

# Mental Health Resources

*It's ok to not be ok, and you don't have to go at it alone.*

**National Maternal Mental Health Hotline:** 1-833-TLC-MAMA (1-833-852-6262)

**Suicide and Crisis Lifeline Number:** 988

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

**Substance Abuse and Mental Health Services Administration (SAMHSA)**  
1-800-662-HELP (4357)

**Community Behavioral Health-** provides access to high-quality mental health care  
cbhphilly.org  
P: 215-413-3100

## **Healthymindsphilly.org**

- Organization that can help during mental/behavioral emergencies as well as does screenings and helps to determine if further help is needed.

**Parents Helping Parents-** Support groups and resources for parents  
Stress Line: 1-800-632-8188; P: 617-926-5008  
Parentshelpingparents.org

**Focus on Fathers-** organization that focuses on positive father-child engagement  
focusonfathers.phmc.org  
P: 267-765-2361

## **Grandparent Specific Resources**

**SOWN GrandFamily Resource Center-** center for grandparents raising grandchildren  
4100 Main Street Philadelphia, PA 19127  
P: 215-487-3000

**Grands as Parents, Inc-** organization that connects grandparents with resources  
gapsnow.org  
Email: grandsasparents1@gapsnow.org

