- » Gateway Community Action Partnership Early Head Start: 215-625-3566 Early Education preparation; Childcare; Nutrition; This program serves pregnant women and children 3 years old or younger.
- » Spectrum Health Services Women's/Prenatal: 215-471-2761
- » Breast exams; cervical cancer screenings; colonoscopy; cryotherapy; incontinence; infertility; Mammogram referrals; menopause testing and treatment; Pap test; Sexual response education; UTI testing and treatment; Vaginal infections testing and treatment.
- » Esperanza Health Center Prenatal and Postpartum Pregnancy Care: 215-302-3600 Prenatal care; postnatal care; maternity care; behavioral health consultation; case management; dental care; postpartum family planning; nutrition counseling.
- » Community Women's Center of America Pregnancy Services: 267-239-0753 Pregnancy tests; pregnancy termination information; ultrasound; recovery care (after you've made your choice).
- » Pennsylvania Department of Human Services Medical Assistance for Children and Pregnant Women: 215-560-7226
- » Healthcare coverage to underinsured or uninsured pregnant women and infants; Full scope of medical services coverage; Coverage for the pregnant woman eligible for and receiving Medical Assistance is continued for 60 days after the birth; Proper prenatal care;
- » Early detection and treatment of health problems; Helps in decreasing infant mortality; Helps in decreasing low birth weight.



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- » Penn Medicine Hospital of University of Pennsylvania General Obstetric Services: 800-789- 7366
 - » Childbirth and Parent Classes; Childbirth Facilities; Antenatal testing Unit for the diagnosis, care and treatment of women whose pregnancies are considered high-risk; Perinatal Evaluation Center (PEC) emergency room for pregnant women and a place for early labor examination; postpartum recovery; Accepts Medicaid and Medicare, and offers financial assistance to eligible patients with limited or no health insurance.
 - » Spectrum Health Services Pregnancy Testing and Services: 215-235-7944; 215-471-2761 Pregnancy testing; Adoption referrals; Fertility awareness education; Pregnancy planning services; Prenatal services; Postpartum exams; Trained staff to discuss options if you are pregnant; Trained staff to talk with you about early pregnancy loss (miscarriage).
 - » Planned Parenthood: (215) 351-5550
 - » Einstein Complex Family Planning Center: (215) 456-7180
 - » Social workers available, work with pre-existing conditions, low-cost and no-cost options, abortion services also available.
 - » AccessMatters: (215) 985-2600

TEEN PREGNANCY/PARENTING

- » Turning Points for Children Time Out for Teens and Tots Program: 215-875-8200 Parenting Education

- 
- » Congreso de Latinos Unidos, Inc. Enhancing Teen Parenting Skills: 215-914-3755 Parenting Program Coordinator: pugam@congreso.net%20
 - » Child safety; child development from birth through age three; positive parenting and effective discipline; preventing child abuse and neglect; developing nurturing responses to baby/child; Importance of play; developing healthy family relationships; children's health and nutrition; Identifying and managing feelings around the difficult tasks of parenting.

PREGNANT & USING SUBSTANCES OR IN RECOVERY

- » Jefferson Health's MATER program
- » Family Center Administrative Offices: 215-955-3792
- » Outpatient and residential programs available.
- » Jefferson Health's MATER program "My Sisters Place": 215-955-3792
- » Residential Tx program for pregnant and parenting women (can bring up to 3 kids).
- » Penn Medicine "Mothers Matter" program: (800) 789-7366
- » Pregnant and postpartum women with SUD. Connects mothers with social and psychological help to reduce relapse after giving birth.
- » PDPH SUPHR NAS: Carla Calabrese carla.calabrese@phila.gov 215-776-4406 Works with pregnant and post-partum women and families; Connections to diaper banks, MAT, etc.

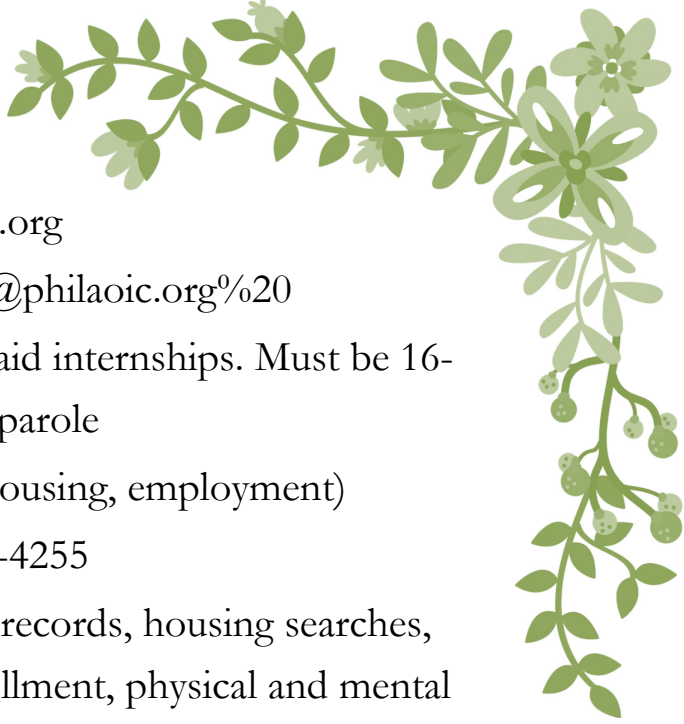


REMOTE OVERDOSE PREVENTION

- » Never Use Alone Hotline: 1-800-484-3731
- » The Brave App - Overdose prevention phone App
- » Canary- Prevent Overdose prevention phone app
- » It will send an alert to a friend if you become inactive.

RE-ENTRY


- » City of Philadelphia – Mayor’s Office of Reintegration Services: (215) 683-3370 orp@phila.gov
- » Behavioral health services; benefits access; City Services (water, trash, business permits, etc.); Clothing; Culinary Training; Education; Employment support and workforce development; Expungement and pardon services; Financial counseling; food; forklift training; municipal identification; vocational training opportunities. Must be 18 or older; Must be a Philadelphia Resident; Must not have an open case.
- » Action Wellness Linkage & Engagement After Prison: (215) 981-0088
- » Tailored for people with opioid use disorder (OUD). Has Behavioral health tied in. Action Wellness ReLink (for folks without OUD).
- » Ardella’s House: (215) 200-6006
- » For women with criminal histories.
- » NOI Prison Reform Ministry: (267) 469-4607
- » Goldring Reentry Initiative: (215) 573-7942
- » Helps 3mo PRE and POST release.
- » Gaudenzia Halfway House (PWUD specific/male only): (215) 438-5082

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- » Contact Aaron Harris aharris@gaudenzia.org
 - » OIC Philadelphia: (215) 236-7700; [Hello@philaoic.org](mailto>Hello@philaoic.org)
 - » Education and job training. Also offers paid internships. Must be 16-24yrs, 25yrs+ MUST be on probation or parole
 - » Why Not Prosper (job skills, affordable housing, employment)
 - » Pennsylvania Innocence Project: 215-204-4255
 - » Re-entry services, Identification and vital records, housing searches, education and employment, benefits enrollment, physical and mental health services.
 - » Broad Street Ministries (connect with P.O., case management, expungements)
 - » Office of Immigrant Affairs: 215-686-0876

RECOVERY HOUSES

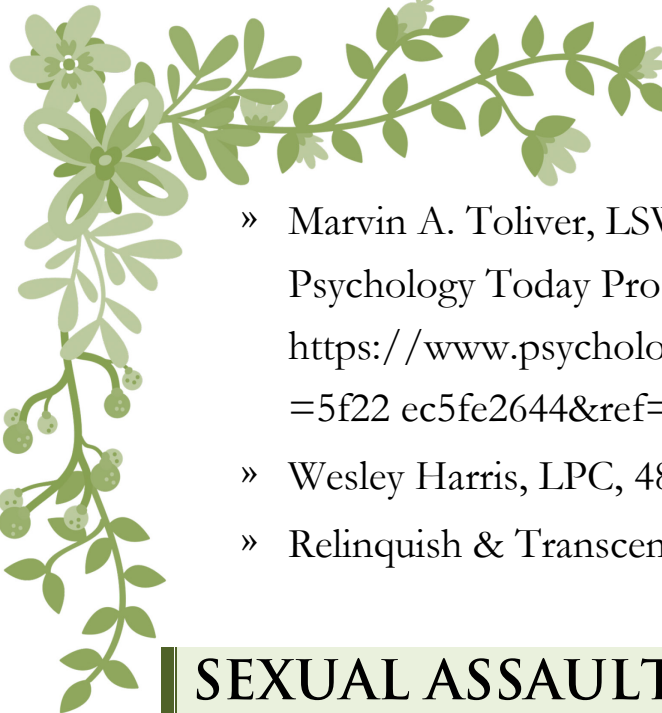
- » Phoenix Recovery Center Inc.: (855) 571-4373
- » 3734 N Carlisle Street, Philadelphia PA 19140
- » Revival Transitional Living: (267) 778-8937;
revivaladmissions@gmail.com 201411 W Ritner Street, Philadelphia PA 19145
- » Interim House: (215) 849-4606
- » 333 W Upsal Street, Philadelphia PA 19119
- » Women only
- » All Good Things Recovery Program: (267) 231-7430
- » 4610 David Street, Philadelphia PA 19127

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- » Offers case management, mental health assessment, medication monitoring, and ID procurement.
 - » UNKNOWN NAME:
 - » 3931 Frankford Avenue, Philadelphia PA 19134
 - » Great for Spanish-only, men only.
 - » Franklin Recovery: (215) 501-9461
 - » 2602 S Franklin Street, Philadelphia PA 19148
 - » Alcohol only.
 - » Restoration House: Saby at (267) 255-1861
 - » 2854 Kensington Avenue, Philadelphia PA 19134
 - » Spanish, sobriety required.
 - » Solution House: (888) 316-2902
 - » 4143 Paul Street, Philadelphia PA 19124
 - » Gibson Foundation, LLC: (215) 291-9420
 - » 3339 Frankford Avenue, Philadelphia PA 19134
 - » Joy of Living Recovery Program: (215) 613-7121;
joyofliving@comcast.net%204716 Leiper Street, Philadelphia PA
19124
 - » Fresh Start Men's Program: (215) 739-0369
 - » 2868 Frankford Avenue, Philadelphia PA 19134
 - » Savage Sisters:
 - » 9 Locations throughout South Philadelphia
 - » Contact for MALE housing Jose C josercastillo81790@gmail.com%20
 - » Contact for FEMALE housing Melanie melanie@savagesisters.org%20

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- » Interim House West: (215) 871-0300; Program Director: Margaret Wolfe-Coleman 4301 Parkside Avenue, Philadelphia, PA 19104
 - » Program for ciswomen and their kids; has an after school and pre-school program.

REFERRAL PROVIDERS

- » Emily Scott, 610-715-3250, emilyscott47@gmail.com
- » Tasnim Suliman, (267) 736-3030 tasnimsulaiman@yahoo.com. This is her Psychology Today profile:
<https://www.psychologytoday.com/us/therapists/tasnim-sulaiman-ardmore-pa/152450>
- » Burgandy Holiday, 215-436-9178 burgandy@betruccounseling.com; here is the link to her Psychology Today profile:
<https://www.psychologytoday.com/profile/442434>
- » Kevana Nixon, nixon.kevana@gmail.com, (615) 618-1833
- » Therapy for Black Girls is also an awesome resource for finding clinicians of color, this is their website
<https://therapyforblackgirls.com/>
- » Jami Williams, MS, LPC, 267-422-7129, jwilliams@capstonesc.org
- » Khalilah Hahnan, 267-420-0704, website: www.KhalilahYadullah.com, office located in Jenkintown
- » Rasheda Randall, 267-422-2788, email: sheda.ran@gmail.com, office located in Jenkintown o Malyka Cardwell, 267-908-4368, mcardwell@philadelphiamft.com, website: philadelphiamft.com
- » Tamekia D. Young, EdM, NCC, LPC, Imani Counseling, 267-592-7314


- 
- » Marvin A. Toliver, LSW, 3828 Lancaster Ave, Philadelphia, Pa 19104, Psychology Today Profile:
<https://www.psychologytoday.com/us/therapists/19104/446825?sid=5f22ec5fe2644&ref=7&tr=ResultsName>
 - » Wesley Harris, LPC, 484-402-4921
 - » Relinquish & Transcend Counseling: <https://randtcounseling.com>

SEXUAL ASSAULT

- » Women Organized Against Rape Philadelphia Center Against Sexual Violence 24hr Crisis Hotline: (215) 985-3333
- » All services are free, WOAR offers forensic exam accompaniment, bilingual/bicultural therapy, court accompaniment, group therapy, etc.
- » Pennsylvania Coalition Against R*pe: (888) 772-PCAR
- » www.pcar.org; Provides list of r*pe crisis centers.

SEX WORK/SEX TRAFFICKING/LABOR TRAFFICKING

- » Philadelphia Red Umbrella Alliance:
- » Harm reduction tips and safety tips for sex workers
- » <https://www.phillyrua.com/>
- » New Day Salvation Army
- » Thursday Trauma-Informed Groups: 11:00 AM - 5:00 PM
- » Thursday Community Behavioral Health Intensive Comprehensive Drug & Alcohol Case Management: 9:00 AM - 5:00 PM

- 
- » *Services for women, sex workers, sex trafficking, and labor trafficking*
 - » National Human Trafficking Hotline: 1-888-373-7888

SHOWERS

- » Prevention Point “Womxn’s Night”
- » Only for female identifying folks.
- » Prevention Point ‘Men’s Night’
- » Only for male identifying folks.
- » Catholic Workers Clinic: (215) 432-0222
- » New Day Drop-In Center: (267) 838-5866
- » Only for female identifying people ages 18+. Also provides clothing and hygiene products. Free underwear, menstrual products, and condoms.
- » Hub of Hope: 215-309-5225
- » Limited laundry services available.
- » Savage Sisters
- » St. John’s Hospice: 215-563-7763
- » All patrons must be finished and leave by 11am; Monday showers are reserved for seniors, disabled patrons, and veterans; Patrons may participate in one shower a week.



SMOKING (CIGARETTES/TOBACCO)

- » Smoke Free Philly - Department of Public Health: 1(800) 784-8669; 1(855) 335-3569 [Spanish] Offers free nicotine replacement therapy [NRT] gum, patches, etc.

STD TESTING

- » Bebashi: 215-769-3561
- » Rapid and laboratory-based testing for HIV; Sexually transmitted infection(STI) testing; Hepatitis C (HCV) testing; Pregnancy Testing; PrEP and PEP; Treatment for HIV, STIs (chlamydia, gonorrhea, syphilis) and HCV; Sexual health Education.
- » Mazzoni Center: 215-985-9206
- » Rapid and laboratory-based testing for HIV; Sexually transmitted infection(STI) testing; Hepatitis C (HCV) testing; Pregnancy Testing; PrEP and PEP; Treatment for HIV, STIs (chlamydia, gonorrhea, syphilis) and HCV; Sexual health Education.
- » Congreso de Latinos Unidos: 215-763-8870
- » Rapid and laboratory-based testing for HIV; Sexually transmitted infection(STI) testing; Hepatitis C (HCV) testing; Pregnancy Testing; PrEP and PEP; Treatment for HIV, STIs (chlamydia, gonorrhea, syphilis) and HCV; Sexual health Education.
- » Courage Medicine: 267-217-3217
- » Rapid and laboratory-based testing for HIV; Sexually transmitted infection(STI) testing; Hepatitis C (HCV) testing; Pregnancy Testing;

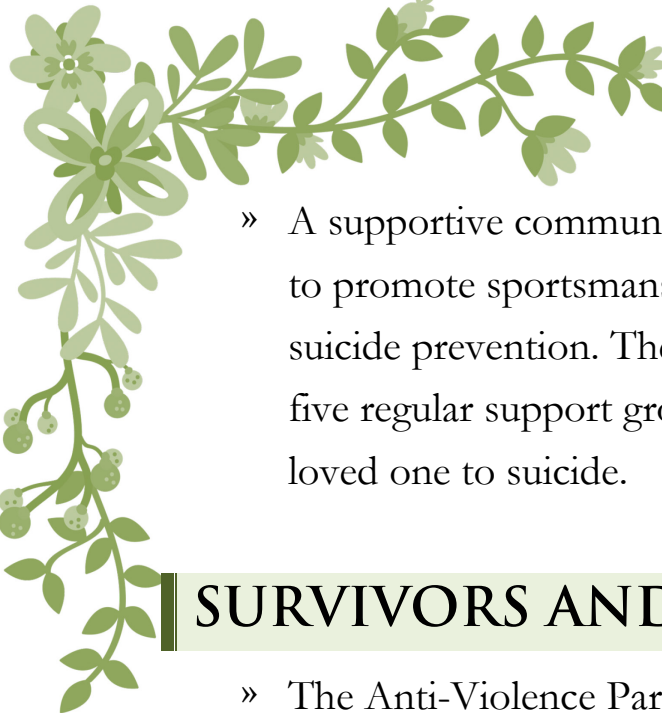


PrEP and PEP; Treatment for HIV, STIs (chlamydia, gonorrhea, syphilis) and HCV; Sexual health Education.

- » Courage Medicine Mobile Unit: 267-217-3217
- » Rapid and laboratory-based testing for HIV; Sexually transmitted infection(STI) testing; Hepatitis C (HCV) testing; Pregnancy Testing; PrEP and PEP; Treatment for HIV, STIs (chlamydia, gonorrhea, syphilis) and HCV; Sexual health Education.
- » PHMC Health Connection: 215-765-6690
- » 1900 N 9th St, 19122
- » Health exams, mental health counseling, health education/counseling; prenatal care/Childbirth education; breastfeeding support/parenting; Family Planning; Immunization Clinics; nutrition counseling; HIV Counseling and Testing.

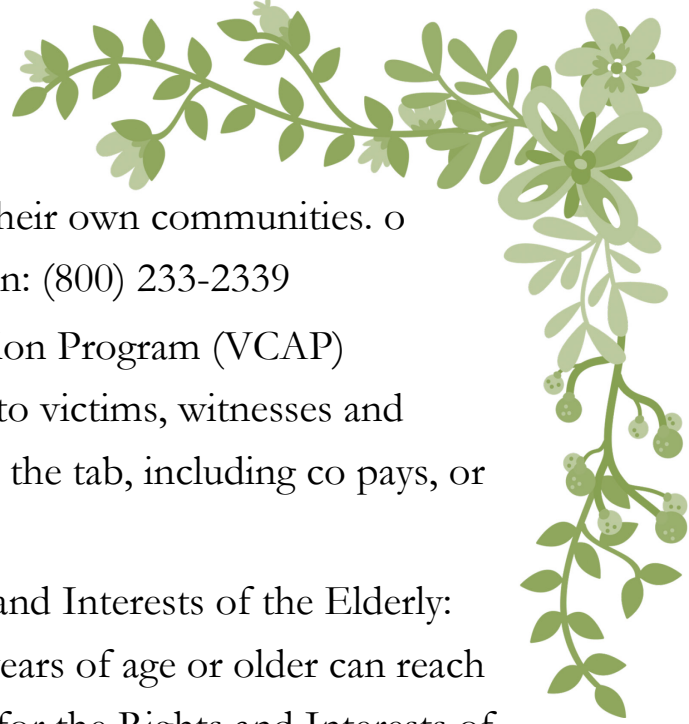
SUICIDE PREVENTION

- » 988
- » Serves nationwide and calls are not confidential, police may be called.
- » Philadelphia Suicide and Crisis Center: (215) 686-4420
- » National Suicide Prevention Lifeline: 1-800-273-8255
- » The Philadelphia Suicide Prevention Task Force:
philadelphiasptf@phila.gov%20o My Brother's Keeper (MBK Cares):
(267) 580-9440
- » Runs regular community events out of Cobbs Creek recreation center. They'll welcome you into an existing network of support, helping you find counseling and cope with hardships like bullying.
- » Donovan Williams Memorial Foundation: (215) 834-9339

- 
- » A supportive community rooted in sports. The runs a basketball league to promote sportsmanship, foster social skills and educate youth on suicide prevention. The city's Suicide Prevention Task Force operates five regular support groups all over the city for people who have lost a loved one to suicide.

SURVIVORS AND LOVED ONES

- » The Anti-Violence Partnership of Philadelphia: (215) 567-6776
- » The Anti-Violence partnership offers many services. There's a counseling center, plus resources for kids, victims of intra-family homicide, and people whose family members have been murdered. o Healing Hurt People: (215) 762-1177
- » A Drexel violence intervention program, Healing Hurt People offers free case management support for people who've experienced a traumatic event — including resources like health care, housing, food and advocacy at school. There's also a mobile therapy program and peer support for fellow young adults who survived violence.
- » Philly's Office of Violence Prevention: (215) 686-0789
- » After a violent crime, the city's Office of Violence Prevention deploys community crisis intervention teams, who help neighbors and assist police in their investigation. The OVP also doles out grants to community anti-violence programs.
- » Network of Neighbors Responding to Violence: (267) 233-4387
- » The Network of Neighbors Responding to Violence is a network of community members trained to support—and lead—responses to



- o stress, trauma, loss, and violence within their own communities.
- o Pennsylvania Crime Victim Compensation: (800) 233-2339
- » Pennsylvania's Crime Victim Compensation Program (VCAP) provides refunds for counseling services to victims, witnesses and close family members. The state picks up the tab, including co pays, or part of the bill if no insurance.
- » The Center for Advocacy for the Rights and Interests of the Elderly: 215-545-5728 Victims and witnesses 60 years of age or older can reach out to CARIE, the Center for Advocacy for the Rights and Interests of the Elderly, which has a victim advocacy program that provides free consulting, court accompaniment, education regarding victim rights. It will also repair external doors, windows and locks to secure victimized seniors in their homes at no charge.
- o Pennsylvania Health Law Project: 800-274-3258
- » Statewide nonprofit Pennsylvania Health Law Project offers free legal services via its VOCA (Victim of Crime Act) Program, helping people injured by gun violence (or other crimes) get health insurance via Medicaid to treat physical and mental injuries.

SYRINGE SERVICE


- » Prevention Point Philadelphia
- » 2913-15 Kensington Ave. Phila, PA 19134
- » Syringe exchange schedule:
- » Tuesday & Friday 12:00pm-3:30pm
- » Emergency pack schedule:
- » Monday & Wednesday



- 
- » 12:00pm-3:30pm
 - » Mobile Exchange Tuesday: 37th & Brown 1pm – 3pm; 54th & Market: 3:30p-5:30p
 - » Wednesday: Broad St & Passyunk Ave: 8:30a-10am; 13th & Washington 10:30a-1pm Thursday: Frankford Ave & Pratt St: 12pm – 2pm; 11th St & Indiana Ave: 2:30p – 5p Saturday: 3rd & Girard: 10:30a – 1pm; 10th St & Fairmount Ave: 1:30p-3:30p

TRANSGENDER

- » Transgender Law Center Legal Information Helpline
- » Serves Nationwide – 510-587-9696
- » Trans Lifeline Peer Support Hotline
- » Serves Nationwide: 877-565-8860
- » Peer support, crisis hotline; available in English and Spanish.
- » Trans Lifeline Microgrants Program: 510-771-1417
- » Offers Funding for Passport, Driver’s License of State ID, Court Order Name Change, Immigration Documents, Tribal IDs. Does not file the paperwork. Application opens twice a month, 1st of every month 12pm and the 15th of every month at 6pm.
- » Galaei Transgender, Intersex, Non-Binary, Gender Non-confirming: 215-398-5003 Peer coaching, Advocacy, Access to trans-friendly medical care, Life skill training, resume building, mental health care.
- » Transgender Legal Defense & Education Fund, Inc. Name Change Project: 646-862-9396 Legal name change services.
- » Beyond Therapy Letter Evaluations: info@beyondtherapy.us

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- » Letter evaluations for anyone looking to get surgery, hormones, or gender marker change.
 - » Mazzoni Center Counseling and Recovery Services: 215-563-0652 ext 248

TRAUMA AND GRIEF RESOURCES FOR FAMILY

- » AVP's hotline for families of murder victims: (215) 686-8033
- » Mothers in Charge: (215) 228-1718
- » Mothers in Charge is a national organization founded in Philadelphia by Dorothy Johnson-Speight, who lost her son to gun violence. This group of impassioned mothers, grandmothers, aunts, sisters and loved ones can help you take steps to cope with tragedy.
- » EMIR Healing Center in East Germantown: (215) 848-4068
- » EMIR Healing Center was founded by a grieving parent to provide support after community trauma. After a violent crime, members will visit a block, school or individual person to offer healing services. You can also reach out for domestic violence resources.
- » Operation Save Our City: (856) 745-6045
- » Based in Fairhill, Operation Save Our City supports to the families of victims of violent crime. Founder Rosalind Pichardo helps arrange public demonstrations and vigils to generate attention for cold cases.



UNDOCUMENTED PERSONS

- » Coalition of African and Caribbean Communities: (215) 787-1302
- » Esperanza [Legal Department]: (215) 324-0746 ext. 298
- » Catholic Social Services: (215) 854-7019; (215) 854-7018 [Spanish]
- » Provides legal assistance and help finding asylum, court presentation, and citizenship applications.
- » Welcoming Center for New Pennsylvanians: (215) 557-2626

UNINSURED

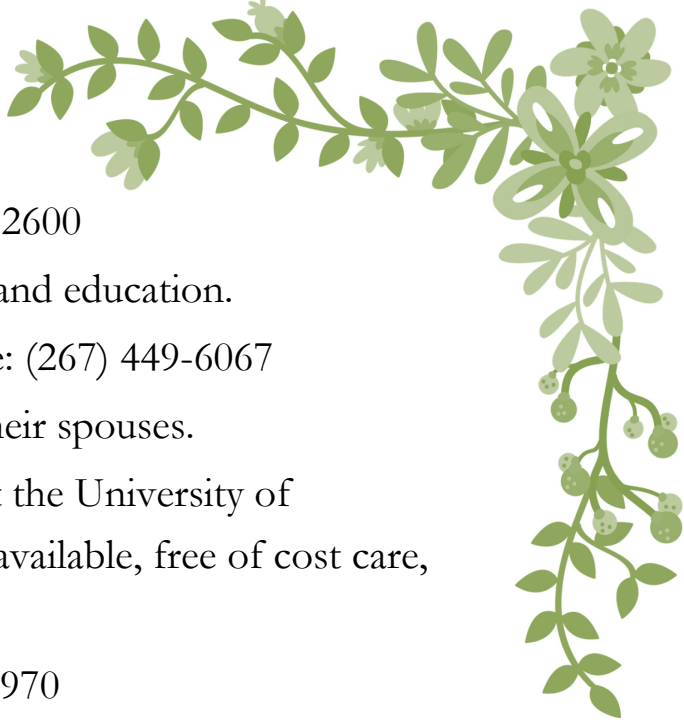
- » The Behavioral Health Special Initiative: 215-546-1200
- » Use to see what options are available for people seeking Tx.

UTILITIES

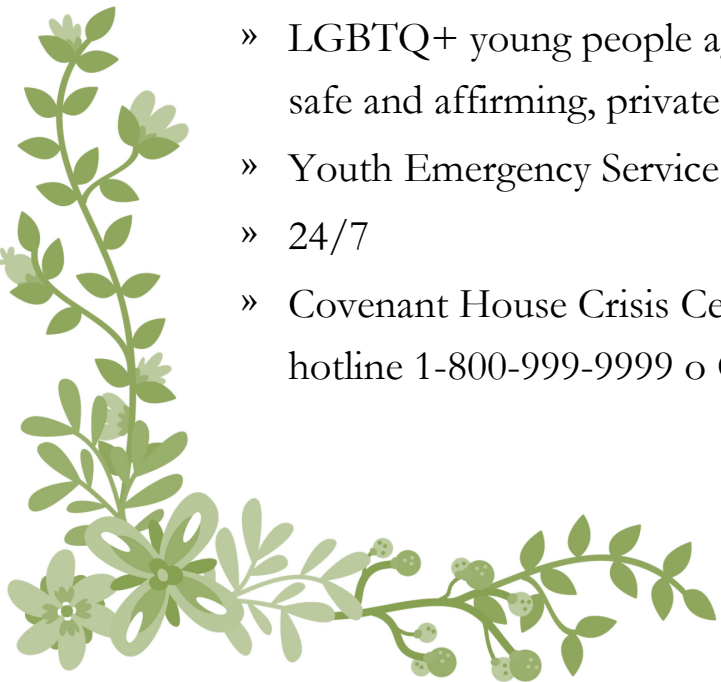
- » Utility Emergency Services Fund Hotline: (855) 827-8373.
- » Energy Coordinating Agency: 215-609-1000
- » UESF: 215-814-6847
- » Philadelphia Water Department: 215-685-6300
- » Housing & Communication Development: 215-448-2160
- » Philly Tenant: 267-443-2500
- » Save Your Home Philly: 215-334-4663

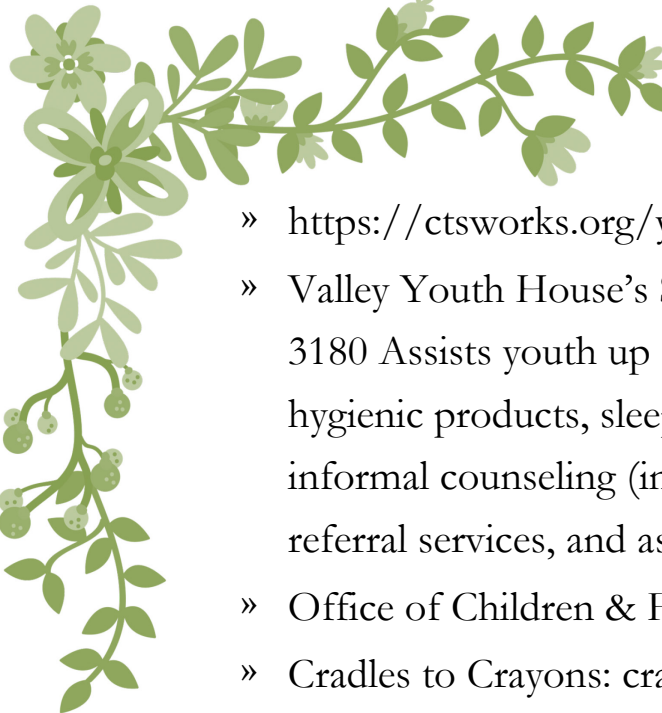
VETERANS

- » The Veterans Group: (215) 222-4379
- » Higher education, employment, and workplace training.

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- » Veterans Multi-Service Center: (215) 923-2600
 - » Employment, housing, benefits support, and education.
 - » Military Assistance Project Intake Hotline: (267) 449-6067
 - » Legal services to military, veterans, and their spouses.
 - » Steven A. Cohen Military Family Clinic at the University of Pennsylvania: (844) 573-3146 Telehealth available, free of cost care, and transportation assistance.
 - » Impact Services Corporation: (215) 425-0970
 - » Military Sexual Assault: (877) 995-5247
 - » Resource available to any member of the Department of Defense community.
 - » U.S. Department of Veterans Affairs: 844-698-2311
 - » Veterans Identification Cards.
 - » VA Dental Insurance Program: 877-222-8387
 - » Veteran Affairs: Call (800) 273-8255 select option 1;
 - » Text 838255.

YOUTH/YOUNG ADULT

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- » The Pride Host Homes Program: (215) 925-3180
 - » LGBTQ+ young people ages 18-25 experiencing homelessness with a safe and affirming, private space for 1-6 months.
 - » Youth Emergency Service (ages 12-17): 215-787-0633; 800-371-7233
 - » 24/7
 - » Covenant House Crisis Center (Ages 0-21): 215-951-5411; 24-hour hotline 1-800-999-9999
 - » CTS Youth Transition Center (Ages 14-17):

- 
- » <https://ctsworks.org/youth-transition-center-ytc/>
 - » Valley Youth House's Synergy Project outreach program: (215) 925-3180 Assists youth up to age 21 with survival supplies (food, clothes, hygienic products, sleeping bags, tents, tarps, etc.), peer support, informal counseling (individual, family, or group), information and referral services, and assistance to get off the streets.
 - » Office of Children & Families: 833-750-5627
 - » Cradles to Crayons: cradlestocrayons.org/philadelphia/family-assistance
 - » Diaper Bank: 215-919-8500

WOUND CARE

- » Kensington Wound Care Van
- » Able to write prescriptions.
- » Courage Medicine (Mobile Van)
- » Mother of Mercy
- » Prevention Point Philadelphia
- » Has onsite antibiotics and ability to write prescriptions.
- » Savage Sisters
- » Dependent upon volunteer availability.
- » PDPH SUPHR
- » Dependent upon weather.
- » Catholic Worker Clinic
- » Temple University Wound Care Clinic: 1-800-836-7536
- » Appointment Only.